

PLEASANT GROVE CITY RECREATION – TEAM ROSTER

4 on 4 CO-ED VOLLEYBALL

TEAM NAME: _____ **COACH NAME:** _____

I, the below signed player or the parent or legal guardian of a minor player named above, acknowledge, agree and understand that Voluntarily and of my own free will, I elect to participate as a member of the team and league indicated above.

X I understand that there are certain risks and hazards involved in participating in the activity including, but not limited to those hazards associated with playing conditions, equipment and other participants in addition to the acts of running, jumping, diving, and collisions with other players. Unless said loss is caused solely by the City's gross negligence.

I voluntarily elect or accept and solely assume all risk of damages, injury, including death, incurred or suffered by me.

X While practicing or playing as a member of the team so designated,

X While serving in a non-playing capacity as a team member or observer during practice of play by other teams or by other players on my team.

X While on or upon the premise of any and all of the gyms/fields arranged for by my team or league for practice or play.

Player 1:

Name _____ Phone Number: _____ Player Signature _____
(If under 18 need parent signature)

Player 2:

Name _____ Phone Number: _____ Player Signature _____
(If under 18 need parent signature)

Player 3:

Name _____ Phone Number: _____ Player Signature _____
(If under 18 need parent signature)

Player 4:

Name _____ Phone Number: _____ Player Signature _____
(If under 18 need parent signature)

Player 5:

Name _____ Phone Number: _____ Player Signature _____
(If under 18 need parent signature)

Player 6:

Name _____ Phone Number: _____ Player Signature _____
(If under 18 need parent signature)

Player 7:

Name _____ Phone Number: _____ Player Signature _____
(If under 18 need parent signature)

Player 8:

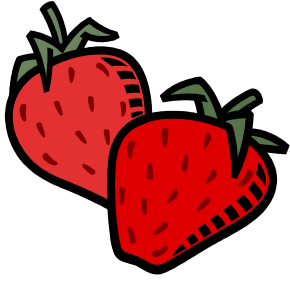
Name _____ Phone Number: _____ Player Signature _____
(If under 18 need parent signature)

Player 9:

Name _____ Phone Number: _____ Player Signature _____
(If under 18 need parent signature)

Player 10:

Name _____ Phone Number: _____ Player Signature _____
(If under 18 need parent signature)



4 on 4 Adult Co-Ed Volleyball Tournament Rules



GENERAL INFORMATION

All games are self-officiated by each team on the court. Players are on the honor system and need to make calls on their side of the court. Please be honest with your calls! Team captains are to be responsible for their team and shall settle disputes on calls. Sportsmanship is required of all players, fans, and coaches.

**** Players do not have to play in a pool play game to be eligible for bracket play... But, players must be listed on team roster before LAST pool play game to be eligible for tournament play.**

Team rosters must consist of at least 4 members but no more than 10 members. There must be at least 2 female players on the court at all times. Line-up:

- 2 women, 2 men or,
- 3 women, 1 man or,
- 2 women, 1 man

A full team consists of 4 players. However, a team may start and end with at least 3 players. If a team has 3 players two players will have to be female.

If a team does not have the minimum number to start on the court at the scheduled game time, the team will forfeit the first game of the match. If the team is still not ready to play in ten minutes, the team will forfeit the match.

Jewelry, Hats, etc are not permitted while playing. These restrictions are for your safety.

The first server will be determined by paper/rock/scissors. The team that wins will get to serve 1st for the 1st game; the other team gets the 1st serve for the 2nd game regardless of who won the 1st game. If a 3rd game is played, paper/rock/scissors will determine who gets the serve.

SCORING

Matches will be played best 2 out of 3 games so long as time permits. The first two games are played rally score to **21 win by two, with a cap of 23**; if a third game is needed it will be played rally score to **12 win by two, with a cap of 14**.

Teams shall keep score verbally. The server must announce the score before every serve. Teams are responsible for keeping an accurate score and correctly recording the game score on the score sheets provided.

RULES & REGULATIONS

One 30 second time out per team per game can be called when the ball is dead.

If a ball is played more than once by a team, a female must make at least one of the contacts.

There are no substitution restrictions. Teams may do rotational substitution or one for one. However, if you are rotating in at a certain position, all players must rotate out... **INCLUDING** the setter.

Players are free to position themselves anywhere on the court. There are no positional faults. All players are considered front row the entire match (i.e. a player is still able to hit in the front row even if they just served).

Rotations for serving **MUST** stay in order—failure to do so will result in a side out.

One foot may go over the line on a serve. One reserve may be awarded if the server tosses the ball and allows it to fall to the floor.

Players may not block or attack a served ball. If a served ball hits the net and goes over it is legal to play.

Every body part is legal. Shoes must be worn at all times.

If the ball hits the ceiling on your side and comes down on your side, it is playable, if it is not the 3rd hit. If it hits on your side and comes down on the other side, it is out of bounds.