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

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

h. P LAYING THE BALL: A pla yer may leave the court to play the ba ll. A ball hitting a sideline or an en d line is

in bounds.

i. TOUCHING THE BAL L: The ball m ay be to uched o nly three (3) tim es by one team befo re being returned o ver the net. NOTE: Blo cking the ball does NOT co unt as a to uch. However, if the ball then goes Huly TJ ET Q q 0.0000012 0 612 2 re W n BT /F4 11.04 Tf 1 0 0 1 430 1 106.5 6.5 Tm 0 g 0 G ( ) TJ ET Q q 0.0000012 0 612 2 re W n BT /F4 11.04 Tf 15

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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):
x 3 – Above Average: High level of respect consistently shown to opponents, staff, officials.
Conducts themselves in a calm respectful manner
x 2 – Average: No incidents of poor conduct or one minor unsporting incident (ie: talking back to an
official more than once during the game).
x 1 – Below Average: Frequent swearing, disrespect towards opponents, supervisors and officials.
Consistent arguing with the officials' calls or a player is ejected.
x 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:

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