UREC Volleyball Rules

University of West Georgia does not provide accident insurance coverage for injuries received by Intramural participants. Each participant should make sure that he/she has coverage either through family policies or the student insurance plan. We cannot emphasize this point enough.

University of West Georgia PROHIBITS possession or consumption of alcoholic beverages on University property. This includes the Intramural Sports Complex and Campus Center Gym. Violators will be asked to leave the area. Failure to do so can result in forfeiture of the ball game, suspension of individuals and/or teams, and appropriate action by the University Judicial Office.

Food, flavored drinks, and gum are prohibited on the Gym courts. Only bottled water is permitted in the court area.

Current National Federation (High School) Volleyball Rules will govern play except for the following modifications.

I. PLAYER ELIGIBILITY

1. Participation is limited to currently-enrolled, fee-paying UWG students, faculty members, and full-time staff.
2. In order to participate in an intramural contest, each player must present his/her current, valid UWG Card. Check-in takes place at designated sign-in locations at the fields or courtside.

3. Additional information regarding player eligibility, team rosters, and participant check-in is available in the Seven Principles of Intramural Sports, available online at the UWG Intramural Sports web site. Requests for exceptions to any policy must be directed to the IM administrative staff during regular weekday business hours in the Intramural Sports Office. No exceptions are granted at the fields or courts.
II. TEAM COMPOSITION & SUBSTITUTIONS

1. Players can compete on only one men's/women's team, regardless of league classification. In addition, players may compete for one co-rec team as well.

2. Six (6) players constitutes a team. All players must present their valid UWG Card at the game site to sign-in to participate. A team must have 4 players to start a game. Players who arrive late may be added to the roster and may enter the game at a dead-ball situation.

4. Team rosters will be formed based on the players who compete in the team's first regular season game (sign-in at the courts on the night of the game). Additions may be made to the roster at any time throughout the season. New players will become part of a team's roster when they sign-in at a subsequent game. No player may participate on more than one team, unless his/her second team is a co-rec team.

5. Substitutions may only take place during a dead ball. A substitute must be from the serving team and shall enter into the rotation in the serving position only (exception: injury). A substitute must enter the game before the serve. Once a substitute has entered the game, he/she must play through the entire rotation and back to the service position before being removed from the game. There is no limit to the number of individual entries or team substitutions in any one game. Substitution is not "person for person".

6. If a player becomes injured and cannot continue playing immediately, he/she must leave the court. If a team desires to have that player remain in the game, and if the player cannot continue immediately, that team must use a charged time-out.

III. EQUIPMENT & PLAYING AREA

1. Volleyballs are available for check-out from sign-in staff at the lobby.

2. The court shall be regulation size with a net height of 7' 11" for men's matches, 7' 9" for co-rec matches and 7' 4" for women's matches.

3. All players must wear shoes. Tennis shoes and soft-soled shoes are permitted. Shoes should have non-marking soles.

4. Jewelry is NOT allowed to be worn by any participant during an intramural event. This jewelry consists of any visible rings (including wedding bands), watches, necklaces, earrings, studs, bracelets, and any other such similar jewelry. Medic alert bracelets must be taped to the body or secured under clothing such as a wristband or sock to be worn during play. A player is subject to ejection for failure to remove any jewelry after first warning.
5. Spectators are permitted only in bleachers. No spectators shall be positioned between courts or around courts.

IV. MATCH TIME, LENGTH, & SCORING

1. Match time is forfeit time. A team needs at least 4 legal players to begin the match. If the forfeiting team wants to play the rest of their regular season matches, they must come into the Intramural Sports Office before their next game to present their case.

2. All matches will be best 2 of 3 games.

3. All games will use the rally scoring system with a point awarded on each service regardless of which team served. Points are scored on side-outs with serve also changing sides.
   A. In the first and second games, the game will be won when one team has scored 30 points and has at least a 2-point advantage over the opponent. No game shall exceed 32 points. If the teams are tied at 31-31, the next point scored will determine the winner.
   B. The third and final game will be won when one team has scored 15 points and has at least a 2-point advantage over the opponent. There will be no cap on points in the third game.

4. The choice of serve or playing area shall be decided by a coin toss by the referees between the designated captains of each team before the first game. If more than one game is played, the team not serving first in the previous game of the match shall serve first in the next game. A coin is tossed again if a third and deciding game is needed.

5. Two 30-second time-outs will be allowed per team per game. The time-outs may be used consecutively, if needed.
   A. First request for a third time-out in a game results in a yellow card (warning) and subsequent requests result in a red card (point).

V. SERVE & ROTATION

1. At the instant the ball is hit for service, the server may not be in contact with the endline, the court, or the floor outside the two lines marking the service area. The server may stand on or between the two lines or their extensions which mark the service area. The service area spans the entire end line. All other players must have both feet inside the court.

