



Isle of Palms CO-ED Volleyball Rules

1. **Games:** Tuesday evening
2. **Players:** All players participating in the IOP adult athletic programs must be 18 years or older by November 16, 2018.
3. **Collegiate Players:** A one year lapse period is required for adults who played college volleyball.
4. **League Fee:** \$250.00 per team, due on or before November 16, 2018. **Must register by November 16, 2018**
5. **Rosters, Waivers:** Rosters are limited to a maximum of twelve (12) players. Initial team roster/waiver must be turned into the IOP Recreation office by November 16, 2018. Rosters/waivers must include names, addresses, email's and phone numbers. Please print neatly.
6. **Additions and new players:** When adding new players, the IOP Recreation Staff must be notified by the team representative at least 24 hours prior to the match. The team representative must have the new player sign the roster/waiver form before the new player can participate. The last day to add a player will be noted on the schedule. After the designated date all rosters are frozen and no new players will be allowed to participate. Team rosters will be present at games and checked upon request.
7. **The League:**
 - a: **IOP Co-Ed Rec Volleyball league is limited to 9 teams.**
 - b: The maximum number of players is six (6) -
FOUR (4) MEN and TWO (2) WOMEN.
The minimum number of players is four (4) -
Two (2) MEN and TWO (2) WOMEN.
**** There must be at least two women and two men on the court at all times.**
Six (6) Players: 4 Men and 2 Women or vice versa or 3 Men and 3 Women
Five (5) Players: 2 Men / 3 Women; 3 Men / 2 Women
Four (4) Players: 2 Men and 2 Women
 - c: If a player arrives late (once a **game** has started) they can sub in until the number of players on the court adds up to six (6).
 - d: **All games do not have a point cap and are based on the rally score system**
 - e: There is a two minute break in between each game
 - f: **Definition of Match;** Best Two out of Three
 - g: **Definition of Game;** Play to twenty five (25) points with at least a two point lead.
 - h: **Play Off Game;** will be played to fifteen (15) points with at least a two point lead; **no point cap.**
8. **Referees: Charleston OFFICIALS SC.**
 - a: The referee has the right to declare a point, side-out, or to disqualify a player or team from the match when unsportsmanlike conduct occurs
9. **Forfeits:**
 - a: There will be a ten (10) minute grace period for the first game of each match. If a team can not field four (2 male and 2 female) players to start the match at the appropriate forfeit time, the first game of the match will be forfeited. The second game of the first match starts ten (10) minutes later. If a team does not have the players present for the second game, the match shall be forfeited.
 - b: **If a team forfeits one match, the Recreation Department will mark it against them. If a team forfeits two matches, that team will be ineligible for post-season play. The third forfeited match results in that team being expelled from the league for the remainder of the season with no refund.**

10. **Game Rules:**
- a: The winner of the coin toss chooses to serve first or select the side of the court to be occupied during the first game. The team not serving first in that game has the option to serve or receive serve. In the third game, the toss of a coin decides serve or side of court.
 - b: A point is scored on serve if the ball: (1) touches a teammate, ceiling, or any obstruction. (2) passes under the net or crosses the net outside the tapes marking the side of the net. (3) lands out of bounds. (4) server's foot touches back line during service
 - * **Any ball that has been hit by a team and strikes the ceiling, curtain wire, or lights is playable only if the ball comes back down on that team's side of the court. This rule does not apply to the third hit.**
 - c: on the serve: if the ball hits the ceiling wire or lights, it is a re-serve
 - d: The ball must be hit cleanly. No carries, lifts, or throws.
 - e: A player cannot cross the center line of the net.
 - f: **Rotation on Service:** The service position is the only area for rotation of players. Rotate clockwise. Rotation occurs the first time a team gains the serve.
 - g: Lines are considered in.
 - h: No spike or block on the serve.
 - i: Substitutions: only substitute a male player for a male player or female player for female player
 - j: **LIBERO RULES DO NOT APPLY IN THIS LEAGUE**
- 11: **Time Outs:**
Two per team, per game, thirty seconds long. Time is allowed for injury. The referee determines the time needed for that injury.
- 12: **Protest:**
See: Adult Policies and Procedures:
Protest must be first made with the umpire, a protest form available at all sites must be completed and turned in with a \$25 check within 24 hours of the initial protest.
- 13: **Standings/Playoffs:**
Standings will be kept on matches won
Tie Breakers: Head to Head record
Point differential
- 14: **General Conduct:**
Any abuse or harassment of officials, timers, or score keepers before, during or after the game will result in automatic suspension of that game and possibly the next scheduled game. The coach of a team is the only individual who can discuss a disputed play with the referee. Any player, other than the coach, arguing with an official is subject to immediate removal from the game.
- 15: **Make Up Games:**
Any make up games are scheduled by the Recreation Staff. The games may be scheduled at the end of the season.
- 16: **Lost Balls:**
If a volleyball or any object becomes jammed in the gymnasium ceiling, do not throw another volleyball or any object in an attempt to dislodge the first object. If something is thrown by any person, that person assumes all financial costs if damage to the Recreation Center occurs as a result of their attempt to remove the object.
- 17: **Damage to Rec.:**
If any player or coach, in the opinion of the Recreation Staff, uses unnecessary/ intentional actions out of anger or frustration that causes damage to the Rec. Center (i.e. lights, scoreboard, drink machines, etc.) that player or coach will be charged a fine accordingly.

***Games are played using the USA Volleyball Rules. Any rules not listed above will be referenced from the 2018/2019 USA Volleyball Rule Book. ***