



University of Colorado Denver

INTRAMURAL 4 v 4 VOLLEYBALL
RULEBOOK

- I. Playing Court and Ball
 - A. The court will be regulation size, divided into two equal halves by a net with an approximate height of 7 feet, 11 5/8 inches.
 - B. Only the ball provided by the Intramural Sports program shall be used.

- II. Players and Eligibility
 - A. The game shall be played by two teams, each consisting of no more than FOUR (4) players, with a maximum of four (4) substitutes. A match may begin with no less than two players.
 - B. There shall be one designated captain per team. The captains shall be the only team members who may approach an official on matters pertaining to the rules.
 - C. Players are NOT allowed to represent more than one team. A player is only allowed to play on ONE open team.
 - D. No more than TWO (2) Club Sports athletes from volleyball, or a "like" sport, may play on a single team.

- III. Check-In
 - A. All players must present their (1) Lynx Card or (2) CU Denver Wellness Center membership card, along with a photo ID, to the Intramural Sports Supervisor before the game. NO EXCEPTIONS.
 - B. Any player posing as another team member on the roster will be subject to potential forfeiture of the game and disciplinary action from the Competitive Sports Coordinator.
 - C. The game clock will start at game time. If for any reason a team is not present or ready to play, they will be penalized. For every minute a team is late, a point will be awarded to the opposing team for their first game. After ten minutes, the match will be called and a match score of 2-0 will be recorded. A forfeit is an automatic sportsmanship rating of 1.0.

- IV. Players and Equipment
 - A. No jewelry will be allowed during the game! This includes, but is not limited to: earrings, rings, necklaces, bracelets, rubber bands, recreational fitness watches or monitors and metal barrettes.
 - B. If a player elects to keep their jewelry on, it must be completely covered, prior to game time, with a bandage or athletic tape. This applies to piercings and other non-removable pieces. The Wellness Center WILL NOT provide bandages or tape to cover up jewelry. Any covered jewelry must be flesh with skin and cannot protrude out.
 - C. Medic alert jewelry must be taped down before game time.
 - D. Final calls on jewelry will be made by Intramural Sports Staff.
 - E. No hats, bandanas, or headbands with an exposed knot.
 - F. No hooded sweatshirts.
 - G. Jeans and cut-offs are not allowed.

- H. All participants must wear shoes. Shoes must be athletic, non-marking, closed-toed shoes. Cleats and boots are NOT permitted for play on our indoor courts. Five-finger shoes are not considered athletic shoes.
- I. It is **highly recommended** that players wear knee pads, but it is not a requirement.

V. Pre-Game

- A. The referees will call the captain of each team in for a meeting before the game starts. The meeting will go over some rules and policies as a reminder for teams and answer any questions the captain or team may have. The referee will then use a coin toss or paper, scissors, rock to determine who will serve first and who will stand on what side. The team that receives the serve in the first game will serve first in the second game. Teams will switch court sides between the first and second game. In the event of a third game, another coin toss will be held to determine choice of serve or court side.

VI. Game Play

- A. Game time is start time.
- B. Matches will consist of a best-of-three game format. The first two games will be rally point scoring to 21, with a cap at 25. If a third game is necessary, it will be played to 15 points, with a cap at 17. Teams must win by a 2 point margin, unless the cap is reached (final score example: 21-12 or 25-24.)
- C. Each team is limited to one timeout per game. Each timeout is 60 seconds in length. Requests for timeouts shall be signaled **ONLY** by the captain during dead balls, but not after the referee has signaled for the next serve.
- D. Positioning
 - i. All players, except the server, shall be within the team's playing area and may have any part of the body on the boundary lines, but no part of the body touching the floor outside those lines at the time of the serve.
 - ii. Players may be moving prior to the serve, but no part of one player's body touching the floor may overlap another player. After the ball is contacted for the serve, players may move from their respective positions.
 - iii. When the service is awarded to a team, that team shall rotate clockwise one position. This will be enforced for the first side-out awarded in each game.
 - iv. Players on the serving team shall not wave their hands, jump, form groups or perform other actions that intentionally screen or obstruct the opponents' view of the server.
- E. Rotation
 - i. Players must follow the serving order established with their positions at the start of the game. After the loss of service by the opponents, including the loss of the first serve of the game, the serving team rotates one position in a clockwise direction.
 - ii. Rotation is: Right-back Left-back Left-front Right-front
- F. Serving