2. A served ball is dead if it is hit illegally or before the referee has signaled to begin service. The ball must be hit with one hand. An illegally hit serve results in loss of service. If the ball is served before the referee signals for service, a re-serve results, on the first infraction only.

3. A server is given 5 seconds to contact the ball for service after the referee's first whistle.

4. A server will be allowed one release and drop per service term.
5. A served ball is dead and a point is awarded if the ball crosses the net entirely outside the antenna, touches the antenna, touches the ceiling, or any obstruction, lands on the floor on the server's side of the net, passes under the net, or lands outside of the opponent's court. A serve that touches the net and continues over to the opponent's side of the court is a legal serve and the ball is in play.

6. The team which receives the ball for service after a side out shall rotate clockwise before serving.
   (This includes a team's first service in a game after their opponent's first serve).

7. At the time the ball is served, the players of each team must be within their respective court positions.
   A. No center position player may be nearer the sideline than that respective sideline player.
   B. No backline player may be nearer the net than the corresponding front line player.
   C. Center Back may completely overlap the right back when right back is serving as long as center back does not act as a screen.
   D. All players except the server must be within the court as the ball is served. After the ball is hit for the serve, players may move from their respective positions.
   (The position of players is judged according to the position of their feet in contact with the floor at the time the ball is contacted for service.)

8. At the moment of service it is illegal for players of the serving team to wave their arms, jump, or form groups of two or more players for the purpose of forming a screen to conceal the action of the server. The referee will be the sole judge of this action which does not have to be deliberate to be a fault.

9. A player may not attack or block a serve. The action is illegal as soon as contact is made regardless of the player's position on the court or whether the ball is returned to the opponents.

VI. BLOCKING & ATTACKING THE BALL

1. Only front row players may take part in a block.

2. A player may not reach over the net to attack the ball. A player may reach over the net during the follow through after a spike, or during a block on a team's attack or third team hit.

3. Back line players may not block, or attempt to block, nor may a back line player attack the ball above the height of the net in front of the 3-meter line.

4. If two teammates contact the ball simultaneously, this is considered one contact, and either of the players may make the next play on the ball. (This does not include action on block attempts.)
5. Players may have successive contacts of the ball during a single attempt to make the first team hit of the ball coming from their opponents (includes serves). Even if the ball is blocked, provided there is no finger action used during the effort and the ball is not held or thrown.

6. If two opposing players contact the ball simultaneously above the net, either may play the ball on the next hit for the first of their team’s three hits. If the ball visibly comes to rest during simultaneous contacts by opposing players, the referee will direct a replay. The player on the side opposite the projected flight after a simultaneous contact is considered to have contacted it last.

7. The net may not be touched by a player while the ball is alive. If the ball is driven into the net with such force as to cause the net to contact an opponent, such contact shall not be considered a fault. Inadvertent contact of the net by the hair may be overlooked by the official.

8. The lines are considered part of the court; thus any part of the ball hitting a line is inbounds.

9. A player may be on the centerline AND OVER THE LINE SO LONG AS SOME part of his/her encroaching foot remains in contact with the line. Contact with any other part of a player's body with the opponent's side of the court during play constitutes a fault.

10. A player may go outside the court and may cross the extension of the centerline, but if playing the ball, the ball must not be completely across the centerline extension. Players may not enter another court that is being used to play a ball.

11. Any attempt to distract a player by yelling, stomping the feet, or distracting action will result in unsportsmanlike conduct and a red card (point) given.

12. A ball is dead if:
   A. It touches the floor.
   B. It hits the antenna.
   C. The ball becomes lodged or momentarily comes to rest on any obstruction over the court.
   D. It is whistled dead by an official for any reason.

13. Any ball that has been caused by your team to strike the ceiling or ceiling fixtures on your half of the court may be played again by your team provided that the third hit has not already occurred. The hit on the ceiling does not count as one of your team’s three allowed contacts.

14. A ball may not be held, lifted, pushed, thrown, or carried at any time. Using an open hand to contact the ball in an underhand motion or to direct the ball forward from behind the head with an open hand usually constitutes a lift or carry.

15. A double foul occurs when players on opposing teams commit rule infractions at the same instant. The ball will be re-served by the serving team.
VII. CO-REC RULE MODIFICATIONS

1. Team Composition
A team is composed of six (6) players, three (3) men and three (3) women. Play may start with no less than four (4) players, two (2) men and two (2) women. A team may also play with 5 players. At no time may there be more than three (3) players of a gender on the court for a team. Therefore, the only legal combinations are 3 males + 3 females, 3 males + 2 females, 2 males + 3 females, and 2 males + 2 females. Substitutions may only take place as a male for male or female for female.

