



UW-WHITewater INTRAMURAL SPORTS SAND VOLLEYBALL RULES

Last update: August, 2021

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.

TEAM CAPTAIN'S MEETING

This is a sport that requires a preseason captain's meeting. Be attentive to your email regarding either an in-person meeting date or a link for a webex meeting.

ENTRY FEE

The entry fee of \$30/team must be paid at time of registration.

LEAGUE SCHEDULES

Schedules for league play will be posted on IMLeagues and the UWW Rec Sports app.

QUESTIONS

Please feel free to contact the Office of Recreation Sports and Facilities with any questions or concerns at 262.472.1145 or email imsports@uww.edu.

GENERAL PROCEDURES

Please use the Captain's Handbook as a resource throughout the year. If you are team captain, please inform your players of all of the guidelines in the handbook BEFORE your first contest.

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 at the scheduled game time, the game will be declared a forfeit. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start time.
2. **SCORING:** Each team is responsible for keeping score for their own game and reporting the score to the Intramural Supervisor.
3. **TEAMS:** In all official matches, teams shall be composed of no more than four (4) or less than two (2) players.
4. **CLUB VOLLEYBALL PLAYERS:** Two (2) current club volleyball members (men's or women's) may appear on any intramural volleyball team roster and may play at the same time. There is no restriction as to how many past club volleyball players may participate. Also, only two (2) former varsity volleyball members may play. So, you could have two (2) current club and zero (0) former varsity, or one (1) of each or zero (0) current club and two (2) former varsity. (See Captain's Handbook)
5. **SCORESHEET:** All players must have their names on the team roster for each game. They must show a UW - WHITEWATER ID and check in with the on-site supervisor. Late arriving players must check in with the on-site supervisor before playing.

6. COIN TOSS: The captains shall toss a coin or play rock, paper, scissors for side of court and service. The winner of the toss may choose either to take the first service or choose side of court.
7. STARTING THE GAME: At the beginning of the game, the ball shall be put in play by the player in the "back right" position, but may serve from anywhere along the service line.

PLAYING THE GAME

8. TIME OUTS: Each team will be granted one time-out per game. Time-outs will be thirty (30) seconds in length; teams must be ready to play immediately. Time-outs do not carry over to the next game.
9. SERVICE: After the ball is served, each player may cover any section. Prior to the serve all players must be in their proper positions.
10. THE SERVER: Each server shall continue to serve until a "side out" occurs.
11. POINTS: When a served ball touches the net, passes under the net or touches any player, surface or object before entering the opponent's court, a point will be awarded to the opposing team.
12. ALTERNATING SERVICE: Service shall alternate as possession changes.
13. ROTATIONS: The team receiving the ball for service shall immediately rotate one position.
EXCEPTION: the first serve for each team beginning each game.
14. PLAYING THE BALL: A player may leave the court to play the ball. A ball hitting a sideline or an end line is in.
15. TOUCHING THE BALL: The ball may be touched only three (3) times by one team before being returned over the net. NOTE: Partially 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. Players MAY play the ball with their FEET. Playing the ball with the feet will count as a touch.
16. SCORING: Rally scoring will be used for all three games.
17. WINNING A GAME: The first two games of each match will be played to twenty-five (25), and the third game (if necessary) will be played to fifteen (15). A team must win by two (2) points. In the first two games during regular season play, 27 is the greatest amount of points that can be scored in a game (if a team gains a 27-26 lead, the game is over). If a match reaches a third game, a team must win by two (2) points (there is no scoring limit). During the playoffs, there is no scoring limit for any of the three games.
18. STARTING THE NEXT GAME: The team losing the previous game shall have the first service in the next game. The teams shall change sides after each game. The time between games shall not exceed one minute.
19. WINNING THE MATCH: The first team to win two (2) games will win the match.
20. THE CENTER LINE: A player may cross the center line with their 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. VIOLATIONS: The following violations will result in a point and service for the opposing 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

22. **BALL ROLLING ON TO THE COURT:** If a ball from another match rolls on to the court during play and it interrupts the play, the point shall be replayed

SPORTSMANSHIP

23. **UNSPORTSMANLIKE CONDUCT:** Any unsportsmanlike conduct including, but not limited to, arguments with any coach, manager or spectator, flagrant fouling, fighting, etc. will result in expulsion of that individual and/or team from further participation in intramurals until meeting with the Intramural Sports Coordinator. Games will be supervised, but unofficiated. The supervisor has the authority to impose penalties for teams behaving in an unsportsmanlike manner.
24. **DISQUALIFIED PLAYERS:** A player disqualified from the game for unsportsmanlike conduct must leave the court area IMMEDIATELY, and will be declared ineligible for play in any intramural sports activity until he/she has met with the Intramural Sports Coordinator. The player shall be suspended for no less than one game. Failure to leave may result in disqualification of the captain, or forfeiture of the game. Any second occurrence of unsportsmanlike conduct by a team may result in that team being eliminated for the remainder of the season.

CO-RECREATION

All of the above rules apply with the following exceptions:

25. **TEAMS:** In all matches, a team shall be composed of two (2) men and two (2) women in alternate positions on the court at the same time. If only two (2) or three (3) players are present, male/female ratio may be 1:1, 2:1, or 1:2. The ratio may not be 2:0 or 0:2.
26. **FEMALES HITTING THE BALL:** There are no restrictions as to who may hit the ball during play.
27. *Other than the above exceptions the game will be played according to the National Federation Volleyball Rules.*