Intramural 4v4 Volleyball Rules (Revised 01/26/2021)

GENERAL INFORMATION
1. All participants must register at https://recwellservices.uky.edu/
2. Click on IMLeagues, Login with your UK Link Blue account and Register
3. Electronically sign the online waiver and pass the participant quiz

Participation in ALL Intramural Events Require:
1. Valid UK or BCTC student, faculty or staff ID required for all contests to participate
2. Jewelry is NOT permitted
3. No hats, skull caps, bandanas, or other headgear. Terry-cloth headband without exposed knots
4. Review specific sport rules for additional attire restrictions

BCTC student/faculty/staff must pay the “Recreation Fee” before access to IMLeagues.com or participation
1. Information about “Recreation Fee” http://www.uky.edu/plusaccount/uk-estore-information
2. Pay “Recreation Fee” at https://iweb.uky.edu/ukestore/ and retain your electronical receipt
3. Email the Intramural Director, Natasha Harris at neharris1@uky.edu and provide an email address
4. Provide an email address you’d like to use to log into your IMLeagues.com account

These groups must send an email neharris1@uky.edu to have an account created for participation:
1. Religious Advisors
2. Spouses of current UK student/faculty/staff can only play on Co-Rec teams

10-minute Rule/Defaults/Forfeits/Inclement Weather:
1. 10-minute rule applies to various sports:
   a. At game time, if a team is not prepared to play that team will have 10 minutes to become ready
   b. To win by forfeit, minimum number to play must be present and signed in with Intramural staff
   c. If a double forfeit occurs, both teams will receive a forfeit and no team will advance
2. Defaults vary depending on tournament design
   a. Loss by default will not be counted as a forfeit, nor affect your sportsmanship rating
   b. Two (2) defaults result in a forfeit or are the same as a forfeit
   c. Submit Default for your game via IMLeagues.com by completing the “Default” link by 5pm the day of your scheduled game time: https://uky.az1.qualtrics.com/jfe/form/SV_8iyhCrSvwZadOZL
   d. Failure to submit your default before designated time will result in a forfeit and $20 forfeit fee will be assessed to your team captain, Greek Chair or Residential Chair.
3. Forfeits applies to various team sports and tournaments:
   a. Team captain, Greek chair or Residential chair assumes responsibility for that team
   b. Captain or Chair is suspended and responsible for paying the $20 forfeit fee
   c. Captain or Chair MUST pay forfeit fee PRIOR TO next scheduled game
   d. Review our Wildcard Player Participation Policy to assist team to avoid forfeits
   e. Forfeit Fees CAN BE PAID ONLINE at:
      https://recwellservices.uky.edu/Program/GetProducts?classification=00000000-0000-0000-0000-000000026001
4. Inclement weather decisions will be made no later than 3pm on game day
Intramural Sport Program COVID-19 Guidelines for Individual(s)/Participant(s): Minimize Risks

<table>
<thead>
<tr>
<th>Individual/Participants Do’s Summary</th>
<th>Individual/Participants Don’ts Summary</th>
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</thead>
<tbody>
<tr>
<td>Complete UK’s daily 4.0 self-assessment if symptomatic/sick stay home</td>
<td>If symptomatic/sick stay home</td>
</tr>
<tr>
<td>Wear face coverings/masks always</td>
<td>Not wear a face covering/mask or wear a plastic face shield covering because it increases the risk of injury to participant</td>
</tr>
<tr>
<td>Follow and maintain 6 feet social/physical distancing</td>
<td>Not follow or maintain 6 feet social/physical distancing</td>
</tr>
<tr>
<td>Avoid touching your eyes, nose, mouth with unwashed hands</td>
<td>Touch eyes, nose, and mouth with unwashed hands and give high fives, handshakes, fist bumps or hugs</td>
</tr>
<tr>
<td>Cover your nose &amp; mouth by using a tissue or inside of your elbow; sanitize hands immediately</td>
<td>Touch or remove university property, sports equipment, disinfecting equipment or items necessary for intramural staff to perform work duties</td>
</tr>
<tr>
<td>Follow posted signs and sanitize hands</td>
<td>Not follow signs and not sanitize hands</td>
</tr>
<tr>
<td>Follow guidelines, policies and rules associated with the Intramural Sports Program and UK’s Code of Student Conduct</td>
<td>Not follow guidelines, policies and rules associated with the Intramural Sports Program and UK’s Code of Student Conduct</td>
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Intramural Sport Program COVID-19 Guidelines for Spectator(s)/Participant(s): Minimize Risks

