

## 4v4 VOLLEYBALL RULES

These rules are a supplement to the National Federation of High School Associations' Rules.

*Participants must present a physical copy of their UGA ID card, a picture of their UGA ID card (front and back), or their Digital Student Profile from Athena before every game... NO EXCEPTIONS!*

### A. COURT/EQUIPMENT DIMENSIONS

- The court is 30 feet x 60 feet.
- The Women's net height is 7' 4".
- Men's & Co-Rec net height is 8'.

### VOLLEYBALL COURT DIAGRAM

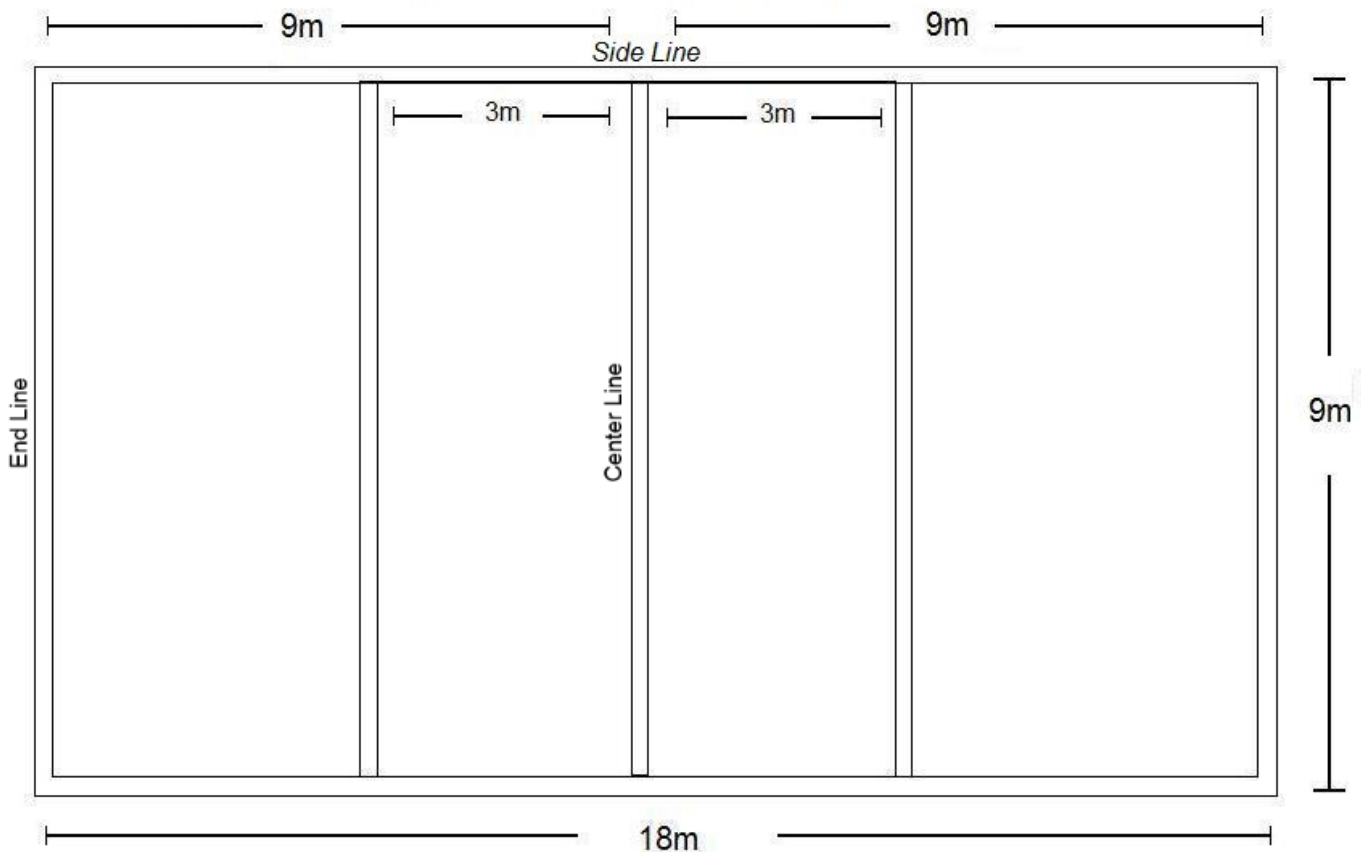


Diagram by Abhijit Naik

## B. PLAYERS

- a. It is suggested that teams arrive 15-minutes prior to the scheduled game time to allow time for sign-in, ID check, and warm-up.
- b. The match shall be played between two teams of four players each.
- c. A minimum of three players are required to avoid a default or forfeit.
  - i. If a match is played with three players, the server must adhere to the back row player rules.
  - ii. If a match is played with three players and one player is ejected from the match for any reason, the match will be recorded as a forfeit.
- d. If a team does not have three players at its assigned court, signed in, and ready to play at its scheduled game time, the clock will start, and the following penalties will occur:
  - i. *If a match is scheduled for 5:30pm, once the Competitive Sports Staff's official clock reads 5:35pm, that game will be declared a default/forfeit.*
- e. The following equipment are prohibited:
  - i. Earrings with hoops
  - ii. Casts
  - iii. Combat boots, five-fingered (Vibram) shoes, open-toed shoes, metal cleats
  - iv. Participating without footwear
  - v. Ridged or pointed jewelry which, in the opinion of the staff, may cause harm to any participant.
  - vi. Jewelry (rings, necklaces, ankle bracelets, watches, fitness trackers, non-hoop earrings, rubber bands, etc.) which is not prohibited by the above rules may be worn.
  - vii. Refer to the Intramural Sports Participant Guide page 13.
- f. A pre-designated captain will be the only player to confer with the officials.
- g. Matches will be played best two-out-of-three games (best three-out-of-five for Spring 2023 playoffs) to determine a winner.
- h. A coin toss will determine court or service.

