

The University of North Carolina Greensboro

Department of Recreation and Wellness

Intramural Sports

Volleyball Rules

WARNING: YOU MAY SUFFER FROM PHYSICAL/ MENTAL INJURY FROM PARTICIPATING IN INTRAMURAL ACTIVITIES. PARTICIPATION IN THE RECREATION AND WELLNESS PROGRAM IS COMPLETELY VOLUNTARY. UNCG AND THE DEPARTMENT OF RECREATION AND WELLNESS ARE NOT LIABLE FOR INJURIES SUSTAINED DURING PARTICIPATION IN RECREATION & WELLNESS SPONSORED ACTIVITIES.

UNCG will follow National Federation rules for Volleyball with the following additions and changes.

1. **THE GAME**

- A. **GAME TIME IS FORFEIT TIME.** If a team does not have the minimum number of players required signed in by game time, the shorthanded team will forfeit the match:
- B. An official match will be the best two (2) of three (3) games. Games are played to twenty-five (25) points rally scoring or for 15 minutes, whichever ever comes first. When the time limit occurs, the game is over if the team winning is ahead by two (2) points. If not, then play until a team is ahead by two (2) points. If a third game is needed, the game will be played to fifteen (15) points rally scoring.
- C. A coin flip or odd/even call at the start of the first and third game will determine choice of serve and court side. Teams will change sides at the end of the first game. Team who lost serve at the flip or call serves second game. Teams will not switch sides half way through the third game.
- D. Teams are allowed one (1) time-out per game. Time-outs are 1 minute in length.
- E. There will be no time limit for championship games.
- F. One official will officiate each game and keep the official time and score.

2. **EQUIPMENT**

- A. **ABSOLUTELY NO JEWELRY** with the exception of medical alert tags (which will be taped down), can be worn at any time. Taping, covering, or concealing jewelry is not allowed.
- B. If jewelry is found after play has begun a side out or point will be awarded.
- C. Soft-soled, non-marking gym shoes are required. Street shoes will not be allowed in the gym.
- D. **NO HATS OR BANDANAS! ALL MUST COME OFF!**

3. **PLAYERS**

- A. Current UNCG students and faculty/staff who are members of the **Kaplan Center** are eligible to participate.
- B. A player may only play on one team. Players must have a valid University ID to be listed on the roster. Teams may add players to their roster by filling out an add form at the court. Players must play in one (1) regular season game to be eligible to play in the playoffs.
- C. A team consists of six (6) players, however, a team may start a game with a minimum of four (4) players. Positions on the court are designated as follows: Right Front, Center Front, Left Front, Right Back, Center Back, and Left Back. When playing with less than 6 players, the team must designate the front and back row players to the official.
- D. Free substitution is permitted. Players must substitute into the service position; except in the case of an injury.
- E. Any Varsity Volleyball Athlete, practicing with team any time this semester, is not eligible to play IM's this semester. They must sit out one full semester.
- F. Club Players: 2 club players per team, **NO MORE!**
- G. All players must sign an Informed Participant Consent Statement before they may participate.

4. **RULES**

- A. Net height will be 7'8" for Men's & 7'4" for women teams.
- B. All players except the server shall be within the team's playing area and in correct serving order with no overlapping of adjacent players front-to-back or side-to-side at the instant the ball is contacted for the serve. The center front shall not be as near the right side line as the right front nor as near the left sideline as the left front. The center back shall not be as near the right sideline as the right back nor as near the left sideline as the left back. No back line player shall be as near the centerline as the corresponding front line player.
- C. Except for the serve, the ball may be contacted by any part of the body providing multiple contacts are simultaneous and the ball rebounds immediately and clearly after contact. (note: it is illegal for the ball to come to rest)