<table>
<thead>
<tr>
<th>Intramural Spectator(s)/Non-Participant Summary</th>
<th>Intramural Staff Summary</th>
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<tbody>
<tr>
<td>Spectator(s)/non-participant(s) is a non-player, captain, coach, manager, spectator or anyone representing a participant(s)</td>
<td>Complete their UK daily 4.0 self-assessment before arriving to work and complete daily symptom checks before working</td>
</tr>
<tr>
<td>All spectator(s)/non-participant(s) will wear masks</td>
<td>Wear face coverings/masks</td>
</tr>
<tr>
<td>Follow and maintain 6 feet of social/physical distancing</td>
<td>Sanitize hands before and after performing work duties</td>
</tr>
<tr>
<td>Cover your nose &amp; mouth by using a tissue or inside of your elbow; sanitize hands immediately</td>
<td>Clean &amp; Disinfectant frequently touched surfaces and equipment in between uses and activities</td>
</tr>
<tr>
<td>Spectators/non-participants will not be in groups of more than ten (10) people. Indoors spaces will not allow spectators if social/physical distancing cannot be accomplished</td>
<td>Ensure guidelines are followed (masks &amp; 6 feet), control the environment based on what is best for program operation and facility capacity</td>
</tr>
</tbody>
</table>

ROSTERS

- Eight (8) player limit for Men’s, Women’s, Open, and Co-Rec teams.
- Players are not officially on a team until they have shown their ID to check in or for Wildcard participation, they have signed a waiver. Once a player has played for a team that is the team, he or she shall be on for the remainder of the tournament.
- Due to the tournament setup, rosters shall be frozen after the team’s first round game. No additions shall be made after a team’s first game.
- Once the roster limit is reached (8 players), the roster is frozen.
- Club sports members shall be eligible for intramural participation in the sport of their specialty, but a team is restricted to having only TWO club sports participants on its roster.
  - Any team found violating this rule will risk forfeiting their participation in the tournament.

PLAYERS

- Masks will be required for play
  - Players who continuously not wear masks/argue will result in removal from the game and their team will play down if they don’t have a sub or wildcard player.
- Men’s and Women’s Teams
  - The maximum number of players on the court at one time is four (4).
  - A team must have a minimum of three (3) players to start the game.
  - Once started, the game may continue with less than three (3) players as long as the team has a chance to win.
- Open Teams
  - The maximum number of players on the court at one time is four (4).
  - A team must have a minimum of three (3) players to start the game.
There will be no gender restrictions on who should be on court at a time.
Once started, the game may continue with less than three (3) players as long as the team has a chance to win.

- **Co-Rec Teams**
  - The maximum number of players on the court is four (4).
  - A team must have a minimum of three (3) players to start the game.
  - Co-Rec teams can legally play with the following male-to-female combinations:
    - 2 females and 2 males
    - 2 females and 1 male
    - 2 males and 1 female
    - 3 females and 1 male

**LEAGUE OR TOURNAMENT PLAY**
- Schedule information will be posted on IMLeagues.
- Tournament style will depend on the number of participants.
- The bracket will be created after the registration period has ended.

