

**The University of Texas Southwestern Medical Center  
Bryan Williams, M.D. Student Center**

**4 on 4 Volleyball Rules**

**I. TOURNAMENT INFORMATION**

- A) **FORMAT:** The tournament will consist of a two week double elimination bracket.
- B) **COURT LOCATION:** All games will be played at the Bryan Williams, M.D. Student Center.
- C) **ELIGIBILITY:** Participants must be students of the University of Texas Southwestern Medical Center or members of the Bryan Williams, M.D. Student Center.
1. Players may play for only one (1) team. Players may NOT play in both the social and competitive leagues.
  2. Players must be listed on the original roster that is filed in the Student Center office. Rosters and Waivers must be kept up to date and accurate! Each player must complete a liability waiver to be eligible to participate. A roster is limited to 6 players. (Except MS-III teams). Players must be added prior to the start of the play – deadline is 5:00PM on gameday through Intramural Coordinator.
  3. Participants must have their school I.D.'s with them while they are participating in intramural sports events.
  4. No non-students or non-members will be permitted to play Intramural Sports. Using ineligible players will result in the removal from league play.
- D) **SCHEDULING:** Read your schedule carefully. All games are to be played on the date and hour as originally scheduled. Any team that is not available to play at their scheduled time will FORFEIT. The supervisor has the official clock.
- E) **FORFEITS:** **ALL TEAMS that forfeit will be charged a forfeit fee of \$20.00!**
1. The Bryan Williams, M.D. Student Center makes every attempt to accommodate schedule requests; however, due to program restraints, all requests cannot be granted.
- F) **TEAM MANAGER'S RESPONSIBILITIES:**
1. Team managers shall be responsible for knowing all policies and procedures published herein, printed on Intramural entries, notices or flyers, etc., and information covered in the team managers' meeting.
  2. The team manager is responsible for seeing that full names of all contestants appear on the team rosters and scorecards. Any person's name appearing on the scorecard will be counted as a participant in that contest. Team captains or managers should sign each scorecard to attest to accuracy.
  3. Team managers should be familiar with the sportsmanship policy herein and should be aware that poor sportsmanship will jeopardize their team's future participation.
  4. Attendance at team manager's meetings will be compulsory for each organization's team manager or his or her representative. Failure to attend may result in the loss of the privilege to appeal any situation dealing with the information discussed at this meeting.
  5. Team managers are responsible for maintaining contact with the Bryan Williams, M.D. Student Center in regard to schedules, entries, playoffs, rainout schedules, etc. Schedule information will not be given out over the telephone. The Intramural Coordinator will only make exceptions.
- H) **ALCOHOL:** Alcohol is not allowed during any intramural sports participation. Anyone under the influence of or possessing alcohol will be removed from intramural sports events.

## **II. TOURNAMENT RULES & REGULATIONS**

### **A) PLAYERS**

- 1) A team consists of 4 players (A minimum of 2 females for Co-Rec)
- 2) The minimum required to start a game is 3 players
- 3) Co-Rec teams must have at least one male player, but no more than 2 on the court at all times.

### **B) EQUIPMENT:**

- 1) Close toed, non-marking athletic shoes are required.
- 2) No jewelry is allowed is allowed.
- 3) No hats are permitted.
- 4) No casts or metal/hard plastic splints will be permitted.
- 5) The supervisor and officials on duty will have final say on all on-site equipment issues.
- 6) Net Height
  - a. The height of the net shall be 7'11'' for men, 7'8'' for Co-Rec, and 7'4'' for women.
- 7) The intramural staff will be responsible for set up of equipment, as well as providing game balls.

### **C) SUBSTITUTIONS:**

The choice of serve or playing area shall be decided by a coin toss conducted with the team captains. For subsequent games, teams shall change playing areas. During the third game of the match, teams shall change playing area upon one team scoring 8 points. No change in serving rotation is allowed.

A substitute shall take the place of a player only when the ball is dead. No change shall be made in the position of other players during a substitution. Players taken out of the line-up may re-enter the game twice, but only in original serving rotation position.

