

Elizabethton Parks and Recreation Department

Spring Coed Volleyball Meeting

March 31st, 2011

6:00pm

AGENDA

- I. League Information
 - A. Rosters
 - B. Cost \$245
Entry deadline 3/31/11
Entry fees must be paid and rosters turned in by the 4/04/11
 - C. Season Starts 4/4/11

- II. Volleyball League Rules
All players must be at least 16 years of age.

Elizabethton Parks and Recreation Department

Adult Coed Volleyball

League Rules

Equipment

1. Regulation U.S.V.B.A. approved volleyball will be furnished by the department during league play.
2. Teams must supply their own ball during warm-up periods.
3. Players are asked to wear only tennis shoes on our playing court surface.

League Roster

1. Each team will be allowed an unlimited number of individuals to be listed on their team roster.
2. An individual player may be listed on **only one** team roster.
3. All players must be at least 16 years of age.
4. Players under 18 will require a parent's signature on the team roster.
5. Team rosters are due by the first scheduled league game.
6. Coaches or captains may add players to their roster up to the 3rd match of the regular season.

Game Roster

1. Team captains are responsible for signing a game roster after each contest.
2. All players participating in the contest must be listed on the game roster.
3. A player from any team roster may sub for another team during **one** night's regular season play only.
4. If a player listed on another team's roster is listed on a game roster more than one night, or a non-roster player is listed, that team will forfeit all games the ineligible player has participated in.
5. During the **tournament** only players listed on a team's rosters are eligible to play with that team.
6. All team rosters and game rosters will be kept on file in the department's athletic office.

Team Regulations

Division "A" Teams should expect rules to be strictly enforced and all infractions to be called.

Division "B" Teams can expect Official's Calls to be much **more lenient**, at the Official's discretion.

Team Requirements:

- A. Teams consist of **4 male** and **2 female** players, (maximum 6) on the court during play.
- B. Any team may enter the league, or play any game with less than 6 players, (even as **few as 2**), as long as **one female player** is on the court; however, all rotation and contact rules will apply.
- C. Correct serve rotation must be maintained no matter how **few** players are on the court.
- D. There can never be more than **2 male players** on the **front row** at **any** time.
- E. All front row players are allowed to both block and attack the ball.
- F. If a team contacts the ball three times before it passes over the net, one of the three contacts **must** be made by a **female** player. (See # **9** under "**Volleyball Match**" below):
- G. If a team chooses to enter the league or play any games with 3 male and 3 female (or 3 male and 2 female) players, the coed defensive rotation rule applies: (See # **11** under "**Volleyball Match**" below):
- H. All contact and rotation rules apply no matter how many or how few players are on the court.

Game Regulations

- A. "A" Division will play **regular season games** exclusively on **Monday** nights.
- B. "B" Division will play **regular season games** mostly on **Thursday** or possibly Tuesday nights.
- C. In case of scheduling conflicts teams may be asked to play on an alternate night.
- D. Double Elimination Tournament Schedule may include several week nights and one Saturday right after the regular season.

1. Matches:

- A. A match may consist of either 3 games, or 5 games of equal length against a single opponent.
- B. Number of games per match will be determined according to the number of teams registered.
- C. Each game will be **rally scoring to 21 points, 25 points or 30 points with no cap.**
- D. There will be a **15 minute time limit (if needed)** per game which will be called by the referee.
- E. A game must be won by a **2 point margin** even if the time limit has expired.
- F. Once the time limit expires, the first team to lead by **two points** will be declared the winner.
- G. **Total points or time limit per game are subject to change at the beginning of the season if the official determines that either will interfere with his ability to maintain scheduled start times.**

2. Standings:

- A. The overall league standings will be determined by the amount of **games** a team has won during its schedule of league matches or matches won by a team if determined before the regular season.
- B. The team with the most games or matches won will be declared the regular season champion in each division.
- C. If there is a tie between two teams at the end of the season, those teams' head to head matches will be compared, and the team with the most wins will be declared the regular season champion.
- D. If a tie occurs in games won, the winner will be determined by total points against each other, win then loss points.

