



CAMPUS RECREATION

Illinois State University

Intramural 4v4 Volleyball RULES OF PLAY

Please consult the [Intramural Sports Participant Handbook](#) for the complete list of Intramural Sports rules.

National Federation of State High School Associations rules will in effect except for the following modifications:

General Information

- Prior to Game Time:
 - Players must check in at the court they are scheduled to play. Valid IDs must be presented at check-in. Acceptable forms of IDs are:
 - Current Illinois State University student ID.
 - Current faculty/staff ID with photo ID.
- NO ALCOHOL OR TOBACCO is allowed at any intramural venue. Anyone found consuming alcohol or using tobacco products will be asked to leave the facility and may face additional disciplinary action. Participants who appear to be under the influence will also be asked to leave.
- Location for all intramural sport activities can be found on IM Leagues.
- Please give yourself plenty of time to get to your games ahead of schedule. Remember that all team members must be signed in and ready to play at game time to avoid a forfeit.

Players

- A legal team shall consist of four (4) players. A team may start a game with the minimum of three (3) players.
- A speaking captain must be designated for each team. They alone may appeal to the supervisor, and then only on interpretations of the rules. Games are self-officiated. Any discrepancies must be settled by team captains immediately. If they cannot decide, the Competitive Sports Supervisor will make a ruling and play will continue. If a protest occurs, the game is to be stopped immediately and proper documentation must be filled out before play resumes.
- Please reference the [Intramural Sports Participant Handbook](#) for any eligibility or sportsmanship clarification.

Equipment

- **No jewelry is permitted during play.**
- Each team is encouraged to bring a volleyball to use for warmups. Intramural Sports will provide game balls.
- All players must wear athletic shoes with non-marking soles.
- Head decorations, headwear, and bandanas are illegal. Only elastic headbands and hair control devices are permitted.
- No casts, splints, and metal braces will be allowed unless they have been sufficiently padded.
- **NOTE:** You must schedule an appointment with a Competitive Sports Administrator prior to playing if you have a special equipment need (i.e. religious or medical). All equipment decisions made on site by the Competitive Sports staff on duty shall be final.

Game Regulations

- Minor Sports will be structured as a two game regular season followed by a single elimination playoff for all teams.
- Each match will be a best of three series. The first two games shall be played to 25 points and the third to 15 points using rally scoring. Teams must win by two (2) points with a cap of 30 for the first two games and 20 for the third game.
 - Teams will switch sides when a team first reaches eight (8) points during the third game.
- A coin toss before the first game will determine which team will serve to begin the match. The winner of the coin toss has the option to serve, receive, or choose a side. Service and side will alternate for the second game, with the team receiving in the first game serving to begin the second.
- If a player touches the ball or the ball touches a player (other than a block), it is considered as a hit. If players touch the ball simultaneously, it is considered as one hit. After teammates hit the ball simultaneously, either player may play the ball again.
- A player may not make successive hits of the ball, except after playing an attack and touching the ball on a block attempt.
- A ball touching any part of the boundary line is in-bounds. It is permissible to run out of bounds to play a ball as long as no hazards are encountered.
- Players may step on the centerline when making a play, but no part of their body may cross the centerline.
- Players are not permitted to hold or scoop the ball. The ball cannot visibly come to rest on the player's hands, fingers, or any other part of the body.
 - A ball, except on a service, may be recovered from the net provided a player avoids contact with the net and does not hold or scoop the ball.
- Players' Positions:
 - At the moment the ball is contacted by the server, each team must be within its own court (except the server). Players are free to position themselves anywhere within the court as long as there are two back-line players.
 - There are no rotational faults. Players are free to position themselves anywhere within the court. Players need only serve in the proper order.
 - Back-line players **may not** spike, attack, or block in front of the 10-foot line.
- Serving:
 - A serve must be clearly hit and not pushed or thrown.
 - Serves may be underhand or overhand.
 - The ball must be served from behind the service line.
 - A service that hits any part of the net is legal and playable.
 - A serve cannot be blocked or attacked (spiked) by the receiving team.
- Balls that hit the ceiling or any other obstruction may be played provided that the ball comes down on the side of the team that hit the ball into the obstruction, and that team has another legal hit available.

Grace Period

- If at game time a team is not ready for play, a 10 minute grace period will be automatically enacted.
 - Step 1 - 0 – 9:59 minutes, a team which is not ready to play will be penalized and start the game down 10-0 and cannot receive more than a 3 sportsmanship rating.
 - Step 2 – Competitive Sports Supervisor will call forfeit at the 10 minutes if a team is not ready for play (dressed, on the court, signed in) mark and a forfeited team will receive a 0 sportsmanship rating.

Minutes Late	Penalty	Sportsmanship
0-9:59 minutes	Down 10-0 in first game	Max 3
10 minutes	Forfeit	Max 0

Mercy Rule

- There will be no mercy rule in Intramural Volleyball

Substitutions

- Substitutions will be unlimited, but only at the server position.
- When a player comes late to a game that has already started, that player may only enter the game when their team holds the serve.

Playoffs

- In order to make the playoffs, teams must meet the following criteria:
 - The team must maintain at least a 3.5 team sportsmanship rating throughout the season.
 - Team must finish in the top half of the standings of their league.
 - No team that forfeits any regular season game will be allowed to participate in the playoffs.
- Teams are able to add players to their roster at any point, including playoffs.