2. Positioning & Serve
In court positioning, men and women must alternate positions; therefore, they must also alternate serving. On the serve, any legal technique may be used.

3. Contacts
Each team may have three (3) hits on its side of the net. If the ball is returned on one hit, either a man or a woman may hit the ball. There are no gender hit restrictions. The ball must always be returned over the net on or by the third hit.

4. Male Restrictions
Men may spike the ball only from behind the 3-meter line.

VIII. SPORTSMANSHIP

1. The mission of Intramural Sports is to provide a recreational environment for the University community which is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun, social atmosphere, and promoting sportsmanlike behavior among participants, spectators, and team followers are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout all facets of the intramural program.

2. The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the intramural sports league and playoff seasons. Behavior before, during, and after an intramural sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system.

3. A team is responsible for the actions of the individual team members and spectators related to it. Additionally, UWG Intramural Sports does not recognize the use of coaches. Only the team captain shall speak to the officials regarding administrative matters (protests, ejections, disqualifications, etc). Furthermore, the team captain's efforts in assisting officials/staff to calm difficult situations and to restrain troubled teammates are key to controlling team conduct.

4. Sportsmanship is vital to the conduct of every Intramural contest. In order to encourage
proper conduct during games, officials, administrative personnel, and supervisors shall make
decisions on whether to warn, penalize or eject players or teams for poor sportsmanship. These
decisions are final. The Intramural Sports administrative staff will rule on further penalties as a
result of unsportsmanlike conduct.

5. Each participant should choose his or her team members carefully, as all team members will
suffer the consequences of any disciplinary action taken by the Intramural Sports staff against
that team for violation of the intramural rules and sportsmanship guidelines. Protests or
appeals of sportsmanship ratings will not be recognized. The Intramural Sports administrative
staff reserves the right to review any rating given to a team.

6. Additional information regarding team and participant sportsmanship including the rating
method, factors, and scale is available in the Sportsmanship section of the Intramural Sports
Handbook, available online at the UWG Campus Recreation web site.

**SPORTSMANSHIP RATING SYSTEM**

All participants in University Recreation shall be expected to comply with the spirit, as
well as the letter of the rules. The game officials and the supervisor will rate each team at the
end of each competition.

*Rating System*

- 5 Points- Excellent sportsmanship by team and fans. Exhibits total cooperation and
  respect for officials and opponents.
- 4 Points– Responsible sportsmanship by team with minor problems.
- 3 Points- Officials give repeated warnings to any team or individual.
- 2 Point- Any individual continues to abuse or disregard warnings. Participants
  repeatedly argue with official or when a team or player makes a travesty of the game.
- 1 Point- When a player or manager is ejected from the game for any reason.
- -1 Point- When a player or manager is caught fighting.
- -5 Point-When a game is called for unnecessary roughness, fighting, abusive language,
or when the official decides the spectators and or teams are out of his/her control, or at
any time Public Safety has to be called for unsportsmanlike behavior. Ratings will be
based on averaging a (3) three for the entirety of the season.
University Recreation: Code of Conduct

Employees and participants in the University Recreation Program are expected to conduct themselves in a manner that will reflect positively upon themselves, the team of which they are a member, the Department of University Recreation, and the University of West Georgia. Their responsibilities include, but are not limited to the following:

Engagement in Team Sports

- To display good sportsmanship before, during, and after any competition.
- To refrain from physically or verbally abusing an official, opposing player, spectator, or coach.
- To refrain from use of obscene gestures, profanity, or disrespectful language.

General Behavior as a UWG Employee or Player

- To act morally and exemplify a high sense of personal honor and integrity
- To show respect for the rights and property of others
- To observe University regulations, state and federal laws, and city ordinances

Use of Drugs and Alcoholic Beverages

- To refrain from use of drugs, except for medical purposes.
- To refrain from consumption of alcoholic beverages if under the legal drinking age of 21.
- To refrain from purchase or provision of alcoholic beverages for persons under the legal drinking age of 21.
- To refrain from transport of alcoholic beverages in University vehicles.
- To refrain from consumption of alcoholic beverages while traveling, competing/participating, or being a spectator at team events.
- To act with restraint and good judgment in the consumption of alcoholic beverages, and to refrain from driving under the influence of alcohol.

Failure to abide by the provisions of this code will result in disciplinary action by Student Judicial Services and/or the Department of University Recreation, which could include loss of player participation privileges, employment, or suspension of team activities, depending on the nature and severity of the violations.

As an employee, player, or coach, I vow that I will not conduct myself in any manner that will bring a negative light to me, my team, University Recreation, or the University of West Georgia. I have read and accept responsibility for abiding by the Code of Conduct for University Recreation. I understand that violations of the code will result in disciplinary action involving personal and or team sanctions as indicated above.