

University of Nebraska  
Office of Campus Recreation

## 4-on-4 SAND VOLLEYBALL RULES Men's, Women's and CoRec

National Federation and Intramural Sports Volleyball Rules apply with the following modifications:

1. Teams should report to the Intramural Staff Assistant a minimum of 15 minutes prior to their scheduled playing time. Game time is forfeit time. A current UNL photo I.D. card must be presented before each participation by each player.

Game time is forfeit time. If a team does not have the minimum required players at game time (2), the opposing captain may either take a win by forfeit or give the opposing team a grace period of 10 minutes to reach the required number of participants. In the event a grace period is given, only two sets (to 21) will be played. If a team does not have the minimum required players ten minutes after game time, the match will be declared a forfeit.

2. Teams will play 2 out of 3 games to 21 points. The third game, if necessary, will be played to 15 points. All points will be rally points. Teams must win games by at least 2 points. During the third game, teams are to switch sides of the court after one team has scored 8 points.
3. A player must be added to a team's roster during the regular season to be eligible for playoffs.
4. The 10 foot line spiking rule will not be in effect for the Men's, Women's, and Co-Rec game.
5. Overhand or underhand serves will be permitted. **Let serves are legal.**
6. Substitution: Free substitution is permitted. The only restrictions are: 1) no more than 4 players/team may be on the court during a live ball; 2) no more than 2 players of one gender may be on the court during a live ball (CoRec); 3) substitutions must be made during a dead ball.
7. **Co-Rec** - Teams participate with 2 men and 2 women. The minimum number of players is 2. 1 male and 1 female are needed to start a match.
8. If an intramural participant is ejected from any intramural contest they are immediately ineligible for further competition in any intramural activity, until they are cleared by the Assistant Director for Intramural Sports or his/her designate. In addition, any unsportsmanlike conduct by a player or fan may cause their team to be disqualified from further intramural competition.
9. Participants should be aware that there is a risk of injury in participation of intramural sports due to the inherent nature of the activity. Individuals are encouraged to have a physical examination and to obtain adequate health and accident insurance prior to participation. Individuals participate in intramural activities at their own risk!

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