

**University of Oregon  
Recreational Sports**

**4 x 4 Volleyball Rules**

**The Game**

1. 2 teams of 4 players
2. Minimum to start is 2 players (COED must have each gender represented at all times)
3. Best 2 out of 3 games or 50 minute time limit
4. Self-Officiated with supervisor on site
5. Game time is forfeit time

**Eligibility**

1. Current U of O students, faculty and staff
2. EVERY PLAYER MUST SIGN THE ROSTER BEFORE PARTICIPATING
3. Players must bring a valid UO ID to EVERY game
4. NO ID = NO PLAY
5. Players can only play on one gender specific and one coed team at the same time
6. Varsity volleyball athletes are not eligible
7. Club volleyball players are not eligible

**Equipment**

1. Teams must provide a game ball
2. Proper attire is mandatory
3. Contact lenses or protective goggles are highly recommended
4. Shoes are recommended but not mandatory

**Scoring**

1. Games are played to 25 (rally score). If a third game is necessary it is played to 15.
2. All games are win by two points with no point cap

**Timing**

Two time outs are allowed per match (30 seconds)

**Substitutions**

Unlimited substitutions on a dead ball

**Sports Code**

1. All participants and spectators are governed by the SPORTS CODE available in 102 Esslinger.
2. Only captains may address supervisor
3. Team captains are responsible for their sidelines and spectators.
5. Negative consequences for the team may result as a direct reaction to spectators' behaviors or actions.

NO alcoholic beverages permitted on University property

**ADDITIONAL GROUND RULES**

When playing with two courts side by side balls entering adjacent courts will be called dead  
If the adjacent court is empty the ball will remain live

**PROTESTS**

Protests involving player eligibility will be considered