Ferris State University – Intramural Sports

4v4 Volleyball Handout

The Game:
• Rally Scoring will be used
• First to 25 while leading by 2 wins (cap at 28)
• First team to win 2 of 3 games will win the match
• The third game (tie-breaker) will be a 15 point game (cap at 17), switching sides at 8pts.
• One time out per game

Net Play:
• Contact with the net by a player is prohibited
• Reaching over the net is permitted during a follow through of a hit or a block of a return
• Players may not step over the center line
• Balls that hit the net are live

The Players:
• 4 players on the court, per team, at a time (2 male and 2 female)
• Minimum of 3 players to avoid a forfeit (2 male and 1 female or 2 female and 1 male)
• Co-Rec: There cannot be more than 2 players of one gender on the court at any time
• Players may substitute during dead-ball situations

Front Row Attack:
• Only players in the front row may attack from the front row
• Players in the back row must jump before the 10 feet line.
- Only the server is considered a back row player

Non-Scoring Plays:
• A replay shall be declared when:
- A mistaken whistle interrupts play
- A foreign object enters the court
- A player has been injured
- Simultaneous violations by both teams.

Player Rules:
• A team may not play the ball more than three times before the ball crosses to their opponent's side
• Player may not play the ball twice in succession
• If the ball is hit 3 times, there must be one female hit or the ball is side out.
• Simultaneous contact with multiple body parts, in one motion, is considered one hit
• A ball which rebounds from one part of a player's body to another, on one attempt to play a hard driven spike or a serve, is legal double contact
• A player may not block or spike a serve
• If the ball hits the net and carries over onto the opponent's side, the ball will remain in play.
 • A player has 8 seconds to serve the ball after referee whistles for service

Position	Responsibilities	Action to Take
Up-Ref (referee)	Judges Ball Contact -legal vs. illegal	Whistle
	Keeps track of Server Rotation	Whistle
	Rules on Service Faults	Whistle
	Calls out of bounds on the nearest line And antenna	Whistle
Down-Ref	Observes Net Play -Net Contact -Foot Faults	Whistle
	Calls out of bounds	Whistle
	Judges Ball Contact -Signal to the Up-Ref	Signal Up-Ref

Handout quiz:
https://docs.google.com/forms/d/1E7tjJCVNWq1iAVL-9VHWuHTGDBSHbdOAOkgJ43NA0EA/viewform