

The Island

Coed 6's Volleyball League Rules of Play

Have fun! Remember, it's what this is all about!

Team Composition

All Island Coed 6's players must sign the waiver before they will be allowed to play with a team.

This is Coed, so you must have **at least one** of the players on the court be female. Teams will never be allowed to play with more than 3 males on the court.

Game time: Sunday game times are on the half hour i.e. 3:30pm, 4:30pm etc. Wednesdays are on the quarter after the hour i.e. 6:15pm, 7:15pm etc. If you are not present on your court at game time your 1st game is a forfeit. Game two forfeits begin 20 minutes later, and game 3 forfeits are 40 minutes after your match start time. You only need four players to start (except comp, must be at least 5). Please be respectful and be on your court at your specified match time.

League Rosters and Subbing Guidelines:

The idea is to have no team forfeit their match. Having said this, teams may recruit players to fill their team for the league nights. The other team can protest if they feel you are using illegal subs not on your roster, see sub guidelines below. If your regular players are of higher level and you are trying to move up a division then that is okay.

Comp Division:

No Restrictions on Level of play just make sure all players are on the team roster and participate in the 6x6 league.

Power Pool Division:

No more than 3 total comp players (2 Males Max).

Challenge Division:

No more than 4 total Comp/Power Pool players at the same time. The breakdown is no more than 1 male comp player and 1 female comp players, no more than 2 male power pool players and 2 female power pool players. Any combination of the above is fine as long as it doesn't exceed 3 total comp/power pool players.

Rec Division:

No Comp players are allowed, and no more than 4 total Power Pool/Challenge players at the same time. The breakdown is no more than 1 power pool player (either male or female) & no more than 2 male players from challenge and 2 female players from challenge. Any combination of the above is fine as long as it doesn't exceed 4 total power pool/challenge players.

Tournament Rosters and Subbing Guidelines:

The point of the end of session tournaments is for your team, the team that played all session, to compete against all the other sand 6's teams in your division. This includes teams who play on a different night. Tournaments are unique and different than leagues in the sense that one poor game can see you out of the tournament, and even if your team is a mid-table league-team, you may make a deep run in a tournament. It isn't an opportunity to stack your team in order to try and finish in the top 3. The spirit behind the end of session tournament is no different than the spirit behind weekly league play. We are all here to have fun.

Rosters: Players may be added to your roster at any time, up until week 6 before the tournament. If a last minute sub or an emergency sub needs to be added after week 6, team captains must contact the league manager for approval. No player will be allowed to play with more than one team per division during the tournament. (If a player plays on a challenge team and a power pool team that player is welcome to participate in both tournaments unless it conflicts with the flow of the bracket.)

Roster Checks: Any team may request a roster check to the tournament director the day of a tournament before a match has started. Any players not on a team's roster will not be allowed to play, and if a team is then short of 5 players they will receive an automatic forfeit. Teams lose the ability to roster check an opponent once both teams willingly begin play. (Meaning you can't roster check an opponent after they have beaten you.)

Mandatory Roster Checks: There will be mandatory roster checks for the final 8 teams in the winner's bracket and the final 4 teams in the contender's bracket. This is tournament policy and will be strictly enforced.

Mid-Tournament Substitutions: Teams must finish the tournament with the same players they began the tournament with. If a player is on your roster but shows up halfway through a tournament, they will not be able to play as they didn't begin the tournament with the rest of the team.

Rotation Order, Substitution vs. Rotating

Teams will line up with males and females alternating in the service rotation. The exception will be if a team is playing with 4 (playing 4's with one female, 3 males) or 5 players.

Additional players for your team can be entered into play by either substitution or rotation. The captain should inform the referee which option will be used. If substitution is used, an unlimited number of entries into the game will be allowed per position. If rotation is used, the captain should identify the position at which the substitutes are entering. (You can not use both options during the same game, except for an injury substitution).

So that forfeits are kept to a minimum, teams may play with as few as 4 people (Except Comp, must have at least 5) on court. If additional players arrive, they can enter the game at any stoppage of play without using a timeout.

The Comp division will use a ghost rule for less than 6 players on the court. Every time the "ghost" comes around to serve it's an automatic point for the other team and is their serve. Ghost rule will be used for all league and tournament play in the Comp division. For Power Pool, Challenge, and Rec divisions the Ghost Rule will not be applied as teams can play with fewer than 6 players. For tournament play no matter the division you must have at least 5 players on the court.

Safety

A player may not go onto an adjacent court to make a play on the ball, nor can there be any follow through by a player onto an adjacent court after playing the ball if there is a scheduled game on that court.

There is no center line in outdoor/sand volleyball, so no center line violations can be called. Interference will be called if a player crosses under the net and is deemed by the referee to have interfered with or precluded players from the opposing team from playing the ball.

Balls on-- Play is stopped for a ball coming onto your court by determination of your REFEREE (not players yelling out "ball on"). Play will be stopped and a play over will be directed if the ball on would have created a safety hazard.

At the Net

Any contact with the net by a player *during play at the net* (other than with hair) is a violation..... one more time ... that's **any!** (That includes your any part of your body or clothing).

Overlaps

Just try to remember no back row player may be closer to the net than his corresponding front row player at the time of contact for service.... No middle or right side player may be closer to the left sideline than the left side player and no middle or left side player may be closer to the right sideline than the right side player at the time of contact for service. When in doubt ... Ask the ref... Yes, we do watch for that stuff and we'll be happy to help you.

Contacting the Ball

Serving ... A ball released/ tossed for service must be contacted. A side out will be awarded if you toss the ball for service and let it drop, catch it, or do not make contact with it. You may not block or attack a serve. A served ball that contacts the net, goes over and remains in play is good, play on! Jump serving is allowed in all divisions.

Three contacts are allowed per team in order to play the ball over the net. A **Block** does **not** count as one of the 3 contacts.

If more than one contact is used by a team to play the ball (not including the block) a female must make one of the contacts. The female contact can occur during any of the 3 contacts (guy-girl- guy / guy-guy- girl /etc) A block followed by another male sending the ball over the net is considered play on.

The ball may not be carried, lifted, thrown, heaved, passed like a football, etc. Double hits **are allowed** on the first contact of **any** ball. (Yes, it can get really ugly and no it doesn't need to be hard driven.)

Setting can be accomplished with a forearm pass; leniency will be given to those attempting to hand set in the rec leagues. We all want to be setters... (For those inquiring minds... Leniency is determined by how many contacts or RPMs the referee will allow.)

Back Row Blockers

When there are 2 women and one male in the front row... a back row male player may come up to block. He may not complete an attack hit on the ball. No **back row** female player can participate in a block regardless of female numbers and/ or positioning on the front row.

Back Row Attacks

Should a back row player in the front zone attack or direct (hand set) a ball that is totally above the level of the net and in the plane of the net, then that player has committed a back row attack. Again this rule has to do with the position of the ball when a back row player in the front zone is making contact. It doesn't matter if the player is jumping or not... short or tall...

Exceptional Rules

One time out will be allowed per team for the purposes of figuring out strategy, breaking momentum, etc. One additional shot timeout (shots for your team and your opponent brought to the court) can be taken ... for the purpose of having fun.

No cussing or profanity is allowed. Referees can issue warnings to players and teams that cannot adhere to this policy. If it becomes a problem the league manager will step in and begin assessing penalties.

Remember the fun! It's the people you're here playing with, the friends, family and/ or coworkers not the t-shirt that you're going to win at the end of the session that's important.