

SERVING UP A HEALTHIER COMMUNITY



ADULT CO-ED VOLLEYBALL LEAGUE

Winter 2020

8 WEEK SEASON – play Thursday Nights

PLAYOFFS –Single-Elimination Playoff Tournament

Season tentatively begins **February 6th, 2020**



TEAM INFORMATION

TEAM NAME:

CAPTAIN'S NAME: _____

PHONE: _____

ADDRESS: _____ CITY: _____

STATE: _____

EMAIL: _____ ZIP: _____

PAYMENT INFORMATION

› \$175 PER TEAM

› PAYMENT IN FULL MUST ACCOMPANY THIS FORM, ALONG WITH A SIGNED PLAYER WAIVER FOR EACH ATHLETE ON YOUR ROSTER IN ORDER TO HOLD A SPOT FOR YOUR TEAM.

› The last day to register your team is **Thursday, January 23rd**. No registration forms will be accepted after this date!

Harrison County YMCA Adult Co-Ed Volleyball League Winter 2020 Season

Team Roster

PLAYER NAME:	AGE:
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

Adult Co-Ed Volleyball League Rules

1. The match consists of three (3) rally-scored Sets to 25. Teams must win by 2.
2. All teams must pay their respective team fee by February 5th. Checks are made payable to the Harrison County YMCA and submitted at the front desk. Teams that do not meet this deadline will not be permitted to play in the league.
3. All team registration packets must include a signed waiver form for each player on their roster.
4. The Harrison County YMCA will provide the required volleyballs for each game.
5. The YMCA will keep track of league results and standings. Regular season standings will determine seeding for playoffs.
6. Ages 18 and up are permitted to play and MUST sign a waiver form.

*Additional Rules included at the end of Registration Packet



Winter 2020

INDIVIDUAL PLAYER

REGISTRATION FORM

(Each player on the roster must fill this form out!)

Name: _____ Age: _____

D.O.B.: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____ Email: _____ --please
provide!

In case of emergency, notify: _____

Phone: _____

TEAM Name: _____

**** WAIVER ****

1. I hereby certify that _____ is in normal health and capable of participating in the Adult Co-Ed Volleyball league.
2. I understand that exercise and use of the facilities are being taken at my own risk, and that I am responsible for any physical injuries, damages, actions, or causes of action whatsoever to persons or property resulting from or connected with the use of the services and facilities of the YMCA. The Harrison County YMCA Adult Co-Ed Volleyball League is a participate-at-your-own-risk program. The Harrison County YMCA, or its contributing organizations, cannot be held responsible for the personal injury damages during the season. I also understand that registration fee is Non-Refundable unless extreme circumstances warrant.

I have read and understand the above objectives and agree to abide by these principles of the Harrison County YMCA Adult Co-Ed Volleyball League.

PLAYERS SIGNATURE: _____

DATE: _____

PARENT/GUARDIAN SIGNATURE (Under 18): _____

DATE: _____

Please return to the Harrison County YMCA with your team's packet before play begins.

Attention: Kaitlynn Mayle
Sports and Programs Coordinator
1 Lowndes Hill Park Drive
Clarksburg, WV 26301
Email – sportsandprograms@harcoymca.com

For additional information and questions call the YMCA at (304) 623-3303.

Co-Ed Volleyball League Rules

GAME PLAY RULES:

- In order to serve, the ball must be put into play by the whistle of the official
- The match consists of three (3) rally-scored Sets to 25. Teams must win by 2, with a 30 point cap.
- In order for a serve to be legal, the ball must land on the opponents' side inside the boundary line or on the line. When serving, a ball that hits the net and carries over the opponents' side is still legal. **A serve may not be blocked or attacked.**
- A ball that hits the antenna will be considered out of bounds.
- A defensive block **does not count** as one of the contacts. A player may reach over the net to block a ball if,
 - Any portion of the ball breaks the plane of the net.
 - After the offense has come in contact with the ball for the 3rd attempt.
- Contact of the ball when spiking is legal only if a portion of the ball is in contact with the plane of the net or on the spikers' side of the net. Spikers' may follow through over the net after legal contact.
- At no point may a player touch the net or cross over the line under the net. A player may step on the line but the foot can't be completely over.
- Side walls/curtains and basketball hoops will be called dead upon contact
- A team may not play a ball off the ceiling. The ball will be called dead upon contact with the ceiling.
- A player is allowed one consecutive hit. A double hit (stomach and wrist) will be called dead. **An underhand hit with both palms facing up known as a "carry" will be called dead.**
- A player may not kick the ball with their leg or foot. However if there is no kicking motion, a player may use their leg or foot to hit the ball. The kicking motion is for the discretion of the referee.
- Good sportsmanship is expected in this league. Please help the referee with any questionable calls, net touching, or out-of-bounds calls. If a play is being questioned, then the ball should be replayed if the matter can't be resolved.
- It is illegal to spike the ball from the back row in front of the 10 foot line.
- Teams are allowed one time-out per game, per team, 30 seconds in length.

- Teams will forfeit 1 game every 10 minutes past the designated start time. If no one is present within 20 minutes of the designated start time that team will forfeit and other team present will receive all 3 wins.

TEAM RULES:

- A maximum of 4 players are on the court for each game.
- A minimum of 1 female player must be on the court for each game. If you have less than 1 female, then a male player must sit out that game; therefore, you will be playing with 3 male players at all times of the game. The male who is sitting out may alternate with another male teammate for each of their 3 games that night.
- Ages 15 & up may participate. Participants under the age of 18 require a Parent/Guardian signature.
- Any player that is dropped from a team may not be picked up by another team. A player may only play on one team during the season.

ITEMS TO NOTE:

- Game scorekeeping and refereeing will be kept by the YMCA Program Director or a designated official.
- There will be zero tolerance for arguing with referees and foul language.
- Volleyballs will be provided by the YMCA; please keep track of the volleyballs!
- Games are rarely cancelled due to weather. The YMCA will only re-schedule games if the building is closed!
- Team rosters must be finalized by the third (3rd) week of the season, no additions will be allowed after that point.
- A player must play in at least two (2) regular season games to be eligible for playoffs
- Playoffs will consist of a best-of-3 format. Team who wins 2 of 3 will be determined the winner and advance to the next round.