

Below is a summary of basic rules for Intramural Indoor Volleyball, 4 v 4. For the complete rules, please check the Indoor Volleyball, 4 v 4 rules document.

Equipment

- A. Players may not wear jewelry (including earrings, bracelets, watches, piercings, etc.). Medical alert bracelets/necklaces or religious items may be worn, but must be taped down.
- B. Intramural Sports will provide volleyballs for play but participants may bring and use their own provided the game ball is agreed upon by both teams and staff.
- C. The net will be placed at men's height (7'11") for Men's and *Co-Rec* matches and will be placed at women's height (7'4") for Women's matches.

The Game

- A. A match shall consist of the best two-out-of-three games. The first team to win two games shall be declared the winner of the match. The third game will be played if it is necessary.
- B. Matches will be scheduled in 45-minute intervals but there will be no time limit to the duration of matches.
- C. Matches will use the rally scoring system.
- D. The first two games are played to 25 points, and a team must win by two with a 27 point cap.
- E. The third game is played to 15 points, and a team must win by two with a 17 point cap.

Gameplay

- A. All matches will be officiated.
- B. All teams should have no more than four (4) players on the court at one time. The minimum numbers of players to begin the match is two (2) for each team.
- C. The roster max for each team is ten (10).
- D. *Co-Rec matches may be played with any of the following gender ratios on the court only:*
 - a. 2 females and 2 males
 - b. 2 females and 1 male
 - c. 1 female and 2 males
 - d. 1 female and 1 male
- E. If, at game time, one team has not met the minimum player requirement and their opponents have, the team with the correct number of players will have two options presented to them by the Competitive Sports staff:
 - a. Take the win immediately
 - b. Wait up to ten (10) additional minutes for enough players from the opposing team to show up in order to meet the minimum player requirement.
- F. The serve may be taken from anywhere behind their end line
- G. The first server of the game is in the right back position. When a team is awarded a loss of rally, the player in the right front position rotates to serve next.
- H. There are no designated positions, i.e. front-row, back-row, libero
- I. A team has no more than three hits before the ball crosses the net or is touched by an opponent.
- J. A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line.
- K. Substitutions are allowed. To request a substitution, the captain or substitute must signal to the officials and wait for the officials to approve the request.

Sportsmanship

- A. Teams will earn a sportsmanship rating on a 4.0-scale at the end of each match. This rating is based on the respect, cooperation and behavior displayed by each team throughout the game.
- B. Teams must achieve a 3.0 sportsmanship average rating during the regular season to be eligible for the playoffs, and must maintain that 3.0 average throughout the playoffs to continue.
- C. Yellow and red cards may be given by any staff member for various unsportsmanlike actions. Players that receive 2 yellow cards or 1 red card in a match will be disqualified and required to meet with the Competitive Sports Coordinator before participating.