**GAME TIME AND LENGTH**
- The games shall have a running clock of 40-minutes.
  - A 5-minute warm-up period will be allowed prior to the scheduled start time of each match
- A match will consist of a best 2 out of 3 games.
- **Forfeit Rule:** A 10-Minute Rule is in effect with one (1) point being awarded to the prepared team at the start of the game and each subsequent minute until the opposing team has the minimum required to play.
- **Timeouts:** Each team is allowed two (2) timeouts per game. Timeouts will be 30 seconds in length.

**SCORING**
- 2 out of 3 games is a match.
- 21-points rally scoring (win by two points with a 23-point cap on winning score).
- 15-point rally scoring for the third game (win by two points with a 17-point cap on winning score).
- When a side-out is awarded to a team, that team shall rotate clockwise one position unless on that team (a point is awarded as the team rotates).
- **Co-Rec Scoring:** all scoring rules in a Co-Rec game will be scored the same as in a single sex game.
  - When the ball is played more than one time by a team, a female player **MUST** be involved in the play.
- **Open Scoring:** all scoring rules in an Open game will be scored the same as in a single sex game.
  - **THERE ARE NO GENDER RESTRICTIONS DURING PLAY WITHIN THE OPEN LEAGUE.**

**THE GAME**

**Net Height**
- Men’s, Open, and Co-Rec: 8 Ft.
- Women’s: 7 Ft. 4 1/8 inches

**Contacting the Ball**
- The ball may be played 3 times before crossing the net.
- A player may go outside of the court to play the ball. However, a player may cross the net extended or enter an adjacent court to play a ball.
- Legal contact is when the ball hits anywhere on a player if it does not come to rest. Feet and legs can be used if it is not on an attack.
- The ball must be clearly and cleanly hit.
  - First ball over the serve cannot be attached (block or spike).
- **Ceiling/Lights/Basketball Boards:** If the ball contacts the ceiling/lights/basketball backboard and falls on the opposite side of the net, the ball is considered to have gone out of bounds and side-out is called.
  - If the ball contacts the ceiling/lights/basketball backboard and remains on that side of the net (if it has not already been played three times), play continues.
Violations and Fouls

- **Double Hit** – hitting two parts of the body in succession, however, slight. It is a double hit if it strikes both wrists, fists, arms, or chest if the hands are not put together in some manner.
  - This is legal on first ball over
  - A player who blocks a hit may play the ball once without fault

- **Carry** – if a ball rests on or appears to come to rest in the hands of a player.
  - Holding, catching, throwing, lifting, and pushing are illegal hits because of prolonged contact with the ball.
  - This is a judgment call by the official and cannot be questioned.

- A team has more than three hits before the ball goes over the net.
  - Blocked hits are not counted

- **Serving errors:**
  - The server must wait for the official to beckon before a serve may be attempted. If the ball is served before the official’s beckon, a re-serve shall be directed. During a team’s term of service if the ball is served a second time before the official’s beckon, then it is a side-out.
  - The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area 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 the serving area.

- **Touching the net while ball is in play**
  - Hair hitting the net is not considered a net violation
  - If the force of the ball hit by an opponent pushes the net or net cables into the player, it is not a net violation

- **Player crossing the centerline. Complete foot, hand, or head over the line.**
  - **3ft Area:**
    - No blocking or spiking within the 3ft area (which means no plays at the net). If players step on line, play on, if players step over line, loss of serve will be a result and the opposing team will be awarded a point and the serve.
      - It is not a foul to step on the line.
      - It is a foul to step or have any other body part completely over the tape (blue or pink) placed on the court horizontally 3ft from the centerline on both sides of the court.

- **Ball out-of-bounds:**
  - Touching basketball goals
  - When touching anything outside of the boundary lines (lines are in play).
  - A ball touching a light fixture or any other part of ceiling:
    - Coming down on the same side of the court is still in play
    - Going over the net will result in a side out or point.

- **Screening** – A screen is an act, intentional or unintentional, which obstructs the opponent’s view of the server or the flight of the ball from the server.

