

Island VOLLEYBALL COED 4X4 SAND LEAGUE RULES

STARTING AND FINISHING TIMES: Regular Play (5:55, 7:05, 8:15 & 9:25 start times) – Teams should arrive 5 minutes prior to game time in order to get to their courts and start warming up. Starting at 5:55pm you will have 5 minutes to warm up, please use it wisely. The first game will start promptly at 6:00pm indicated by 'the horn'. You will then have 55 minutes to play three games to 25 against your opponent. The same time format will be used for teams starting their first matches at 7:05pm, 8:15pm & 9:25pm.

FORFEITS: Teams unable to field a full team (2 women + 2 men), (2 women + 1 man), (2 men + 1 woman), (3 women + 1 man), (3 women) or (4 women), after the 5 minute warm up time expires will be charged a point per minute until 15 points have accumulated, at which time a first game forfeit will be given. Upon arrival of the entire team, both teams will start the second game. If the opponent has not shown after 30 minutes (accumulating 2 forfeits) the entire match will be forfeited and a 'No Show' will be given to the offending team. More than one 'No Show' will result in removal from the league, replaced by a team from the wait list, no refund will be given.

GAMES AND MATCHES: REGULATE YOUR OWN PLAY! Island matches will consist of three games to 25 (cap @ 27). All three games count towards league standings (i.e., league standings are based on games, not matches). If neither team reaches 10 points in the final game, that game will not affect their records as long as both teams started on time and did not have to forfeit the first game. If a team is running late and must forfeit the first game, the opposing team will collect the win regardless of finishing all games. Teams should "Ro Sham Bo" (Rock, Paper, Scissors) to decide serve, receive, or side, the loser picks from the remaining two choices for game 1, for game 2 the loser of "Ro Sham Bo" from the 1st game chooses either serve, side or receive.

SCORE SHEETS: Score sheets are provided each night. Team captains are responsible for recording the final score of each game and signing off on the score sheet. Score sheets not filled out may result in a forfeit of all games to both teams.

PLAYERS: The Island Coed 4x4 volleyball is played with two men and two women on the court; however, teams will be allowed to play with three players as long as there is at least one woman on the court. The server is considered the back row player, and he/she WILL NOT BE ALLOWED TO LEAVE THE GROUND EXCEPT TO BLOCK OR DIVE FOR A BALL. Three person teams (two women and a man, two men and one woman or three women) may ignore the "ghost player" rule, but servers are still considered back row and cannot not spike. A captain unable to field a team will be awarded the appropriate number of forfeits (note: more than one 'No Show' will nullify a captain's priority for the next league).

ROTATIONS: The standard for a rotation at The Island is a diamond, (i.e., a front row player (the setter), two hitters (right and left) and a back row player (server); however, while players must serve in rotation, they are allowed to line up in any position or rotation. THE SERVER CANNOT LEAVE THE GROUND EXCEPT TO BLOCK OR DIVE FOR A BALL and remains the "back row" or "serving" player until a new player rotates to the serving position.

SERVE RECEIVE AND SERVING: 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. You may serve from anywhere on the back line. 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 of the net. JUMP SERVES ARE LEGAL IN ALL DIVISIONS. You may NOT set the serve (see PASSES AND SETS). Please serve the ball in a reasonable amount of time.

REFEREES: The Island does not provide referees for our leagues. Teams are asked to call their own games fairly and honestly. A staff member will be available at all times to answer any questions that arise. If discrepancies do arise, please don't hesitate to ask a staff member. Keep in mind that the League Manager retains the right to refund a team's fees and remove them from the league if they seem to have problems with the rules or cause issues with other teams. So if there's a discrepancy, do everyone a favor and just replay the point. Remember we're out to play a bunch of VB. Save the intense stuff for the tournament. NO unsportsman-like conduct will be accepted!

SUBSTITUTIONS (DURING GAME): Teams can substitute for a position at any time during the game as long as the serving rotation is consistent throughout the game. A 4th player arriving late may enter the game during any dead ball.

SUBSTITUTIONS (PLAYER LEVEL): Any player who is substituting for a team must be of the same level of play or lower. If a team is of a recreational level, they may not have a competitive level player as a substitute. If you are a Division 1 player you are not permitted to play on any Division 3 teams! If teams are scrambling for a player to avoid a 'No Show' and end up with a higher level player, the games played will be forfeited but not counted as a No Show. If there are any questions on who is allowed to play in any division, please contact your league manager: Devin@votr.com or call (303) 745-2255.

TIME-OUTS: Each team is allowed one (1) time-out per game. Time-outs are 30 seconds. Injury time-outs are allowed for as long as the player needs to get the proper help.

SPIKES: All players can legally spike the ball at the net except the “back row” player (see ROTATIONS, PLAYERS). Since there is no 10-foot line, the back row player (the server) should never leave their feet except to block/dive.

