# Sit Down Volleyball Rules

*Paralympic Volleyball Rules will be used.*

*Italic print indicates special rules for UNC Intramural play and/or Co-Recreational play rules.*

Each player is responsible for presenting a current UNC ONE CARD or valid government ID at game time.

## Participants, Teams, Equipment

### Teams

Games shall be played with four (4) players.

**Default** = 3 players present

**Forfeit** = less than 3 players present

In Open play, any combination of gender may be used.

## The Court

A. The volleyball court has a playing surface that is 6x10m. The centerline divides the court at 6x5m.

B. The regulation net is 1m wide and 10m long attached to the standards of a 9x18m court.

C. We will be playing on a standard pickleball court.

D. A ball shall remain in play if it contacts the ceiling or other overhead objects above the playing area. The ball is out of play if it makes contact above the opponent’s playing area and crosses the plane of the net into the opponent's court.

E. The official's stand is a part of the court. There will be no replay for a ball hit in the official's stand.

## Equipment

A. Volleyballs will be furnished by Intramural Sports. Teams may check out a volleyball to warm-up. A non-Intramural volleyball may be used if both teams agree before the match or game begins.

B. All participants must wear shoes during intramural volleyball. Shoes worn must be canvas-topped or soft leather-topped rubber soled shoes, commonly known as basketball or tennis shoes.

C. Illegal equipment

   a. Players shall not wear the following
      
      i. Jewelry
      
      ii. Hats of any type
      
      iii. Bandanas (no matter how worn)
      
      iv. Any hard/unyielding hair control devices

## Substitutes

A. Teams may substitute one player for another. Such players may only replace each other, and neither may enter the game more than three times (including a starting player).

B. A team may prefer to set up a regular rotating substitution whereby the extra player(s) will rotate into a position and another player will rotate out. Such a rotation must be continuous throughout the entire game and must not skip any players.
C. If a person is not present for the beginning of the game, they may not enter the match until the following game.
   a. However a player arriving late for the match may be used as a substitute. (Example: If a 5th player arrives during the first game, they can only be used as a substitute. The following game they may be a starter.)
   b. Players starting a game may be replaced by a substitute and a starter may re-enter an unlimited number of times as long as they remain in the original serving order.

THE GAME

A. **Matches may begin with a minimum of three players.** The supervisor will declare a forfeit if any team is not ready to play at the scheduled game time, or after the conclusion of the proceeding match, if the previous match went past the scheduled time.

B. A coin toss or similar means will determine who has the option of taking the serve or choice of courts. A flip of the coin determines service of the third game.

C. **A match will be the first team to score fifteen points.** No minimum point lead is necessary.

D. There is a 30-minute time limit on all matches at which the team ahead in games and points (if necessary) will be declared the winner.

E. **All scoring in all games will be by the rally scoring method.**

F. Each team is allowed one (1) 30-second time-out per game.

KEY RULE MODIFICATIONS THAT ARE DIFFERENT FROM STANDING VOLLEYBALL

A. The position of each player is determined and controlled by the position of their bottoms. This means that the hand(s) and/or leg(s) may lie in the attack or free zone outside the court.

B. For a serve, an individual’s bottom must be behind the back line of the court.

C. "Bottom" is defined as the upper part of the body, from shoulder to one’s buttocks.

D. Touching the opponent’s court beyond the centerline with a hand is permitted, if some part of the penetrating hand remains either in contact with or directly above the centerline. To contact the opponent’s court with any other part of the body is forbidden. The player may penetrate into the opponent’s space under the net, provided there is no interference with the opponent.

E. The player is not allowed to lift his/her bottom from the court when executing any type of attack-hit. The back-row player may perform any type of attack-hit from any height, if at the time of the hit the bottom does not touch or cross over to the attack line.

F. The player must have contact with the court with some part of the upper part of the body at all times when playing the ball, except when making a defensive free zone play. In such defensive play, a loss of contact with the court is permitted for a moment.

G. The referee’s official hand signal of “lifting from the court” is raising the upper hand and forearm positioned parallel to the floor and mirror imaging the lower hand and forearm.

H. Referees in sitting volleyball must stand to the sides of the court because of the height of the net and the fact that the players are in a seated position.

I. Kicking the ball is not a legal action.