- **Serving** – All players, other than the server, shall be within the playing area (but may touch the boundary lines) when the ball is served. The server must serve from within the serving area and shall not touch the lines bounding this area at the instant the ball is contacted when hit for the serve. The serving area encompasses the entire baseline of the court but must be between the sidelines extended.

- **Blocking** – Blocking at the net is allowed by front row players only. A blocker may reach over the net to block a ball that is being returned to his court or when the opposing team has completed their attack. A player that blocks a ball may hit it again. A block is not considered a hit. A ball blocked simultaneously by two players of the same team can be hit again by any player.

**Back Row Player**

- A back-row player may not attempt to block or participate in a block.
- A back-row player may not attempt to return a ball that is completely above the top of the net while positioned:
  - On or in front of the 10-foot spiking line or it’s out-of-bounds extension.
  - In the air, having left the floor on or in front of the spiking line or it’s out-of-bounds extension.

**Note 1:** When playing with 4 players, the server is considered to be a back-row player.
UNSPORTSMANLIKE CONDUCT

- Unsportsmanlike Conduct or fighting will not be tolerated!
- A team representative is a participant, player, non-player, captain, coach, manager, spectator or anyone representing a team.
- Unsportsmanlike Conduct includes behavior, language and actions that are a violation of the University of Kentucky Student Code of Conduct.
- Unsportsmanlike Conduct includes behavior, language, action and contact towards a team representative, ref/official, Intramural Staff or Campus Recreation and Wellness staff.
- Unsportsmanlike Conduct that is but not limited to:
  - Arguing a call
  - Behavior, language, action that is abusive, demeaning, insulting, disruptive, threatening
  - Contact that is excessive or unnecessary and contact that is persistent, severe, extreme, vulgar, violent or flagrant in nature
- A team representative will be disqualified from the game, ejected from participation, shall leave the facility and may be subjected to expulsion from further Campus Recreation and Wellness events or programs.
- Teams must get a 3.0 sportsmanship rating in knockout rounds or maintain a 3.0 sportsmanship rating average to advance to playoffs. In playoffs, if a team receives a 2,1, 0 sportsmanship rating that team cannot advance in playoffs.
- Two (2) unsportsmanlike conduct penalties against a player constitutes an automatic ejection.
- Four (4) conduct unsportsmanlike penalties against a team or four of any kind will forfeit the contest.
- Six (6) conduct unsportsmanlike penalties against a team during the season will forfeit the team’s remaining schedule.
- Game(s) may be forfeited at the discretion of the ref/official, Intramural Staff or Campus Recreation and Wellness staff.

CONDUCT (All team representatives are expected to display good sportsmanship)

- Any team representative ejected from a game for any reason shall be suspended from ALL Intramural play until they contact the Intramural Director.
- It is the responsibility of the team representative to setup an appointment with the Intramural Ejection Board by emailing the Intramural Director at neharris1@uky.edu.
- If players are found to be participating before being reinstated, they will be suspended from all Intramural activity for the remainder of the semester. A team for which an ineligible player participated will forfeit all games.

PROTESTS

- There will be no protest involving official’s judgment in games that are officiated by the Intramural Staff.
- Protests of rule interpretation must be made before the start of the next dead ball situation.
  - To protest, the protesting team must begin the process immediately following the event in question.
  - The supervisor’s decision is final.
  - Protests can be made without team time-outs. A rejected protest in this case will result in an unsportsmanlike conduct penalty on the team captain.
- In non-officiated games, any and all disagreements between teams must be settled by the players. Disagreements not resolved within reason or in a timely manner, Intramural Staff will intervene and decide to resolve the disagreement and their decision is final.

- Eligibility protests are permitted. They must be filed in writing by noon the following business day.
- All eligibility protests must be emailed to the Intramural Director, neharris1@uky.edu or turned into the IM Office, room 172-B of the Johnson Center.