DINKS: No open-handed dinks are allowed. An opened hand allows the player to affect the direction of the ball by using fingertips in conjunction with the twist of the wrist. The ball must leave the hand clean (i.e., the player may not “steer” the ball like an indoor open-handed shot). Cobras and knuckles are allowed.

PASSES AND SETS: PLAYERS CANNOT “SET” THE SERVE (i.e., the serve must be “passed” with a bump (hands together below the waist), or with your hands together (above the waist). Players should call their own sets, with “cleanliness” being dictated by the night and level of the league (i.e., lower-level leagues should be a venue to learn and practice setting so most sets will be okay, within reason – ask League Manager what goes on in your division), while higherlevel leagues will be expected to have higher-level sets!! ALL SETS OVER THE NET MUST BE ‘AA’ LEVEL (NO rotation in ANY direction) and must leave the setter’s body square to the player’s feet and shoulders (i.e., two-man rules, straight forward or back), without being lifted, carried or thrown. IF THE FIRST BALL OVER (not including hard driven balls) IS RECEIVED OPEN HANDED IT MUST BE ‘AA’ LEVEL. Balls can be played off any part of the body as long as they are not carried, lifted or rolled (i.e., kicking is allowed).

HARD-DRIVEN BALLS: In a defensive action of a hard-driven ball, the ball can be doubled contacted with the hands. The Island’s’ definition of a “Hard-Driven Ball” is a ball that travels its entire flight path, from the hitter’s hand to the digger’s hands/arms, in a downward direction. If the ball contacts the net, it is NO LONGER a hard driven ball. This means, in 99% of the instances, the hitter jumped to hit the ball (i.e., if you can’t reach above the net, it is impossible to hit the ball down without jumping). Furthermore, a serve is never a hard-driven ball, and may NEVER be taken with open hands.

UNDER THE NET: Players may go under the net as long as they do not interfere with another player’s ability to get 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. IF ANY PLAYER COMES UNDER THE NET IN AN AGGRESSIVE MANOR, THEY WILL BE ASKED TO LEAVE THE BUILDING. SUSPENSIONS MAY BE AWARDED TO THOSE PLAYERS!

BLOCKS: For Coed 4x4 and 6x6 Competition Only: A blocking contact is not counted as a team contact. The blocking team will have three contacts after a blocking contact.

OUT OF BOUNDS AND BOUNDARY ROPES: If a ball touches any of the black nets surrounding the courts or walls along the courts, the ball is dead and a side out is awarded. If the ball contacts the ceiling or anything hanging from the ceiling the ball is still in play as long as your team has another hit available (3 hits total) and the volleyball has not crossed the plain of the net. If the ball contacts the ceiling and proceeds towards the other side of the court or breaks the plain of the net, the ball is dead and a side out is awarded. If the antennas are contacted by the ball the play is dead. If the ball goes outside the antenna the play is dead unless you can do this:

<http://www.youtube.com/watch?v=GIMhA8rr1Z4>

GOING ON THE OTHER COURTS: If there is a scheduled game on the adjacent court you are not allowed to make a play on that court. If you do, the play stops and it is a point for the other team.

ADDITIONAL PLAYERS: Teams may add additional players, no more than eight (8), to their roster through the evening of the 7 th week without penalty.

RAIN/SNOW DAYS: Keep in mind that we rarely cancel any league since our goal is to play as much ball as possible and the weather can improve in a matter of minutes. Our standard policy is post updates on our website as the weather and conditions change. There are occasional days where the weather will be obvious, that play is, or will be cancelled and common sense should dictate. On those rare days, when it is truly miserable, you will know we are canceling. When possible, we will post cancellations on The Island’s social media as soon as possible, 5pm at the latest. Rain/Snow days will not be made up. Just because it’s raining/snowing in Denver doesn’t mean that it is raining/snowing in Aurora. If the weather is bad and you don’t want to risk the roads, we understand, please call the League Manager at 303-745-2255.

CAPTAINS’ PRIORITY: During 1993, VOTR created a priority system that rewards returning captains and also creates some attrition so new teams have an opportunity to get into the league. The order of priority is as follows: -Returning Captains: Guaranteed a spot on the same night & same division. Registration and payment must be turned in by the end of the 6th week of the current league. -Returning Captains: Returning Captains wishing to switch to a new night will be given priority for any openings on a new night; in the order their paperwork is submitted for the new night. Paperwork must be submitted prior to the returning team deadlines in item above. These teams will be given priority in front of new teams on the waiting list. -Everyone Else: All other captains or players are considered new teams. New teams, in the order their completed registration form with payment was submitted, will be given any remaining openings on the nights of their choice. Any remaining spots will be given on a first come, first filled basis to teams signing up at the last minute.