- i. The server shall serve from within the serving area and shall not touch the end line or the floor on the court at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from within the serving area. The server may serve overhand or underhand.
 - ii. Each member of the team shall serve in turn.
 - iii. The server shall continue to serve until a side-out is declared. Serving out of order causes a side-out and loss of points during serve.
 - iv. At the time of service, the receiving team may not be overlapping.
 - v. PLAYERS MAY NOT BLOCK OR SPIKE A SERVE.
 - vi. When a server releases the ball for service, then catches it or drops it to the floor, the referee shall direct a second and last attempt to serve.
 - vii. The server has 5 seconds after the referee's signal to serve
 - viii. A served ball is a service fault when:
 - a. The ball does not legally cross the net (a serve that touches the net and continues over it shall be considered a legal serve.)
 - b. The ball crosses the net not entirely between the net antennas or lands out-of-bounds.
- G. Contacting the Ball
- i. A team shall not have more than 3 hits before the ball crosses the net into the opponent's playing area. When the first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first.
 - ii. Legal contact is a touch of the ball by a player's body above and including the waist that does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.
 - iii. Simultaneous contact is more than one contact of the ball made at the same instant:
 - a. When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit.
 - b. When teammates contact the ball at the same instant, it is permitted and considered one hit. Any player may make the next hit.
 - c. When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered to be the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.
 - iv. Successive contacts of the ball are not permitted unless:
 - a. There is simultaneous contact by teammates.
 - b. There is simultaneous contact by opposing players.
 - c. There is successive contacts by a player whose first contact is a block; then the second contact is considered to be the first hit by the player's team.
 - v. When spiking, a back row player's feet may NOT leave the ground.
 - vi. A back row player may NOT come to the front net to block.
- H. Net Play
- i. Reaching over the net is permitted during the follow-through of a hit.

- ii. Contacting a ball, which is entirely on the opponent's side of the net, is not permitted.
 - iii. The centerline and its out-of-bounds extension may be touched by a player's foot or hand as long as some part of the player's foot or hand remains in contact with the line or directly above it. Any part of a player's body may be in the air below the net, beyond the net and beyond the centerline. A player may reach under the net to retrieve a ball that is in play by the player's team.
 - iv. Recovering a ball hit into the net shall be permitted.
 - v. During a live ball, a net foul occurs when:
 - a. The net or net supports are touched.
 - b. A player contacts the referee's platform.
 - c. A player illegally reaches over the net.
 - d. There is interference by a player who makes contact with an opponent which interferes with that opponent's legitimate effort to play the ball.
 - e. There is interference by a player who makes intentional contact with a ball which the opponent has caused to pass partially under the net and is attempting to play again.
 - vi. Contacting the net or any part of it, including net supports or the net antennas, while the ball is in play, is prohibited unless the force of the ball by an opponent pushes the net or its support into a player.
- I. Substitutions
 - i. Substitutions are allowed at any point, as long as the ball is dead.
 - ii. Substitutions are only allowed at the serving position.
- VII. Ceiling/Lights
 - A. If the ball contacts the ceiling/lights and falls on the opposite side of the net, the ball is considered to have gone out-of-bounds and side-out is called.
 - B. If the ball contacts the ceiling/lights and remains on that side of the net, if it has not already been played three times, play continues.
- VIII. Mercy Rule
 - A. After eight (8) consecutive serves, the serving team will turn over the ball to the opposing team for a chance at fair play. This is the only "mercy" type rule applicable to the matches. Game will not be terminated early unless decided by a referee for severe unsportsmanlike offenses and other issues not related to point difference.
- IX. Sportsmanship
 - A. No player or substitute shall act in a manner that is seen as poor sportsmanship by an official.
 - B. Teams are given a sportsmanship rating at the end of their match.
 - C. The sportsmanship rating scale ranges from 1-5, 5 being the best score you can receive.

- D. Sportsmanship rating will be determined by referees and staff.
 - E. A team must have a season average of 3.0 or greater to be eligible for playoffs.
 - F. Sportsmanship rating will serve as the first tie breaker for regular season standings and playoff seeding.
 - G. During playoffs, a rating below a 3.0 results in elimination from the remainder of playoffs.
 - H. Unsporting acts will result in a lower sportsmanship rating
 - I. A team is responsible for the actions of all members and spectators directly related to the team before, during, and after the game. Any individual that is involved in any type of physical altercation or flagrant unsportsmanlike conduct may be automatically suspended, along with the entire team.
- X. Tiebreaker
- A. Brackets and seedings will be arranged by the Assistant Director of Competitive Sports.
 - B. The following criteria will be used:
 - i. Overall Record
 - ii. Sportsmanship Rating
 - iii. Head-to-Head Record
 - iv. Average Points Allowed
 - v. Coin Flip
- XI. General Rules
- A. The Intramural Sports staff reserves the right to stop any game whenever such stoppage is in the best interest of all players, their safety, and the mission of the program. The Intramural Sports staff reserves the right to combine divisions and move teams to another classification for tournament competition.