

## 2024 Winter Adult League Information



### **Format:**

#### *Adult Leagues:*

- Thursday Co-ed 6's– 7 weeks of league play
- Plus 1-2 weeks of playoffs

### **Game Starting Times:**

7:00 p.m. or 8:15 p.m.

[Register Online Here!](#)

| League Night | Type of League | # of Weeks | Cost  | Game Times   | Start Date | Playoffs |
|--------------|----------------|------------|-------|--------------|------------|----------|
| Thurs.       | Co-ed 6's      | 8          | \$270 | 7:00 or 8:15 | February 1 | 3/21     |
|              |                |            |       |              |            |          |

**\*Thursday 6's League will be 3 games to 25 each night with an occasional double header possible.**

**\*You will not be added to the schedule until your team is paid in full.**

**\*All registrations must be completed online.**

### **Rules:**

1. Up to 6 players on the court at a time with a minimum of 2 females on the court at all times & minimum of 4 players total.
2. 12 substitutions
3. Maximum of 12 players on the roster
4. No "girl" rule
5. Each team is allowed up to one 30 second timeout per game.
6. Any first ball over may be doubled, but never lifted.
7. When only one male player is in the front row, a 2<sup>nd</sup> male may be brought up to block.
8. This league is self-officiated. Any disagreements will automatically result in a replay.
9. Rosters must be turned in prior to the first match. You may add players through the 3<sup>rd</sup> week of play, but no changes after that. Players must have played in 3 out of the 7 weeks of league play.
10. Remember, this is a facility geared towards juniors players! No swearing, arguing, etc. or you will be removed from the league.

2022

**INSIDE OUT VOLLEYBALL**

QUESTIONS?

Call (231) 739-3311 or

email [isovolleyball@gmail.com](mailto:isovolleyball@gmail.com)