## C. ROTATION

- a. 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.
  - i. Rotation is: right-back → left-back → left-front → right-front.

## D. SUBSTITUTION

- a. Substitutions may only be made on a rotation basis. Following a point won by the receiving team and the subsequent rotation, the front right player may exit the game, and a substitute may enter the game in the right back position.

## E. SERVING

- a. To serve the ball, the server must stand behind the end line and between the sidelines. The server has five- seconds to serve the ball after the referee has blown the whistle.
- b. Members of each team serve in turn with one server continuing his/her serve until a point is won by the opposing team.
- c. Let services are legal.
- d. Setting the serve is legal.
- e. Attacking the serve is not allowed, and will result in a point for the service team.

## F. PLAY

- a. No more than three hits are allowed to get the ball over the net. Four plays constitutes a violation (except in the case of blocking – see rule G.d.).
- b. Back row players may only attack (spike) from behind the 10-foot attack line, however, they may attack on or in front of the 10-foot line if their feet remain in contact with the floor. Back row players may not block or fake a block.
- c. If the ball touches the boundary line, it is considered good.
- d. A player may not enter an adjoining court at any time. A point or side-out will be awarded.
- e. A ball may be recovered from the net anytime during the match.
- f. Teams shall change courts at the end of each game. In the third game, teams will change sides once a team has reached 5-points.

## G. SCORING

- a. There will be a time limit of 25-minutes per match
  - i. There will be no time limit for the Semifinal and Final matches during tournament play.
- b. Rally point scoring will be used for all games. This means every time there is a serve, there will be a point to win for either team.
- c. The first two sets will be played to 15 points, with a 17-point cap. A team must win by 2 points unless time expires. The third set will be played to 10 points, with a 12-point cap.
- d. The first team to win two sets will be declared the winner.
  - i. During the regular season:
    1. If a match is tied 1 set to 1 set when the time limit is reached, the game will end in a tie.
    2. Scenario: Team A wins the first set 15-10. Team B is leading the second set 12-10 when the 30-minute time limit is reached.  
Result: Match ends in a tie.
  - ii. During the playoffs:
    1. If a match is tied 2 set to 2 set when the time limit is reached, the game will immediately enter the 5th set and will be played in its entirety to determine the match winner.
    2. Scenario: Team A wins the first two sets 15-10. Team B won the 3<sup>rd</sup> and is leading the fourth set 12-10 when the 50-minute time limit is reached.  
Result: The fourth set will end immediately. Match score is now 2 set to 2 set. After conducting captains meeting, the 5th set is played in its entirety to determine the match.
    3. Scenario: Team A has won 2 sets and is leading the 3 set 11 - 6 when the 50-minute timer expires. The match will end, and the win will go to Team A.

## H. 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 ceiling/lights and remains on that side of the net (if it has not already

been played three times), play continues.

- c. For matches played outside of the Volleyball Arena (Gym Central, Gym East, Gym West, or Wheeler Gym at the Health Sciences Campus), a ball that contacts a basketball backboard will be ruled as if it were the ceiling/lights in any other arena.

#### I. FOULS

- a. It is a foul to step or have any other body part completely over the center line. It is not a foul to step on the line.
- b. Touching the net with any part of the body (excluding hair, shirt, etc.) is a foul, except when the ball is driven into the net, causing it to hit an opposing player.
- c. It is an error to catch, lift, push, or throw the ball. The rules distinctly state that the ball must be “rebounded.”
- d. The ball may not be touched by the same player twice in succession, however, after a ball has been blocked, the same player may hit the ball again. The block does not count as a touch.

#### J. PLAYER CONDUCT

- a. Unsportsmanlike conduct will not be tolerated.
- b. Officials will administer yellow and red cards for misconduct by players or coaches.
  - i. A yellow card is used as a warning for the first minor offense.
  - ii. A red card is used as a penalty for a second minor offense by the same individual or a single serious offense.
  - iii. If a card is given, side-out is awarded to the opponent.
  - iv. Two yellow cards or one red card will constitute an ejection from the game. Any player ejected from a game will face disciplinary action as outlined in the IM Sports Participants Guide.
- c. Taunting an opponent is considered unsportsmanlike conduct.
- d. Spitting anywhere other than into the proper receptacle is considered unsportsmanlike conduct.

#### K. CO-REC RULES

- a. Each team will consist of 4 participants. A team may play with a minimum of 3 players.
- b. Teams can legally play with the following gender combinations:
  - i. 2 of any gender & 2 of a different gender
  - ii. 2 of any gender & 1 of a different gender

#### L. CLUB PLAYERS

- a. A club sport member is defined as any individual who is on the club sport’s roster and participates in practices and/or plays in games.
- b. Once an individual is on a club team roster, these restrictions apply for the entire school year which runs from the fall, spring and through the summer respectively.
- c. Club sports members shall be eligible for intramural participation in the sport of their specialty, but a team is restricted to having only **ONE** such participant on its roster.
- d. Any team found violating this rule will risk forfeiting its season.

- e. Any player who violates this rule will be suspended for one calendar year from the date of infraction and may be subject to further penalty as deemed appropriate by Competitive Sports Administrative Staff and/or the Club Sports Executive Committee.

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