Teams may utilize a rotation of its participants if the other team is aware. **In this case, substitutes will enter at the left back position.**

### **D) TIMING ROTATION:**

Five (5) minutes prior to the match time, teams will be given five (5) minutes to warm up. It shall be the captain's responsibility to sign the team in during this time. After the warm up period, the game will start immediately.

Games will end when one team has reached 25 points and is ahead by at least two points. There will be no running clock kept by the supervisor. Points will determine games only. A match will be best two out of three games. If there is a third game that game will be played to 15 points.

### **E) PLAYING THE BALL:**

#### **1. The Service**

- a) The first server for each team is the Right Back (RB) player. Thereafter, the Right Front (RF) player rotates to the serving area.
- b) A team continues serving until it commits a foul or the game ends.
- c) The service alternates when there is a foul by the serving team and the ball shall be awarded to its opponent who shall rotate clockwise one position (except for the first service).
- d) Teams not serving first in the previous game of the match shall serve first in the next game.
- e) All players except the server shall be within the team's playing area and may have part of the body on the boundary lines, but no part of it may be outside those lines at the time of the serve. Players shall be in correct serving order with not overlapping of adjacent players

front-to-back or side-to-side at the instant the ball is contacted for the serve. Players may be moving prior to the serve, but no part of one player's body touching the ground. After the ball is contacted for the serve, players may move from their respective positions.

- f) **Serves hitting the net and bouncing over to the other side are good and must be played.**
- g) Blocking or spiking the serve is not permitted.

## 2. General Play

- a) A LEGAL HIT is contact with the ball by a player's body above and including the waist, but excluding the head, which does not allow the ball to visibly come to rest even momentarily.

Legal hits include:

- 1) **BLOCKING:** a play close to the net in which a player(s) whose hand(s) are raised above the head attempts to prevent the ball from crossing the net. No downward arm or hand motion is permitted if contact is made while the ball is completely on the opponent's side of the net.
  - 2) **SETTING:** a play in which the ball is hit up into the air so that another player can get into position to hit the ball.
  - 3) **SPIKING:** a play in which the ball is hit forcibly into the opponent's court from above the top of the net.
- b) There will be no limitations on back or front line players.
  - e) A player shall not play the ball twice in succession unless the ball is:
    - 1) Simultaneous contact by teammates or;
    - 2) Simultaneous contact by opponents or;
    - 3) Successive plays by blocker(s).
  - f) A team shall not play the ball more than three times before it crosses the net to enter the opponent's playing area except:
    - 1) When there is simultaneous contact by opponent;
    - 2) The first contact is an action block;

## 3. Fouls

- a) A foul is a failure to play as permitted by the rules.
- b) A DOUBLE FOUL occurs when players on opposing teams commit rule infractions at the same instant.
- c) A FOOT FOUL occurs when a player makes a play while stepping on or beyond a line defines an area in which that particular player's movement is restricted or prohibited, or when the server while in the act of serving steps on or over the line.
- d) A NET FOUL occurs when a player interferes with opponent, touches the net or net supports, contacts the referee's platform or illegally reaches over the net during a live ball.
- e) A ball is dead if it: (point)
  - 1) Is completely across the plane of the net, having passed entirely outside a vertical line extending perpendicular to the sideline;
  - 2) Passes completely under the net;
  - 3) Lands out-of-bounds;
  - 4) Contacts any ceiling/overhead obstruction (basketball goals, track, divider curtain, etc.), if a ball hits the ceiling on the side of the court from where it was originally hit and remains on that side the ball is live;
  - 5) Becomes motionless on an OVERHEAD OBSTRUCTION;
  - 6) Touches the ground;

**4. Net Play**

- a) Contacting the net or any part of it while the ball is in play is prohibited unless the force of the ball by an opponent pushes the net or its supports into a player.
- b) Reaching over the net is permitted only during:
  - 1) A follow through of a hit or an attempt to hit made on the player's own side or;
  - 2) A block or an attempted block while the ball is coming toward the net. (Not a serve).
- c) Contacting a ball, which is entirely on the opponent's side of the net, is permitted only when blocking a ball, which is moving toward the net. (Not a serve).
- d) A ball is considered to have crossed the net when:
  - 1) It has passed entirely over the net;
  - 2) It is partly over the net and contacted by an opponent;
  - 3) It is not over the net but is contacted by a blocker;
  - 4) On a serve, it is partly over the net and is contacted by an opponent.
- e) Successive play-off the ball by a player whose first play was one attempt to block shall be permitted. The next play shall count as the first of three hits allowed this player's team.
- f) When simultaneous contact of the ball is made by opponents, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as one (1) of the three (3) hits allowed that team.
- g) A ball simultaneously held by opposing players is a double foul and replayed.

