

# 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 an online waiver before they will be allowed to play. 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.

**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. Teams may get sub players to fill in for their team for the night. Your team's roster will be composed of the players who play throughout the session and the names that are written down on the weekly roster sheet that accompanies your score-sheet. Tournament subs can be added up until week 6 of the league. After week 6, tournament subs will need to be approved by your league manager.

**Rotation Order:** Teams will line up with males and females alternating in the service rotation. The exception will be if a team is playing with 3, 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. If additional players arrive, they can enter the game at any stoppage of play.

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.

**Ghost Rule:** (COMP DIVISION ONLY) 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.

**The Net and Player 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.

Any contact with the net by a player during play at the net (other than with hair) is a violation. This is for everyone's safety!

Players may go under the net as long as they do not interfere with another player's ability to play a ball. If the ball touches you while you are under the net, it is a point for the other team. If you interfere with a player on the other side, point for the other team.

Balls on-- Play is stopped for a ball coming onto your court. If a ball on interrupts a point, replay it.

**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.

**Contacting the Ball:** You must hit the ball on the first toss of the serve (overhand or underhand). If you catch the ball, drop the ball, or allow the ball to drop to the ground, it is an automatic side out. If you forget to serve in rotation, it is an automatic side out. You may not block the serve or attack the ball when it is still in the plane (any part of the ball is above the net). A served ball that contacts the net, goes over and remains in play is good, play on! 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. 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. (The ball doesn't need to be hard driven).

**Coed Rule:** 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.

**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.

**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.