- D. A player may go out-of-bounds to play a ball. If a player plays a ball which would have been out-of-bounds, it is considered good. A player may not enter a non-playable area to play the ball (i.e. bleachers or other court however, it may be played if there is not a game in progress. If a match starts with play in progress on another court, the entire match is played with this restriction.)
- E. A double foul shall be called when players on opposing teams commit a rules infraction at the same instant. In case of a double foul, the point shall be replayed.
- F. Blocking a ball which is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete their attack. The attack is considered to be complete when:
 - 1. The attacking team has had the opportunity to spike the ball or, in the official's judgment, intentionally directs the ball into the opponent's court.
 - 2. The attacking team has completed their three (3) allowable hits.
 - 3. The ball is falling near the net and, in the official's judgment, no member of the attacking team could reasonably make a play on the ball
- G. **It is illegal to block or attack the serve.**
- H. If a ball is driven into the net with such force it causes the net to contact a player on the opposing team, no foul shall be called, and the ball shall continue to be in play
- I. If the ball is contacted by two players simultaneously, it counts as one hit and either player may make the next hit.
- J. If two or more players from opposing teams hit the ball simultaneously, it shall NOT count as one of the three hits.
- K. A ball touching the boundary line is considered to be in.
- L. There is an attack line 10 feet back from the net. A back row player (on or in front of the attack line), cannot contact the ball completely above the height of the net and complete an attack.
- M. A back-row player shall not:
 - 1. participate in a block
 - 2. attack a ball which is completely above the height of the net while positioned:
 - a. on or in front of the attack line or its out-of-bounds extension
 - b. in the air, having left the floor on or in front of the attack line or its out-of-bounds extension
- N. If only one player is attempting to block and in doing so contacts the ball, he/she is permitted to contact it a second time.
- O. Reaching over the net is permitted during:
 - 1. a fake hit
 - 2. the follow-through on a hit made on the player's own side
 - 3. an attempt to hit
 - 4. a block or attempt to block
- P. Multiple contacts of the ball are touched by a player during one play of the ball and are permitted:
 - 1. when a ball rebounds from one part of a player's body to another in one attempt to save a hard driven spike not already touched by a teammate, it is a legal multiple contact and considered one hit.
 - 2. when a ball rebounds from one part of a player's body to another in one attempt to block, it is a legal multiple contact and the team's next play is considered it's first hit.
- Q. Screening is an act, intentional or unintentional, which obstructs the opponent's view of the server or the flight of the ball from the server.
 - 1. A single player is screening if:
 - a. His/her arms are held clearly above the head fully extended and the player is standing upright and the ball passes directly over the player
 - b. The player is making distracting movements such as waving arms or jumping
 - c. The player deliberately alters his/her position to move in front of an opponent after the referee has signaled for the serve.
 - 2. A grouping of players is screening if the ball passes directly over a member of the group who is in an upright position with arms clearly fully extended overhead.
 - 3. The penalty for screening is an awarded point/sideout to the opponent
- R. A ball hitting the ceiling on the opposite side of the net is out-of-bounds. A ball hitting the ceiling above the team's playing court (side) may be played by that team.
- S. A player may not touch the net or may not step over the center line with his/her entire foot.
- T. Unsportsmanlike conduct includes actions which are unbecoming to an ethical, fair, honorable, individual. It consists of acts of deceit, disrespect, vulgarity, and taunting. It includes:
 - 1. disconcerting acts or words
 - 2. derogatory remarks to officials or opponents
 - 3. questioning or trying to influence and official's decision
 - 4. showing disgust with official's decisions
 - 5. using insulting gestures or baiting/taunting an opponent
 - 6. spitting other than into the proper receptacle.
- U. **UNSPORTSMANLIKE CONDUCT VIOLATIONS.**

- A. **WARNING: FOR A FIRST MINOR OFFENSE, A WARNING IS ADMINISTERED BY THE REFEREE AT THE FIRST DEAD BALL. THE WARNING SHALL BE RECORDED ON THE SCORE SHEET. NO PENALTY IS ASSESSED.**
- B. **PENALTY: FOR A SECOND MINOR OFFENSE BY A TEAM OR FOR A SINGLE SERIOUS OFFENSE AN EJECTION IS ADMINISTERED AT THE FIRST DEAD BALL. A POINT/SIDE-OUT IS AWARDED THE OPPONENT, AND THE PENALTY IS RECORDED ON THE SCORE SHEET.**
- C. **DISQUALIFICATION: FOR A SECOND MINOR OFFENSE BY SAME PLAYER OR A SINGLE SERIOUS OFFENSE AN EJECTION IS ADMINISTERED AT THE FIRST DEAD BALL, A POINT/SIDE-OUT IS AWARDED THE OPPONENT, THE PLAYER IS EJECTED AND THE PENALTY RECORDED ON THE SCORECARD.**
- D. **FORFEIT: IF A DISQUALIFIED INDIVIDUAL VIOLATES THE CONDUCT RULE FOLLOWING EJECTION, THE OFFENDER'S TEAM SHALL FORFEIT THE MATCH.**

NOTE: ALL WARNINGS CARRY OVER FROM GAME TO GAME THROUGHOUT THE MATCH. EJECTED PLAYERS ARE INELIGIBLE FOR THE ENTIRE MATCH.

