University of Minnesota Intramurals

The following set of rules addresses gameplay for intramural volleyball. Any additional situations that arise will be determined in accordance with the USA Volleyball Domestic Competition Regulations. Additionally, the intramural handbook addresses intramural policies that apply to all sports and should be read prior to registering an intramural team. The Intramural Handbook can be found online.

I.D. Check-in-Policy and Procedure

1. All students, staff and faculty MUST present a valid U of M identification card to participate in any Intramural activity.
2. There will be no exceptions to this policy. If participants do not present a valid U of M identification card they will NOT be allowed to participate in the Intramural activity.
3. Penalty for attempting or using a false identification card will be suspension from the league. Suspended individuals MUST meet with the Intramural Director for possible reinstatement into the Program.

Adding Players to Your Roster

All players must be on your roster (this includes accepting their invitation) by 2 PM the day of the scheduled match for the player(s) to be eligible. For matches scheduled on Sundays, players must have been accepted to the roster by 2 PM on the Friday.


Adding Players as a Captain

- Click on "My Teams" in the upper right hand corner of your IMLeagues screen.
- Click "Invite Members to Your Team".
- Enter the invitees' email addresses separated by a comma.
- Once the invitee receives an invite and accepts your invitation, they will be added to your team.
- IMPORTANT: If you do not see a player on your roster, they have not accepted your invitation and are ineligible to participate.

Adding Yourself to a Friend's Team

- First, create your IMLeagues account.
- Click "Player Signup" on the upper right hand side of your screen.
- Find the team that you would like to join.
- Click "Join Team".
- Fill out the waiver.
- Once the captain has accepted your request, you will be added to the team.
- IMPORTANT: You will not be added to the roster until the captain accepts your request.
Volleyball 4v4 Rules

Postings: Schedules, league updates, game results, and playoff brackets will be posted on IMLeagues as that information becomes available. Team captains should check the site regularly to check for changes.

Pre-Game: All players must check in at the table with their U-cards. There are no exceptions to this rule. Using another student’s U-card is grounds for suspension from intramural sports.

Player Eligibility: A Participant may only play on one co-rec and one non co-rec team in each sport. Players playing for more than one team will lose their eligibility and cause forfeiture for their team’s games.

A player is eligible if s/he plays on:
- 1 co-rec and 1 open team
- 1 co-rec and 1 women’s team

A player is not eligible if s/he plays on:
- 1 open A and 1 open B team
- 1 open and 1 women’s team

Players who do not play in a regular season game with their team will not be eligible for playoffs.

Uniforms: All uniforms must follow the Recreation and Wellness Center Dress code.

The following items are required while playing intramural volleyball
- Athletic-style shoes with non-marking soles, closed toes, and closed heels.
- Athletic-style pants or shorts. Shorts must be of sufficient length to cover the gluteal fold.
- Shirts that reach the top of the pants or shorts and fully cover the torso (chest, stomach, back, and sides.)
- All clothing must be free of profanity, offensive language, and offensive graphics.

The following items are prohibited while playing intramural volleyball:
- Tear away pants
- Metal barrettes or bobby pins
- Hats or bandanas
- Jewelry

Players are encouraged (but not required) to wear kneepads during intramural volleyball.

Equipment: Game balls will be provided by the intramural department. A limited supply of balls may be checked out (with U-card) to players prior to their game; however,
there is no guarantee that balls will be checked out. Players are encouraged to bring their own.

**Forfeits:**

**Game time is forfeit time.** If a team has no players check in with legal equipment at game time, the game will be declared a forfeit, and the team will be disqualified from playoffs. Additionally, if a game must be ended due to major sportsmanship issues, the result will be a forfeit.

A team that has 2 forfeits, 2 defaults, or 1 of each will be removed from the league without a refund.

**Defaults:**

Teams must have *at least 3 players* checked in with legal uniforms at game time in order to avoid a default. For co-rec games, teams must have *at least 2 males and 1 female or 2 females and 1 male* present. A default will result in a 2.5 sportsmanship rating.

If at game time, a team has at least one player checked in but is short the minimum number of players, that team will have five minutes to get all checked in and ready to play. After five minutes, the game will be called as a default.

If the game begins late because of one team’s lack of players, that team can get no higher than a 2.5 sportsmanship rating for that game. Additionally, that team will begin down two points for each minute they are late (up to five minutes).

Team captains may call the intramural office by 4pm on the day of the game or 4pm on Friday for weekend games to default the game ahead of time. In this case, the team will receive the loss, but will not need anyone to show up at game time.

