



UNC

INTRAMURAL SPORTS

CAMPUS RECREATION: INTRAMURAL SPORTS

2024 VOLLEYBALL LEAGUE 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 NFHS rules with the following exceptions and clarifications:

STARTING THE GAME

- a. **START TIME:** Teams are to be at the court and signed in before the official game time. If a team is not at the court and ready to play at the scheduled game time, that game will be declared a forfeit (A five minute grace period will be given if at least one team member is signed in before the official game time.) It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start time.
- b. **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.
- c. **SCORING:** An Intramural Supervisor/Game Manager will keep the official score for each game.
- d. **CAMPUS RECREATION CENTER RULES:** All CRC rules will be followed during intramural volleyball contests.
- e. **TEAMS:** Six (6) players constitute a team; a team may play with no fewer than four (4) players.
- f. **GAME EQUIPMENT:** UNC Intramural Sports will provide a game ball.
- g. **COIN TOSS:** A pre-game coin toss will determine service and side of the net teams will play.

ELIGIBILITY

- a. **GENERAL:** All students currently enrolled in three or more credits at U.N.C. and all faculty and staff currently employed by U.N.C. are eligible to participate in all activities.
- b. **ALUMNI:** Alumni who are currently members of the rec center may participate in any intramural team sports or tournaments.
- c. **VARSITY ATHLETES:** Current members of varsity intercollegiate teams at U.N.C. are not eligible to compete in their NCAA sport(s). For example, if you are currently an NCAA Volleyball player you may not participate in any intramural volleyball leagues or tournaments.

- d. PAST VARSITY ATHLETES: Any member of a varsity athletic team whose eligibility ends or discontinues participation for any reason may not participate in the corresponding intramural sport until the following academic year.
- e. VARSITY TEAM DEFINITION: A varsity team is defined as a group that represents U.N.C. in NCAA competition and/or that group of participants holding varsity status. This includes red shirts and athletes who have made the team but retired themselves during the season. This does not include individuals who have tried out unsuccessfully.
- f. PROFESSIONAL ATHLETES: Any individual who has received professional playing status may not compete in the corresponding sport for a period of two years after the completion of their last professional season.
- g. ROSTERS: To appear on a team roster, an individual must create a Fusion Play account and add themselves to the correct eligible team. A team may add eligible players during the regular season only. Additions may not be made to rosters after playoff brackets are posted.
- h. PLAYER RESTRICTIONS: Once an individual is officially added to a team they may not be moved to another roster. The individual is also restricted from playing on two teams in the same sport season. *Exception: an individual may compete on one men's or women's team and one co-recreational team in the same sport. Also, a participant may compete on one Greek team (if eligible through Greek Life), one men's or women's team, and one co-rec team.*
- i. PENALTY FOR ELIGIBILITY INFRACTIONS: A team shall forfeit any contest in which it is discovered that an illegal player participated. Participation is defined as the individual signing in at the game site.

****NOTE EACH ELIGIBILITY SITUATION WILL BE HANDLED ON A CASE-TO-CASE BASIS****

PLAYING THE GAME

- a. 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.
- b. 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.
- c. THE SERVER: Each server shall continue to serve until the opposing team gains service. The server is to announce the score before each service.
- d. SCORING: Rally scoring will be used for all games. Rally scoring is defined as a point being scored after every serve, regardless of which team served the ball. After each score, the point AND serve will be awarded to the scoring team.
- e. ALTERNATING SERVICE: Service shall alternate as each team regains possession.
- f. 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.
- g. ROTATIONS: The team receiving the ball for service shall immediately rotate one position. *Exception: the first serve of each game (for each team).*

- h. **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.
- i. **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.
- j. **KICKING THE BALL:** Kicking the ball is **LEGAL**. However if a team utilizes this rule to kick the ball in an unsporting way multiple times in a game, they will be instructed to not do so, unless they are saving the ball and have no other option continue the volley than kick the ball.
- k. **ILLEGAL HITS:** Illegal hits in volleyball include carrying, lifting, double hitting. The penalty for an illegal hit is a point for the other team and they will serve the next point.
- l. **MATCH:** A match will consist of best two (2) of three (3) games and standings will be based on matches won.
- m. **GAMES:** In the regular season, games 1 & 2 will be played first to twenty-five (25) points by rally scoring. A team must win by 2, with the exception of a 30 point cap. Game 3 will be played first to fifteen (15) by rally scoring, win by 2 with no cap.
- n. **GAME TIMING:** The games will be played during a fifty (50) minute running clock period. If a third game is necessary to determine a winner, the set will be played **AND** completed if started.
- o. **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
 - Illegal kick. Kicks are legal. However, **EXCESSIVE/unsporting kicks are not allowed.**
 - Illegal service attack. No blocking or attacking a served ball.
 - Illegal back row attack. (It is **ILLEGAL** for a back row player to step on or in front of the attack line when hitting.)
- p. **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.
- q. **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

- a. **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.

- b. 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.
- c. 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.
- d. 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.
- e. 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.
- f. RATING: Sportsmanship Ratings are on a ranking from 0-3. 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):
 - 3 – **Above Average**: High level of respect consistently shown to opponents, staff, officials. Conducts themselves in a calm respectful manner
 - 2 – **Average**: No incidents of poor conduct or one minor unsporting incident (ie: talking back to an official more than once during the game).
 - 1 – **Below Average**: Frequent swearing, disrespect towards opponents, supervisors and officials. Consistent arguing with the officials' calls or a player is ejected.
 - 0 – **Unacceptable**: 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 end early will receive a (0).

CO-RECREATION

All of the above rules apply with the following exceptions:

- 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.
- SUBSTITUTIONS: Substitutions are permitted, as long as a legal male/female ratio is maintained.
- A female **does not** need to contact the ball during rally on either side to be considered a legal rally.