

- STARTING AND FINISHING TIMES:** Teams should arrive by 5:45 pm in order to warm up and set up the equipment. The first game will start promptly at 6:00pm, the second match following in about one (1) hour. Historically, the finishing times of the first match (i.e., the starting times of the second match) have been flexible, and most teams finish a match in 40 to 60 minutes; however, **if a match is running slow and holding up the league, the League Organizer will have the right to speed up play, install a hard cap, or cancel the last game of the match.** League organizers will issue a one (1) game forfeit to teams unable to start promptly at 6:00 pm. (This means don't warm up until 6:15 pm or show up at 5:58 pm and expect everything to be ready to go; your opponent may show up at 5:59 pm and you'll both be "rewarded" forfeits.)
- FORFEITS:** Teams unable to field a full team (2 women + 2 men), (2 women + 1 man), (2 men + 1 woman) (3 women) or (4 women) at 6:00 pm are automatically awarded a forfeit. They can then play the first game "short-handed" (doubles) or pick up a third (usually from the opponent) until the remainder of their team arrives. Upon arrival of the entire team, both teams will start the second or third game. The remaining games should be extended to fit the remaining time (i.e., if the other team shows up at 6:05 pm, play two games to 25 with a cap at 27, and if they show up at 6:19 pm, play 'em to 21 with a cap at 23). A 2nd forfeit will be awarded at 6:20 pm, 3rd forfeit 6:40pm.
- GAMES AND MATCHES: REGULATE YOUR OWN PLAY!** Standard VOTR/Island matches will consist of three (3) games to either 21 (23 cap) or 25 (27 cap) points, per league organizers' specifications (length of games will be dictated by how late the sun is out, overcast weather, and the number of matches scheduled for the night). Team Captains should take the initiative to regulate their own play, and if a match is running ahead of or behind schedule, feel free to play to 25 or more points or reduce the games to less than 21 points. All three (3) games count towards league standings (i.e., league standings are based on games, not matches). Teams starting late or failing to regulate their own play and finish in the allotted time may forfeit the last game, or finish the game at the end of the evening. 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/receive, or side, and in the 3rd game, use "Ro Sham Bo" again to decide.
- SCORE SHEETS:** Score sheets are provided at each net. 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 three (3) games to both teams.
- PLAYERS:** VOTR and The Island four (4)-person volleyball is played with two (2) men and two (2) women on the court; however, teams will be allowed to play with three (3) players as long as there is at least one (1) 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 SET.** Three person teams (two (2) women and a man, or two (2) men and a woman) may ignore the "ghost player" rule, but servers are still considered back row and may not spike. A team unable to field a team will be awarded the appropriate number of forfeits (note: 10 or more forfeits nullify a captain's seniority for future leagues). You may also play with three (3) women and a man.
- ROTATIONS:** The standard for a rotation in VOTR and 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, just like the pros. **THE SERVER CANNOT LEAVE THE GROUND EXCEPT TO BLOCK OR SET** (this means you cannot leave your feet, see SPIKES), 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. Jump serves are illegal in the bottom divisions (1 of 3 divisions, 1 of 4, 2 of 5 and 2 of 6). You may **NOT** set the serve (see PASSES AND SETS). Please serve the ball in a reasonable amount of time.
- CO-ED RULE:** VOTR and The Island do not have a coed rule in 4's, (i.e., a woman is not required to touch the ball on each side of the net).
- REFEREES:** VOTR and The Island do not provide referees for our leagues except for our 6's league. Teams are asked to call their own games fairly and honestly. A League Organizer will be available at all times to assist in officiating an occasional game and to answer any questions that arise. If discrepancies do arise, please don't hesitate to request the League Organizer to referee a game or two. Keep in mind that the League Organizers retain the right to refund a team's fees, and ask them to leave if they seem to have problems with the rules. 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:** Teams can substitute for a position (requires a time-out, one (1) per game), or rotate in (no time-out required), but not both. A maximum of one (1) position substitution is allowed in each game. A 4th player arriving late may enter the game during any dead ball.
- TIME-OUTS:** Each team is allowed one (1) time-out per game. Time-outs are 30 seconds.
- SHOES:** Players should plan on playing in bare feet, tennis shoes or cleatless shoes. All other shoes (especially cleats) tend to not only RUIN the grass we play on, but also ruin the tops of other players' feet!!! **CLEATS ARE STRICTLY PROHIBITED!!!**
- 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, back row players should never leave their feet. The back row player cannot leave the ground except to block/set.
- 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).
- PASSES AND SETS: PLAYERS MAY NOT "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). All other hits may be set clean or spiked. 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 Organizer what goes on in your division), while higher-level leagues will be expected to have higher-level sets!! **ALL SETS OVER THE NET MUST BE AA** and must leave the setter's body perpendicular to the player's feet and shoulders (i.e., two-man rules, straight forward or back). Balls can be played off any part of the body.
- HARD-DRIVEN BALLS:** In a defensive action of a hard-driven ball, the ball can be doubled overhand with the fingers. VOTR and 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, in a downward direction. 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.
- BLOCKS:** For Four-Player 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 boundary rope is pulled up, replay the point. Poles are considered out of bounds and the ball must travel inside the poles when crossing the plane of the net. If teams cannot agree, replay the point. If players make contact with the poles or support ropes, play may continue unless it affects the point (i.e., the equipment collapses = side out; the net shakes, and there is a net violation = side out; the net moves but it does not affect play; play on, etc.). 99% of the time when the line moves, the ball is in. The other 1% is when a ball is clearly out and the line moves from the sand or grass, the ball is out. Again, if teams cannot agree, replay the point.
- GOING ON THE OTHER COURTS:** If there is a scheduled game on the adjacent court you are not allowed to go 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 6th week without penalty.
- RAIN DAYS:** Keep in mind that we rarely cancel this 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 to call the league, at the park, at 6PM. 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 at the website www.votr.com by 4pm. Rain days will not be made up.
- CAPTAINS' SENIORITY:** During 1993, VOTR created a seniority system that rewards returning captains and also creates some attrition so new teams have an opportunity to get into the league. The order of seniority is as follows:
- Returning Captains:** Guaranteed a spot on the same night. Completed paperwork with payment must be turned in by 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.