Time Regulations

- 1. Teams will be allowed to call two time-outs per each game.
- 2. The match referee will blow his whistle when twenty seconds has expired.
- 3. Requests for time-outs must be made by the coach or playing captain.
- 4. There will be a 15-minute time period to complete each game.
- 5. Teams will have a period of two minutes between each game.

Forfeits

- 1. To begin play, a team is only required to place one male and one female player on the court.
- 2. A team will be given five minutes from the time in which they are scheduled to begin their match to place a team on the court. At the end of five minutes, the team will forfeit their first game.
- 3. The team will then receive an additional five minutes for every consecutive game scheduled.

4. If the team cannot place at least one male and one female player on the court, they will forfeit each game in succession until the final game.
5. If a team forfeits a contest, both teams will be allowed to use their gym time to scrimmage.

League Schedules

1. The league schedule will be drawn up by the Parks and Recreation Department.
2. Once schedules are given to team representatives, absolutely no changes will be made.
3. Start times are based on estimates and have time limits but occasionally matches will go beyond the allotted time. In such cases, the next match will be delayed. We ask all teams to be patient.

Disciplinary Rules

1. Each team captain is responsible for the conduct of each team member and the fans that are present representing their team. The team captain should inform his or her players about all rules for the league.
2. The match referee will take the following actions against any coach or player that shows improper or disruptive actions during a match:
 - a. Yellow Card - Coach or player will receive a warning.
 - b. Red Card - Coach or player will be ejected from the game and will receive a Two Game Suspension. (See # 5 Below)
3. If a player receives a Red Card they then must leave the entire recreational facility. If they do not leave, the referee will consider that game and any other games to follow a contest by forfeit.
4. Any person found guilty of gross and willful misconduct at any activity sponsored by the Parks and Recreation Department will be barred from further activities sponsored by the Elizabethton Parks and Recreation Department.
5. Any player that is **ejected** from a match will serve a **two game suspension** and will be fined **\$75.00** for their actions.
6. Any player that is involved in a **fighting** situation will serve a **five game suspension** and be fined **\$150.00** for their actions.

Volleyball Match

1. League rules are governed by U.S.V.B.A. guidelines except as may be covered in this document.
2. Any unusual situation not covered in our rules will be found in the official U.S.V.B.A. guide.
3. Prior to the start of a match, the two team captains will gather with the official who will flip a coin. The winner of the toss will elect to serve, receive, or have the choice of court selection.
4. Service: The referee shall blow the whistle and give the proper hand signal for service to begin.
5. The server shall have five seconds after the whistle in which to release or toss the ball for service.
6. Service faults are to include the following:

- a. Server steps on the service line while contacting the ball,
 - b. The ball lands outside the limits of the opponents playing area.
 - c. A server catches the ball or allows it to drop to the floor intending to make a second toss.
7. When only one male player is in the front row, one male back row player may be forward of the attack line for the purpose of blocking. This does not allow for a back row male player to attack the ball if his feet leave the floor in front of the 10' attack line.
8. Contacted Ball: A player who contacts the ball, other than blocking action, shall be considered as having played the ball.
9. Held Ball: When the ball visibly comes to rest in the hands or arms of a player, it is considered to have been held. The ball must be hit in such a manner that it rebounds cleanly after contact. Scooping, lifting, pushing, or allowing the ball to roll on the body shall be considered a held ball.
10. When a ball is played more than twice by a team, at least one of the contacts shall be made by a female player. Contact of the ball during blocking shall not constitute playing the ball.
11. Attacking over the opponents playing area: A player is not allowed to attack the ball on the opponent's side of the net. The opposing team is allowed three hits and the ball must cross the vertical plane of the net.
12. Back row attack: A back row player may spike the ball as long as he/she is behind the ten-foot attack line.
13. Double Fault: A double fault occurs when players of the opposing teams simultaneously commit faults. In such cases, the referee will direct play over.
14. Players who are rotating into a game need to rotate center back.
15. Net Serve: When a ball strikes the net during serve, travels over the top and lands in the opponent's playing area, that ball shall be considered a playable ball.
16. Multiple contacts with the ball shall not be allowed except during serve receive, or during defensive play of a hard driven **first** ball passing over the net. (Digging a ball).
17. No male front row player will be allowed to switch with another male back row player to gain advantage in any way.