**F) CONDUCT:**

**1. Conduct of Players**

- a) UNSPORTSMANLIKE CONDUCT includes actions which are unbecoming of an ethical, fair, honorable individual. It consists of acts of deceit, disrespect or vulgarity.
- b) No player shall act in an unsportsmanlike manner while on or near the court before a match, during a game, or between games. This includes any act the supervisor deems poor sportsmanship such as:
  - 1) Use of disconcerting acts or words when an opponent is about to play the ball.
  - 2) Derogatory remarks to opponents or supervisor.
  - 3) Questioning or trying to influence supervisors' decisions;
  - 4) Using insulting language or gestures or baiting acts which gender ill-will;
  - 5) Making any contact with an opponent which is seemed unnecessary and which incites roughness; or
  - 6) Using any part of a teammate's body or any object to aid in physical support for advantage in playing the ball.
- c) Any player who is ejected from play will not be allowed to play in the next scheduled game, and will be ineligible for further play until a meeting with the Intramural Coordinator.

**G) ENFORCEMENT OF RULES:**

**1. Penalties for Fouls**

- a) A point shall be awarded the serving team when its opponent violates a rule.
- b) A point shall be awarded the receiving team when the serving team violates a rule. The ball is given over to the serving team's opponents.

**2. Disqualification and Conduct**

- a) For violation of the conduct rule and unsportsmanlike conduct by any member of a team (including all players, coaches, managers, substitutes, and spectators), the supervisor has the authority to call the game.
- b) For excessive unsportsmanlike conduct, team members (including all players, coaches, managers, substitutes, and spectators) may be disqualified from further competition in the match or ejected from the premises.

### **III. INTRAMURAL SPORTS POLICIES AND PROCEDURES**

#### **A) SPORTSMANSHIP POLICY:**

In order to promote good sportsmanship the Intramural Sports Program has adopted a sportsmanship policy. In addition to the honor code, this sportsmanship policy will be strictly enforced by the Intramural staff. It is the responsibility of each player to do everything possible to make certain that the game atmosphere is friendly and fun.

#### **1. No player, coach, or team follower shall:**

- a. Use foul or derogatory language, threaten, or verbally abuse any other participant, Intramural employee, or spectator before, during or after the game;
- b. Participate in a game for which he/she is ineligible;
- c. Argue or talk back to the game official(s);
- d. Intentionally strike, push, trip or otherwise physically assault or fight with another player, spectator, official, or staff member; or
- e. Mistreat the facility, equipment or supplies of The University of Texas Southwestern Medical Center.

#### **2. Warning and Ejection**

A warning and ejection system will be used to enforce the sportsmanship policy. Individuals or teams will be issued a warning as explained below. Two warnings will result in an ejection of an individual or the forfeiture of a game.

**EJECTIONS CAN BE ISSUED WITHOUT ANY WARNINGS!**

Sport Specific Examples:

##### **Softball**

- (1) Verbal admonishment = warning
- (2) Second verbal warning or first severe act = ejection
- (3) Three ejections on one team = forfeit

##### **Basketball**

- (1) Technical foul = warning (2 free throws and the ball to opposing team mid-court opposite scorer's table). Count toward personal and team foul count
- (2) Second technical foul = ejection
- (3) Third technical foul on one team = forfeit of the game

#### **3. Ejection**

- a. Any player, coach, or team follower receiving an ejection must meet with the Intramural Coordinator before participating in the next Intramural contest. Penalties for ejection include suspension and/or probation for a period of one game up to an entire academic year or life. A player may submit an appeal for his or her suspension. However, that player may not participate in any Intramural contest while the appeal is in process.
- b. Team captains are responsible for the conduct of their players, sidelines, and spectators. Team captains who cannot fulfill this responsibility will be issued a warning and a subsequent ejection if necessary.
- c. In the case of extreme misconduct, teams and or individuals will be referred to the Associate Vice President of Student and Alumni Affairs.

