

4 on 4 Co-Ed Volleyball Rules and Regulations

COVID-19 Return to Play Phase 1 - Updated 2/12/21

Schedules

League schedules may be found in IMLeagues.

Personal Protective Equipment

- Face coverings will be required for all participants and staff at all times while in the facility.
- Individuals must make sure their face covering is appropriately over their mouth and nose and change face coverings if the one worn does not comply with university guidelines. Per university policy, the following face coverings are not permitted unless they include a replaceable filter: gaitors, buffs, and bandanas.
- Masks are required to be worn at all times during play and **must cover both the nose and mouth**.
- If masks slip down during play, activity will be stopped immediately until the mask is adjusted to fit properly.
- Extra cloth and single-use masks will be provided free of charge at each scorer's table should a mask become too saturated with sweat that it is no longer effective.
- **Non-compliance with the policy will not be tolerated.** Deliberate violation of the mask requirement will result in immediate dismissal and program suspension.

General Procedures

- All participants must register on IMleagues.com and be accepted by the captain 15 minutes prior to the game they wish to play. Upon the start of a competition, the Recreation staff will check all rosters to ensure eligibility. Players who do not appear on a team's roster will be classified as ineligible and will be required to register before being allowed to play.
- Any team knowing in advance that they will be unable to play a regularly scheduled contest is provided the opportunity to default (not play this contest). In order for the contest to be considered a default, the team captain must contact the Intramural Sports Office by 5:00 p.m. on the day prior to their contest.
 - If a team defaults, they will receive a loss in the standings, an "Exceptional Sports" sportsmanship rating, and it will not count as a forfeit.
 - If a team forfeits, they will receive a loss in the standings and a "Needs Improvement" sportsmanship rating.
- Any team that forfeits 2 games will be eliminated for the remainder of the season.
- Due to Covid restrictions, participants will not be allowed into the Mathy Center until 10 minutes prior to their scheduled game time.
- Participants will check in at the Mathy Welcome Center desk for facility access. All participants must show the intramural check in staff their Viterbo I.D.'s and a green Health Pass from Viterbo's University's app prior to play that night.
- Locker rooms will not be available on a drop-in basis. In order for participants to use the locker rooms, a reservation must be made prior to play through the Mathy Center reservation site. Participants are encouraged to bring as few belongings as possible.
- Players should bring their own volleyballs to be used during warm ups.
- Two game balls will be rotated in. Balls will be disinfected between sets and as necessary.

- Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before the player can continue. If there is blood on any clothing or jersey, it must be changed before the player resumes play.
- There will be no pregame or post-game handshakes.
- The Site Supervisor is responsible for recording scores, running clock, and keeping order. The Site Supervisor has the authority to eject any player for unsportsmanlike behavior (profanity, fighting, and participating in a contest under the influence of alcohol or other drugs, etc). See Intramural Handbook for more details.
- Players will not be allowed to congregate after the game and must leave the facility within 5 minutes of the completion of their game.

Match Format

- Each team must have 3 players present to begin game play. If a team does not have 3 players at game time, they will forfeit the contest. If a team has 3 players, at least 1 must be a female.
- If a team falls below three (3) eligible players during a contest due to injury or ejection, play can continue (without a female minimum), but that team must compete shorthanded. If a team falls below two (2) players, they will forfeit the contest
- Two female minimum on the court when playing 4 on 4.
- Matches will consist of the best 2 of 3 sets with a total time limit of 40 minutes. If a game winner has not been reached within the time limit (40 minutes), the team ahead will be awarded the game.
- Rally scoring is used (25 points, cap of 30, point available for each team during play).
- Teams that both win one game apiece will play one tiebreak game to 15 points, cap 18.
- Varsity athletes are not permitted to play intramural sports at this time. A varsity athlete is considered anyone who is currently on a varsity roster or anyone who was on a varsity roster the previous academic year.

Match Scoring & Team Standings

- Each game of a match is worth 1 standing point.
- The maximum number of standing points a team may receive per match is 2.

Game Rules

- If both teams have 4 players present, the match will be played 4 v 4. A team with 3 players present must play undermanned even if the opponent has 4 players.
- The game will begin with the captain's completing one successful one rock, paper, scissors competition to determine possession.
- Score must be said aloud by each server for each serve.
- Teams must call their own fouls (net violations, carries, line calls). Issues with teams not calling their own fouls will negatively affect a team's sportsmanship rating.
- If there is a dispute regarding a foul, or a line call, the play should be replayed.
- Players cannot spike or block the serve.
- No tipping in front of the ten-foot line.
- A serve contacting the net but falling into the receiving teams' court will be considered legal and in play. A serve that contacts the net and lands in the serving teams' court or lands out of bounds will result in a side-out.
- Teams are allowed one 30-second time-out per game.

Illegal Hits

- An illegal hit is: 1) slapping the ball, 2) bumping the ball with two separated hands (hands must be together), 3) carrying the ball, 4) palming the ball, 5) bobbling the serve (hitting the ball two separate times), and/or 6) directing the ball (throwing).
- ****NOTE:** to not be an illegal hit, the ball must leave the players' hands/arms immediately upon contact of the ball.
- A jump serve will be considered an illegal hit and will result in a side out for the 4 on 4 league.
- It is illegal for persons playing the back row to spike the ball in front of the ten-foot line on the court. You can have a maximum of 3 players in the front row. Any remaining players on the court will be considered back row. The server will always be considered back row, even if the team has just 2 players. The server is defined as the person serving or who has just completed serving for the receiving team.

Reporting Scores

- Final scores and team sportsmanship ratings must be reported to the Site Supervisor.