**1st Default:** Recorded as a loss for the team and a 2.5 sportsmanship rating, however the team is still eligible for the playoffs.

If a team has one player arrive at the game or calls the Intramural Office to inform them of the inability to play by the default time, the game is a **DEFAULT**. If no one shows up for a team and there is no contact with the Office prior to the game the game is a **FORFEIT**.

**Timing:**

Games are played best of three sets using rally scoring. The first two sets are played to 25 points. Teams must win by 2 points; however the set is capped at 27 points, except in playoffs.

The third set is only played if necessary. It is played to 15 points with teams needing to win by 2 points; however, the set is capped at 17 points, except in playoffs.

Each team is allowed one 30-second timeout per match.
**General Rules:** Teams may have up to 4 players on the court at any one time. For co-rec games, teams may have a maximum of 2 male players and 2 female players on the court at one time.

Each team is allowed three contacts before the ball must be passed over the net to the other team.

A block is an attempt to intercept the ball coming from an opponent by reaching above the height of the net. No contacts on a block are counted towards the three hit maximum or the double hit. However, if the ball is caused out of play on a block, that is the fault of the blocker.

In the following situations, the ball will become dead, and a point will be awarded to the non-offending team:

- A player commits a service fault, positional fault, or rotational fault.
- The ball is caused to contact the wall or ground outside of the playing area.
- The ball is caused to pass under the net or over the net outside the antenna.
- The ball is caused to contact the net outside of the antenna.
- The ball is caused to contact the ceiling or arches before or after crossing over the plane of the net.
- A back row player makes an attack from in front of the 10 foot line with the ball entirely above the net at the time of contact.
- A back row player makes a block.
- A player contacts the ball twice in succession.
- A player lifts, carries, throws, palms, or makes prolonged contact with the ball.
- A player commits a net fault.
- The ball crosses the plane of an adjacent volleyball court.

**4v4 Specific Rules:**

One-handed placement or redirection of the ball with the fingers (a "dink" or "open-hand tip") is a fault. The ball must be hit cleanly with the hand, straight locked fingers, or knurled fingers.

Any ball that is intentionally set into the opponent’s court must be contacted with two hands above the shoulders, and set directly forward or backward in relation to the player’s body.

**Back Row Attack:**

While there are no regulations regarding back row players attacking the net, positional regulations will still be enforced. Players must rotate positions on the court.

A positional fault will result in a side out and point for the opponent.

There is no back row in 4v4; each player can hit front row
**Rotations:**

Teams do not have to rotate positions; however serving order must remain constant. Each player must be in the serving order.

A player can only be removed from the serving order by leaving the facility, whether be to injury or personal reasons.

A serve order fault will result in a side out and point for the opponent.

**Service:**

The first serve will be determined during the captain’s meeting. The team that serves first in the first set will serve second in the second set.

The serve must be executed by the player in the back right position, and it must be made from behind the end line. A player may jump from behind the end line so long as s/he hits the ball before landing in the court.

The serve may hit the net so long as it continues directly over into the opponent’s court.

It is a fault if the serve contacts a player on the serving team, the floor of the serving team, an official, an antenna, the net outside of the antenna, or any other obstructions. Additionally, the ball may not pass under the net or over any of the ceiling arches.

The server may not serve before the official signals him/her to do so. Once the whistle is blown, the server has no more than 8 seconds to execute the serve.

The receiving team may not attack the serve while the ball is completely above the height of the net.

**Net Faults:**

No player may contact the net while in the action of playing the ball. Additionally, no player may contact the net while not playing the ball if s/he interferes with any opponent’s chance to play the ball.

No player may contact their opponent’s court with any part of the body except the foot. The foot or feet may contact the opponent’s court so long as part of each foot is still in contact with the center line and this position does not interfere with the opponent’s chance to play the ball.

In blocking, no player may reach over the plane of the net to play the ball until the opponent’s attack has been completed. In attacking, no played may reach over the plane of the net until after contact with the ball is made.

**Yellow/Red Cards:**

The following acts will result in a yellow card:

- Use of obscene gestures or language
- Delay of game
- Illegal Substitution
- Arguing with the official
- Interference with play from a team’s bench or spectators
• Verbal abuse from players or spectators
The following acts will result in a red card:
• Unsportsmanlike Conduct
• Physical abuse of any kind towards participants, spectators or officials.
• Continued arguing with official or supervisor
• Continued verbal abuse to other players or spectators

Any player that receives two yellow cards or one red card will be ejected from the game and will be asked to leave.