- d. If a team is scheduled in a double header, any ejected player may NOT participate in any tournament games scheduled the same day until meeting with the Intramural Coordinator.

#### **4. Fighting**

Fighting is defined as a participant intentionally striking, pushing, slapping, punching, elbowing, tackling, or committing any other malicious act toward any other person. Fighting is never permitted in Intramural contests. Participants who fight will be ejected immediately and suspended from all further participation until the outcome of a disciplinary action meeting with the Intramural Coordinator.

#### **5. Major and Minor Penalties**

- e. Any suspension barring an individual or team from Intramural participation for less than eight weeks shall be defined as a minor penalty. Minor penalties may be appealed to the Intramural Sports Council where all decisions will be final.
- f. Any suspensions from Intramural play for a period longer than eight weeks shall be defined as a major penalty. Major penalties imposed by the Intramural Sports Council may be appealed to the Director of Recreational Sports following the appeal procedure.

#### **6. Sportsmanship Ratings**

- a. Ratings are given to teams after each contest by supervisors and officials. These ratings reflect behavior before, during, and after the contest.
- b. In order for a team to qualify for post season playoffs, it must have a "B" average in sportsmanship during regular season round robin play as judged by the game officials.
- c. Sportsmanship ratings will be based on the following criteria:
  - 1. A = Excellent conduct and sportsmanship. Players cooperate with officials and team members. The captain calmly converses with officials and has full control of his/her team.
  - 2. B = Good conduct and sportsmanship. Team members verbally complain about officials and show minor dissension, which may or may not merit a warning. Teams that receive one warning will receive no higher than a B rating.
  - 3. C = Average conduct and sportsmanship. Team shows verbal dissent towards officials or opposing team, which may or may not merit a warning. Captain exhibits minor control over his/her team. Teams receiving multiple warnings or one ejection will receive no higher than a C rating.
  - 4. D = Below average conduct and sportsmanship. Team constantly dissents the officials' calls or directs trash talk to officials or opposing team. Team captain has little control over his/her team or self. A team receiving three or more warnings or two ejections will receive no higher than a D rating.
  - 5. F = Poor conduct and sportsmanship. Team is completely uncooperative. Captain has no control over self or the team. Examples of behavior warranting an F rating are as follows:
    - (i) Any game forfeited for fighting or other abusive and violent behavior.
    - (ii) A team has been warned about unnecessary roughness that jeopardizes the participants.
    - (iii) A player or spectator clearly associated with a team shouts obscenities, gestures, or commits other threatening actions, which could endanger any official, supervisor or program assistant.
    - (iv) Any game where the following occur: three ejections in softball.
    - (v) When any situations as in (iv) occur, the game shall end.

Any team receiving an F rating during the regular season will be declared ineligible for post-season tournament play. These teams have the option of appealing their eligibility to the Intramural Sports Council.

#### **7. Special Contest Situations:**

- a. A team winning by default will receive an A rating.
- b. SPECIAL SPORTSMANSHIP POLICIES EXIST IN THE PLAYOFFS. Teams must receive a C or higher rating in order to continue. Other conditions will be posted with the brackets.
- g. Teams must receive a C or higher rating. Any team rated D or F will be removed from the tournament. Teams have until 12 noon the next day, or one hour prior to the next contest - whichever comes first - to appeal the rating to the Intramural Coordinator.

**6. Assumed Names**

- a. The use of an assumed name in any manner in the Intramural Program shall constitute a violation.
- c. Should a player use an assumed name or be guilty of a fraudulent act, he or she shall be disqualified from participating in Intramurals for a period of up to one year. In addition, the team using such a player shall be disqualified from that sport pending a hearing with the Intramural Sports Coordinator.

