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# GET THE FAM TOGETHER TO HAVE A BLAST



## CO-ED VOLLEYBALL

**WHEN:** Thursday Evenings @ 6:45 PM Starting November 5th

**WHERE:** Montgomery County Family YMCA's Wilson Gymnasium

**WHO:** Open to any players out of high school

**COST:** \$125 per team

**CAPTAINS MEETING:** November 4th @ 6:30 PM

**REGISTRATION & PAYMENT DEADLINE: NOVEMBER 3th, 2020**

**Any registrations after November 3rd are subject to a \$35 late fee.**

- The Y is taking COVID-19 safety precautions. For the health of you and others it is recommended you wear a mask in public areas (such as coming into the gym), and use hand sanitizer available throughout the facility.
- Any children coming with you **MUST** remain inside the gymnasium.



2020-2021

# Coed Volleyball League Roster

TEAM NAME: \_\_\_\_\_ TEAM CAPTAIN: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Contact Phone #: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Alternate Phone #: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Email Address: \_\_\_\_\_

## Team Roster / Waiver

PRINT NAME (clearly)	ADDRESS	PHONE #	SIGNATURE

**PARTICIPANT WAIVER:** I would like to be a participant in the YMCA's Coed Volleyball League in Red Oak, Iowa. I acknowledge that the YMCA organizers, officials and instructors of said bodies are not liable for an accident while I am a participant in said activity, and agree not to hold the YMCA liable for any accidents that may occur.

I also release the YMCA, now and for all time, to take and use any video/film/footage/recording/photo/narrative taken of the me while in participation of said program for publication, display, sale or exhibition thereof in promotions, advertising and legitimate business use without any compensation to, and/or claim, by me.

All participants **MUST** sign the waiver release on the roster to participate.



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## MONTGOMERY COUNTY FAMILY YMCA COED VOLLEYBALL LEAGUE RULES

1. League play will consist of a 10-week round robin schedule. Four teams, those at 6:45 p.m., will play a double header. One team will have a bye each week. At conclusion of round robin play, a double-elimination league tournament will be held.
2. PLEASE BE RESPECTFUL OF YOUR OPPONENTS & TEAMMATES DURING THE MATCH.
3. All teams please report 15 minutes prior to your scheduled matches. Teams playing 6:45 p.m. matches will set up nets. Teams playing last match on each court will be responsible for putting nets away.
4. We will play "Call Your Own" instead of having teams assigned to referee for the league season. THE SERVING TEAM WILL CALL OUT THE SCORE BEFORE EVERY SERVE. If there is a disagreement on a call, replay the point. Be honest with all calls. Teams will be assigned to referee during tournament. If there seems to be a continuous problem regarding this rule, referees will be assigned.
5. Five minute forfeit time will be enforced and will result in one game forfeit, a ten minute forfeit time will result in two games forfeited and a fifteen minute forfeit time will result in the entire match being forfeited.
6. Teams will play three games to 21 points with a cap of 25 for regular season.
7. Rally scoring will be in effect
8. If male player does not directly hit ball over the net on first hit, a woman must hit the ball before it can be played over the net. It is a legal play if the ball is only played by female players in crossing the net.
9. Spiking will be allowed from back row players from behind 10-foot line.
10. Players may not touch the net. Reaching over the net will not be allowed.
11. Rotate into the middle - back position.
12. No throws, catches, etc.
13. A serve may not be blocked.
14. On a serve if a ball hits the net but still goes over it will remain in play.
15. Abbreviated U.S.V.B.A. rules will apply.
16. Teams are expected to field a team of 6 players made up of 3 females and 3 males. Teams may play with less than 6 players; however, there may never be more male players than female players on the court. Teams must have least 4 players present for matches to take place. If less than 6 players, females must be the majority of players to a maximum of 3 females.
17. When serving on the North Side of the gym the player's foot may touch the line, but the whole foot may not be over the line.
18. A player is allowed to only play for ONE team.
19. No new players after January 1, 2021. Player must play three matches to be eligible for tournament play.