- V. Misconduct by those members on the bench when officials cannot determine specific offender(s): warning/penalty is issued to team manager or captain.
- W. If an intramural participant is ejected from any intramural contest, they are immediately ineligible for further competition, in any intramural activity, until they submit a written petition and are reinstated by the Assistant Director for Intramural & Club Sports. (please refer to Intramural Sports website for more specific information) It is the participant's responsibility to schedule an appointment with the Assistant Director for Intramural & Club Sports to review his/her behavior and subsequent eligibility to continue in the Intramural Sports Program. In addition, any unsportsmanlike conduct by a player or fans may cause their team to be disqualified.
- X. 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 Sports activities at their own risk!

5. **SERVICE**

- A. The order in which teams are to serve shall be called the serving order.
- B. Players must be in the correct serving order when the ball is served.
- C. One point is awarded to the serving team if the receiving team fails to return the ball legally.
- D. Each server shall continue to serve until the receiving team receives a "side out."
- E. Each time a team gains the serve, it must rotate one position clockwise before serving.
- F. A server must receive signal from the referee before serving. Failure to do so will result in side out if done intentionally.
- G. A server shall hit the ball with one hand, fist, or arm.
- H. There is no penalty if a server tosses the ball and catches it or lets it hit the ground without making an attempt to contact the ball. The server may attempt a new serve.
 - a. On the next immediate service attempt, a "side out" will be awarded if a tossed ball is caught by the server or no contact is made on an attempt to send the ball over the net.
- I. If a player serves out of turn, side out shall be called as soon as the mistake is discovered and any points made on his/her service before the error was discovered shall be canceled. The correct serving order shall be arranged immediately.
- J. **A serve that hits the net and continues its path to the receiving side is legal and remains a live ball.**

6. **POINT / SIDE OUT**

- A. Side out shall be called when the serving team fails to return the ball legally. **ONE POINT** is awarded when side out is called.
- B. Side out shall be called when a server intentionally serves before given the signal from the referee. If the serve is inadvertent, a replay shall be called.
- C. When a side-out is awarded to a team, that team shall rotate one position clockwise. Teams do not have to rotate into their first service.
- D. Serve illegally.
- E. Fail to return the ball legally to opponents' court.
- F. Catch the ball.
- G. Hold the ball (scooping, lifting, and shoving shall be considered holding).
- H. Strike the ball more than once in succession.
- I. Be the fourth player to play the ball (except when there has been a simultaneous hit.)
- J. Touch the net with any part of the body at any time except when the ball is dead.
- K. Reach under the net and touch the ball or a player of the opposing team when the ball is in play on that side, or interfere with the play of the opposing team by entering the opponent's court, or touching the floor on the opposite side of the center line when the ball is in play. No center line foot fault shall be called as long as some part of a player's foot crosses the plane of the center line. However, any part of a player's hand, arm, etc. which touches the center line is a fault or the opponents' court is a fault.
- L. Make an illegal substitution.

- M. Persistently delay the game.
- N. Leave the court without permission from the referee except to retrieve the ball.
- O. Throw the ball.
- P. Hold or push the ball against the net.
- Q. Bat the ball against ceiling, any object, or surface within the boundary line. EXCEPTION: If Team A causes the ball to hit the ceiling or any object above their playing court and the ball comes down on their side of the net they may continue to play the ball, provided it was a legal hit and not the third hit which caused the ball to strike the ceiling or object.

7. SUBSTITUTES

- A. Substitutions shall be made only during a dead ball and without delay.
- B. Free substitution is permitted. **Players must substitute into the service position;** except in the case of an injury.