**B) POSTPONEMENTS/SCHEDULES:**

1. All games or matches will be played at the scheduled time unless major problems are present. TEAMS SHOULD ANTICIPATE HAVING A PLAYER (OR PLAYERS) NOT AVAILABLE FOR A GAME (OR GAMES) BECAUSE OF CLASS CONFLICTS AND OTHER ACTIVITIES AND HAVE AN AMPLE NUMBER OF PLAYERS ON THEIR ROSTERS. The Student Center office is willing to cooperate in extraordinary circumstances by allowing an occasional postponement. However, due to the amount of teams entered, the comparatively short playing season, and the limited playing facilities, these must be kept to a minimum. If rescheduling is necessary, a scheduled contest may be postponed only with the consent of both team captains and the Intramural Coordinator. A request for rescheduling must be made by 4:00 p.m. the day prior to the game in question. Teams that postpone games or agree to forfeiture without securing the consent of the Intramural Coordinator are liable to a penalty or forfeit as well as payment for the game official and field supervisor.

**C) PROTESTS:**

1. Only the Captain can protest if they feel that there was improper interpretation or enforcement of the rules.
2. THE NOTIFICATION OF INTENT TO PROTEST MUST BE MADE IMMEDIATELY BEFORE THE NEXT PITCH. It must be made upon the field of play and duly noted by the official. The protesting team must make sure that the exact score, inning, team at bat, runners and the bases that they occupied and other particulars of the play are noted by the official and supervisor in charge before resuming play. Both teams and the official must be told that the game is being played under protest. If this procedure is not followed, the protest in question will be considered invalid by the coordinator. If the protest is sustained, be it other than eligibility, the contest will be replayed from the point of protest.
  - a. PROTESTS SHALL NOT BE CONSIDERED IF THEY ARE BASED SOLELY ON A DECISION INVOLVING THE ACCURACY OF JUDGMENT ON THE PART OF AN UMPIRE OR FIELD SUPERVISOR. **Examples of protest, which will not be considered, is:**
    1. Whether a batted ball was foul or fair.
    2. Whether a base runner is safe or out.
    3. Whether a pitched ball was a strike or a ball.
    4. Whether a pitch was legal or illegal.
    5. Whether a base runner did or did not touch a base.
    6. Whether a base runner left base too soon on a caught fly ball.
    7. Whether a fly ball was or was not caught legally.
    8. Whether it was or was not an infield fly.



9. Whether a player traveled.
  10. Whether a player was fouled or not.
  11. Whether a ball was out of bounds or in.
  12. Whether a player batted the ball.
  13. Any other matter involving only the accuracy of the umpire's judgment.
- b. PROTESTS THAT SHALL BE CONSIDERED, CONCERN MATTERS OF THE FOLLOWING TYPES:
1. Misinterpretation of a playing rule.
  2. Failure of an umpire to apply the correct rule to a given situation.
  3. Failure to impose the correct penalty for a given violation.
3. Any team protesting the eligibility of any player must furnish evidence that the player is, in fact, ineligible within 48 hours of the contest in question.
  4. After receipt of the initial written protest and documentation of evidence, the Student Center staff will further investigate the complaint. The staff will then make a decision.
  5. The Student Center staff may investigate any alleged violation of any intramural sport policy without the filing of protest by a participant.

**D) DISCIPLINARY STATEMENT:**

1. In the event an individual(s), and/or spectator(s) conducts him/herself in an unsportsmanlike manner during intramural sport competition, the official(s) and/or the field supervisor of the game has complete authority in taking action, as they deem it necessary, to keep the game in control. Depending on the severity of the incident, which would be left up to the official's judgment, the official may take the following action: give warnings, ejection from the game, ejection from area, and/or suspend the game. All but warnings will be reported to the Student Center staff for further action.
2. Incidents reports to the Student Center staff which indicate unsportsmanlike conduct (examples: using an ineligible player(s); theft of or damage to facilities or equipment; physical and/or verbal abuse toward official(s), supervisor(s), player(s), or spectator(s), etc.) will be investigated by the Student Center staff. In doing so, the individual(s) and/or team(s) involved will be questioned and required to submit a written statement of the incident by 9:00 a.m. on the day following the incident. Written statements from the officials and supervisors on duty will also be obtained. At the conclusion of the investigation, the Student Activities staff will rule on the individual(s) and/or team(s) involved. Penalties could include suspension from a game, games or season; temporary or permanent probation; and/or suspension from intramural sports for a given time period. **Physical contact with a Student Center employee, official or participant automatically brings at least a one-year suspension from intramural sports participation.**
3. Any individual who is found guilty of cheating may be disqualified from all intramural sports for the balance of his/her university career or any part thereof. If the team, which he/she represents, is a party to his/her cheating, that team may be barred from intramural sports for the balance of the year or any part thereof. Some of the infractions, which come under this heading, are:
  - a. Playing under an assumed name.
  - b. Playing on more than one team within the same league (social or competitive).
  - c. Misrepresenting a score.
4. Only action relating to intramural sports will be taken. Any incident judged to be of serious concern would be referred to the Associate Vice President of Student and Alumni Affairs.

