



CAMPUS RECREATION
2010-2011 INTRAMURAL VOLLEYBALL RULES

VOLLEYBALL IS A CONTACT SPORT AND INJURIES ARE A POSSIBILITY. THE INTRAMURAL SPORTS PROGRAM ASSUMES NO RESPONSIBILITY FOR INJURIES; HOWEVER, BASIC FIRST AID WILL BE AVAILABLE.

THE GAME WILL BE PLAYED ACCORDING TO THE NATIONAL FEDERATION VOLLEYBALL RULES WITH THE FOLLOWING EXCEPTIONS:

MEN AND WOMEN

STARTING THE GAME

1. **START TIME:** Teams are to be at the court and signed in before the official game time. If any team is not at the court and ready to play at the scheduled game time, the game will be declared a forfeit. It is recommended that teams arrive at the game site ten (10) minutes prior to the scheduled start time.
2. **IDENTIFICATION:** All participants must bring their current valid UNC identification card to the playing area in order to be checked in and ruled eligible to participate prior to the beginning of each game. Late arriving players must sign in with a supervisor before entering the game.
3. **SCORING:** An Intramural Supervisor will keep the official score for each game.
4. **CAMPUS RECREATION CENTER RULES:** All CRC rules will be followed during intramural volleyball contests.
5. **TEAMS:** Six (6) players constitute a team; a team may play with no fewer than four (4) players.
6. **GAME EQUIPMENT:** UNC Intramural Sports will provide a game ball.
7. **COIN TOSS:** A pre-game coin toss will determine service and side of the net teams will play.

PLAYING THE GAME

8. **STARTING THE GAME:** At the beginning of the game, the ball shall be put in play by the player in the right back position, who may serve from anywhere along the service line.
9. **TIME-OUTS:** Each team will be granted one (1) time-out per game. Time-outs will be one (1) minute; teams must be ready to play immediately following the time-out. Time-outs do not carry over to the next game.
10. **THE SERVER:** Each server shall continue to serve until the opposing team gains service. The server is to announce the score before each service.
11. **SCORING:** Rally scoring will be used for all games.
12. **ALTERNATING SERVICE:** Service shall alternate as each team regains possession.
13. **LET SERVICE:** If a ball touches the net on a service, but crosses onto the opponent's side of the court, that serve will be considered legal and in play.
14. **ROTATIONS:** The team receiving the ball for service shall immediately rotate one position. *Exception: the first serve of each game (for each team).*

15. **PLAYING THE BALL:** A player may leave the court to play the ball. A ball hitting a sideline or an end line is in bounds.
16. **TOUCHING THE BALL:** The ball may be touched only three (3) times by one team before being returned over the net. **NOTE:** Blocking the ball does NOT count as a touch. However, if the ball then goes out of bounds the person who blocked it shall be the one considered to have caused it to go out of bounds.
17. **WINNING A GAME:** The first four games of each match will be played to twenty-five (25), and the fifth game (if necessary) will be played to fifteen (15). In the first four (4) games, there will be a twenty-seven (27) point scoring limit (if a team gains a 27-26 lead, the game is over). If a match reaches a fifth game, a team must win by two (2). Note: there is no scoring limit.
18. **WINNING THE MATCH:** The first team to win three (3) games is the winner of the match.
19. **VIOLATIONS:** The following are violations and will result in a point for the offended team:
 - Catching or holding the ball
 - Touching the net with any part of the body while the ball is in play
 - Serving out of turn
 - Illegal serve
 - Illegal volley
20. **THE CENTER LINE:** A player may cross the center line with his/her foot/feet as long as a part of the foot/feet remain(s) on or above the center line and the player does not interfere with the play of an opponent.
21. **CEILING:** A ball that touches the ceiling on a team's first or second contact will remain in play as long as the ball remains on that team's side of the net. A ball that touches the ceiling on a team's third contact or a ball that touches the ceiling and crosses over into the opponent's court will be out of play.

SPORTSMANSHIP

22. **UNSPORTSMANLIKE CONDUCT:** Any unsportsmanlike conduct including, but not limited to, arguments with officials by any player, coach, manager, or spectator, flagrant fouling, fighting, etc. will result in expulsion of that individual and/or team from further participation in that scheduled game. Officials/supervisors have the authority to impose penalties for teams behaving in an unsportsmanlike manner.
23. **UNSPORTSMANLIKE CONDUCT FOUL LIMIT:** If two (2) players from the same team are ejected from a game, that game will be ended and that team will receive a loss and a zero (0) sportsmanship rating, regardless of the score and the time remaining.
24. **BENCH CONDUCT:** All substitutes, coaches, and spectators must adhere to Intramural Sports and UNC Campus Rec. Rules, and are subject to the authority of the Intramural Sports Supervisor and all sportsmanship-related rules and policies.
25. **DRUG, ALCOHOL & TOBACCO POLICY:** Teams and fans are not permitted to bring alcohol and/or drugs, or come under the influence of alcohol and/or drugs. Teams and fans are also not permitted to use any tobacco products in UNC Campus Recreation Center. Violators may be removed from the facilities with possible forfeiture of the game, at the discretion of the Supervisor.
26. **INTRAMURAL POLICIES:** Team captains are responsible for making sure that all members of their teams are aware of all Intramural Sports policies and rules. Captains are responsible for their teams' sportsmanship, and in may be held accountable for the actions of individuals on their team.
27. **RATING:** Sportsmanship Ratings are on a ranking from 0-4. The intramural supervisor will distribute sportsmanship for each team at the end of every game and will be noted on the score sheet. General description of each rating and the behavior that is expected of all participants, spectators, and bench personnel (including the coach):
 - 4 – Outstanding sportsmanship and conduct: All players cooperate fully with staff and officials and the captain controls his/her team.

- 3 – Good sportsmanship and conduct: Team members are in control throughout the contest. The team does not show verbal dissent or aggression towards the opposing team or officials.
- 2 – Below average sportsmanship and conduct: Verbal dissent or aggression towards the opposing team resulting in a yellow card. Any team receiving one sportsmanship-related yellow card will receive a (2).
- 1 – Poor sportsmanship and conduct: Team members continually show disrespect for the opposing team and officials. The team captain shows little or no control over the team. Any team receiving two sportsmanship-related yellow cards or one red card will receive a (1).
- 0 – Unacceptable sportsmanship and conduct: The team is completely uncooperative, resulting in several yellow and/or red cards to be issued. Any team receiving three sportsmanship-related cards and/or causing the game to be ended early will receive a (0).

CO-RECREATION

All of the above rules apply with the following exceptions:

28. **TEAMS:** Six (6) players constitute a team; three (3) men and three (3) women. If less than six (6) players are available, the male/female ratio may be 3:2, 2:3, or 2:2.
29. **SUBSTITUTIONS:** Substitutions are permitted, as long as a legal male/female ratio is maintained.