Tournament

1. Following the regular season matches there will be a tournament scheduled for each division
2. The tournament schedule may include a Monday, Tuesday, Thursday and/or Saturday.
3. Double elimination format will be used.
4. Prizes will be awarded to the winner in each division.

Tournament Eligibility

1. In order for any player to be eligible to play in the tournament that follows the regular season, that player must fulfill **one** of the following 3 qualifications. That player must:

- a. Participate in **6 games** by playing at least **part time** in each game.
 - b. Play **3 games** in their **entirety**, (one complete match) - never rotating out.
 - c. Play a total of **1 ½ hours** actual accumulated playing time.
2. The official game roster will be used to verify players, number of games and total time played.

Exceptions

1. In the event that an insufficient number of teams register in either division, the A and B divisions will be combined into one division with only one league schedule and only one tournament.
2. ***The Elizabethton Parks and Recreation Department reserves the rights to add, delete, or modify any league rules that are in the best interest of the recreation leagues. Should such change occur; the change will be listed on the master rules list on file in the Athletic Office and every effort will be made to notify each coach as quickly as possible before the rule is initiated. We would ask your understanding and cooperation if any such changes were to become necessary.**

Promotion

The Parks and Recreation Dept reserves the right to promote the good of any leagues by using:

1. Your name
2. Your team name
3. Any photos taken during or related to league activities

**Elizabethton Parks and Recreation Department
Athletic Office: Elizabethton Recreation Center
300 West Mill Street
Elizabethton, Tennessee 37643
Phone 547-6440
Email : parkandrec13@hotmail.com
Visit our web site at <http://parkandrec13.tripod.com>**

ELIZABETHTON PARKS & RECREATION DEPARTMENT
LEAGUE ROSTER

TEAM _____ DATE _____

LEAGUE _____ COACH _____ PHONE _____

I, the undersigned, wish to participate in the Park and Recreation Sports Programs of the City of Elizabethton, Tennessee and do hereby release the City of Elizabethton, Tennessee, the Park and Recreation Department, its supervisors, agents, servants, and employees and all persons involved with the sports programs from any and all responsibility for any injury or other loss or damage which I may sustain, while participating in any sports program sponsored by the Parks and Recreation Department or any activity sponsored by the Parks and Recreation Department. If I participate and I'm under the age of 18 then a parent will sign beside my name. I further agree that I will never, individually, institute any action at law or in equity against the City of Elizabethton, its agents, servants or employees, on account of any injury or other loss or damage sustained or that may be sustained by me and I hereby expressly agree to indemnify the City of Elizabethton, its agents, servants, and employees, against loss from any and all claims, demands, or actions that may hereafter be brought by anyone in my behalf arising out of my participation in the activities of the Park and Recreation Department of the City of Elizabethton, Tennessee.

<u>Player's Printed Name</u>	<u>Player's Signature</u>	<u>Address</u>	<u>Phone</u>
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____
9. _____	_____	_____	_____
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14. _____	_____	_____	_____
15. _____	_____	_____	_____
16. _____	_____	_____	_____
17. _____	_____	_____	_____
18. _____	_____	_____	_____
19. _____	_____	_____	_____
20. _____	_____	_____	_____

Elizabethton Parks & Recreation Athletic League Waiver and Release

The Participant does hereby, permanently and completely, waive and release any and all claims and causes of action for personal injuries or property damage which Participant might have or hereafter acquire against The City of Elizabethton arising as a result of participation in athletic events.

Participant shall not hold The City of Elizabethton responsible for the condition of any altered property, the condition of equipment, the conduct of participants, coaches, officials, spectators or any other cause which might give rise to injury or damage to Participant.

Participant acknowledges that League activities may be physically hazardous and voluntarily assumes the risk of such injury or death.

If participant is a minor or under legal disability, this Waiver and Release is executed on behalf of Participant by Participant's custodial parent or legal guardian.

Witness my hand this _____ day of _____, 2011.

(Participant Name)

(Name of Team)

(Participant Signature)

Participant's Custodial Parent/Legal Guardian)

(Witness)