4X4 VOLLEYBALL RULES
MINNESOTA STATE UNIVERSITY - MOORHEAD INTRAMURAL SPORTS
LAST UPDATED: FEBRUARY 20, 2013

Team Captain’s Meeting
Attendance at the team captain’s meeting is MANDATORY for new captains. The captain’s meeting is also highly recommended for every captain to attend.

Entry Fee
The entry fee of $40/team must be paid at the captain’s meeting. The acceptable forms of payment are cash or checks made out to: MSUM Intramurals. Payments can also be made online at IMLeagues.com via PayPal.

League Schedules
Schedules for league play and playoffs will be done through IMLeagues. Please go to the MSUM Campus Rec website at http://www.msumdragons.com/sports/2012/5/9/Logo.aspx?tab=homepage and click on the IMLeagues hyperlink to access the IMLeagues website.

Forfeit/Default
If you are unable to compete in a contest, please notify the Intramural Director by phone (218.477.2016) by 5pm day of competition. After ten minutes if your team does not show, or you do not have enough players, it will result in a forfeit.

Questions
Please feel free to contact the Intramural Staff with any questions or concerns.

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<tr>
<th>Name</th>
<th>Position</th>
<th>Contact Number</th>
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<tr>
<td>Kari Peterson</td>
<td>Intramural Director</td>
<td>218-477-2016</td>
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<td>Graduate Assistant</td>
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<td>Sports Coordinator</td>
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General Procedures
Please refer to the Intramural Sports Handbook for all policies and procedures related to intramural contests. The handbook can be found on the Intramural Sports at website (Insert webpage hyperlink here)
1. Each participant must present a valid MSUM student I.D. to the intramural staff stationed at the check-in desk.
2. All participants must be on the team roster. Any member not on the roster may complete an add sheet at the time of the contest. No participant may play on two teams in the same league or a forfeit will be charged to the second team he/she participated on. Roster additions are only allowed during the regular season and cannot be made for post-season contests.
3. Each participant must wear appropriate apparel and non-marking athletic footwear.
4. First aid treatment is typically, but not always, available during intramural contests. Any bleeding must be stopped and cleaned up before participant can re-enter the contest.
5. All visible jewelry: i.e. earrings, watches, and bracelets etc. must be removed or covered legally prior to participation.

**Rules**

1. **GAME SETUP:**
   a. The match will start with a volley or Rock, Paper, Scissors. Whichever team wins either will start with the serve.
   b. The match will consist of the best 2 of 3 games
      - Games played to 25 points or a 30 point cap and must be won by 2 points
      - Rally Scoring – a point is scored one every serve
      - Serving – no restrictions on how you serve, both feet must be behind the line. Let serve IS legal.
      - After the opponents have lost serve, the team receiving the ball shall, before serving, switch positions, (Rotate!)
   c. A ball touching any part of the boundary line is a good ball
   d. Out of bounds balls must be allowed to hit the ground
   e. Ceiling Rule – if it hits and comes back on your side it is playable, but if it goes over the net it is out-of-bounds.
   f. A replay should be called if a ball from another court enters the court during play

2. **FOULS:**
   a. Stepping over the center line
   b. **Touching the net while the ball is in play**
   c. **All open-handed, underhanded hits contacted below the shoulder are illegal** (ex. scooping/lifting)
   d. Reaching over the net to hit the ball
   e. **Spiking and/or blocking the serve**
   f. Same player hitting the ball twice in a row
   g. More than three hits by one team
   h. Serving out of turn
   i. Spiking when playing the back position (**the person in the serving position is NOT allowed to hit in front of the ten foot line, offence and defense**).
3. PARTICIPATION:
   a. Teams will consist of 4 players; must have a minimum of 3 to play.
   b. Teams may have more than 4 players on the roster, but only 4 allowed on the court during play
   c. All co-rec teams must have 2 female and 2 male on the court at all times.

4. ATHLETIC ATHLETE ELIGIBILITY:
   a. The 2012-13 MSUM Women’s Volleyball players may not participant in volleyball intramurals during the 2012-13 academic year unless they enter the power league and will not be on the varsity roster the following year.