2) **APPEALS:**

1. The appeal process exists to insure that all rulings or disciplinary actions taken against Intramural teams or individuals are equitable. The person/council/committee to which a decision is appealed will review the previous decision and rule on its appropriateness given the infraction(s) or circumstances surrounding the specific case. With any appeal, the person/council/committee may decide to lessen the penalty, uphold the previous decision, or increase the penalty levied by the staff or council.

2. **Appeals of Decisions by the Intramural Supervisor**

a. Individuals or teams wishing to appeal a decision by an Intramural Supervisor on site shall have until 9:00 AM the following day to notify the Intramural Coordinator in writing of their appeal. All relevant reasons and circumstances should be noted in the appeal. A decision will be made in the next 24 hours.

3. **Appeals of Decisions by the Intramural Coordinator**

Certain cases will be referred directly to the Director of the Bryan Williams, M.D. Student Center.

- a. Should a team wish to appeal a decision by the Intramural Coordinator, a written statement must be turned in within 24 hours to the Director of the Bryan Williams M.D. Student Center, stating the facts surrounding the appeal.
- b. A hearing will be scheduled before Director. Upon hearing the case, he/she will uphold, reject, or modify the Coordinator's decision.

4. **Appeals of Decisions by the Director**

- a. Decisions by Director of the Bryan Williams, M.D. Student Center involving major penalties may be appealed to the Associate Vice President of Student and Alumni Affairs by submitting, in writing, a letter stating the intent to appeal within 24 hours. The letter should be addressed to the Director of Campus Activities.
- b. All decisions made by the Associate Vice President of Student and Alumni Affairs are final.

F) **FORFEITS:**

1. All contests shall be played on the date and hour as scheduled. A team not ready to play within a period of five minutes after the scheduled time will be charged with a forfeit, subject to the discretion of the officials, supervisor, and/or Student Center staff. "READY TO PLAY" means that a team must be on the playing field with at least the number of players required to constitute a team and have all players I.D.'s checked. Games lost by forfeit will not be rescheduled for any reason.

- a. If a team leaves before an official or supervisor duly notes the forfeit, then both teams will be credited with a forfeit.
- b. The team that is present at a forfeit must have a minimum complement of players allowed or both teams will be given a forfeit.

2. In the event both teams and the Student Center staff have agreed to play the game after the scheduled starting time has elapsed, no protest, which is based on the starting time of the game, will be considered.

3. One forfeit will result in the team being dropped from tournament competition.

4. Two forfeits will result in the team being dropped from further competition during league play.

5. In the event a team captain does not obtain his/her game schedule prior to the first game, a forfeit could result.

**G) MEDICAL EXAMINATION:**

1. Everyone is urged to obtain a physical examination before participating in the intramural sports program.
2. Each person is responsible for knowing their own physiological limitations and is responsible for their participation in the program.
3. The Student Center office has no insurance program for its participants. All students at UT Southwestern are required to carry insurance.
4. Neither The University of Texas Southwestern Medical Center nor the Student Center can assume legal nor financial obligation for its participants, as participation in the intramural sports program is strictly voluntary. Any accidents incurred in transit to an event, spectating or playing during an event, or returning to place of residence after an event, is the individual's responsibility.
5. All injuries sustained in intramural sports play must be reported to the Intramural coordinator and/or supervisor on duty.

**GOOD LUCK TO YOUR TEAM!!**  
**The Student Center staff hopes you enjoy your participation!**