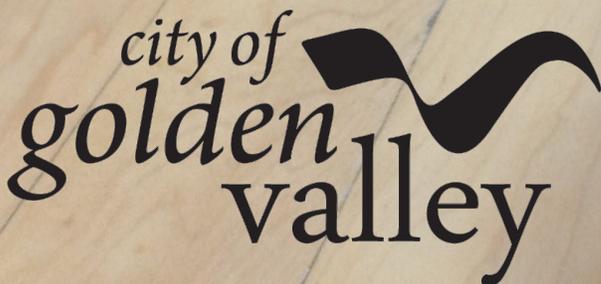


2016

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INDOOR VOLLEYBALL

League



PARK & RECREATION DEPARTMENT

2016 Adult Indoor Volleyball

PROGRAM PHILOSOPHY

The Golden Valley Park and Recreation adult co-rec indoor volleyball league is designed to be an enjoyable recreational volleyball opportunity for both men and women. All matches will be scheduled at Davis Community Center. League champions will receive a team trophy.

ELIGIBILITY & CONDUCT

1. Eligibility:
 - A. Each team is allowed to roster an unlimited amount of players.
 - B. All players must be at least 18 years old.
2. Conduct:
 - A. Unsportsmanlike conduct may include player suspension, team suspensions or league suspension.
 - B. No alcohol or tobacco use is allowed at Davis Community Center.

SCHEDULE OF PLAY

1. Games will be scheduled on Wednesday evenings at 7, 8, and 9 pm.
2. Games will be played January 6–March 2

LEAGUE FORMAT

1. The league format will be round robin play with the team with the most wins crowned league champion.
2. Standings will be determined using a win point system, based on 3 games:
 - A. Each Game Win - 1 points
 - B. Each Game Loss - 0 points
 - C. Each Game Forfeit - -1 point

GAME LOCATION

Davis Community Center located at 5430 Glenwood Ave in Golden Valley, Minnesota.

INCLEMENT WEATHER

In case of questionable weather, call the Activity Cancellation Line for game day status beginning 2 hours before game time. Activity Cancellation Line is 763-512-2350.

SCHEDULES AND STANDINGS

Schedules and standings will be available on the city web site www.goldenvalleymn.gov.

2016 Adult Indoor Volleyball

GOLDEN VALLEY CO-REC INDOOR VOLLEYBALL LEAGUE RULES

ELIGIBILITY

1. Resident players must live (legal home address) or work full-time in the city of Golden Valley. At least ½ of the roster players need to be residents to be a resident team.
2. Players must be at least 18 years of age or have graduated from high school.

ROSTER INFORMATION

1. The deadline for adding players to the roster is the day the league begins.
2. There is an unlimited amount of players on each roster.
3. Teams must compete with the same roster in play-offs, if applicable, as used in league play.

GAME PROCEDURES & RULES

1. Games will begin at the scheduled time. A team must have a least four (4) players on the court (minimum of 2 females) at the scheduled time. If there are not four eligible players, the game is a forfeit.
2. A match will consist of three games to 25 points (27 point cap). If there is a time conflict, the third game will be played to 15 points (17 point cap). Match length is 60 minutes.
3. A full team (6) must have a minimum of 3 females and maximum 3 males on the court at all times.
4. Game balls will be provided by the Park & Recreation Department.
5. Generally one referee will officiate games.
6. Only those players rostered with the Park and Recreation Department are allowed to participate in the league.
7. Any profanity, whether it is directed towards a official, player or teammate; will result in an automatic suspension.
8. The ball may be hit no more than three times before returning it to the other side. Simultaneous contact by opponents does NOT count as one of the three hits.
9. Back line players may not advance to the front line to block or spike. Exception: One back court player may also block when there is only one male playing in the front line position.
10. Blocking or spiking a served ball is prohibited.
11. Players may have successive contacts of the ball during blocking and during a single attempt to play the ball when receiving an attack hit, provided there is not finger action used during the effort.
12. Playing the Ball: The ball can contact any number of parts of the body down to and including the foot.
13. In returning a ball, a player may follow through over the net providing the first contact with the ball is on the player's own side of the net.
14. A player may not have his foot completely on the opponent's side of the center line.
15. A server should announce the score before every serve, announcing the server's score first.
16. Loss of serve is awarded anytime a player makes contact with the net.
17. Serving order and position on the court must be an alternation of women and men. If more women are in the rotation, they must serve consecutively to preserve the rotation.
18. When the ball is played by more than one player on a team, one of these must be a woman.
19. Teams may play with more women than men (eg. 3 women and 2 men, 4 women and 2 men is legal.)
20. In the event of inclement weather, the match will be rescheduled at the end of the season.
21. Official No-Show: If an official fails to show up for a scheduled match, teams will need to make their own judgement calls on your own side. The winning team manager needs to contact Park and Recreation will the game score.

2016 Adult Indoor Volleyball

LEAGUE RULES (cont.)

OFFICIAL'S AUTHORITY

1. Assaults and indignities to players, officials or scorekeepers will result in automatic suspension from participating in Golden Valley Park and Recreation league competition.
2. Officials have authority to remove or ban a player and/or manager from the game and court should the situation warrant it. Swearing or cursing can be grounds for ejection.
3. Drinking of alcoholic beverages and smoking is not allowed.
4. The team manager will represent and be responsible for all actions of the team he represents and spectators during or after the game.
5. Any player fighting or throwing punches will be ejected from the current game and out for the year.
6. The official has authority to alter rules to conduct matches as needed.

OTHER IMPORTANT ITEMS

1. Please respect the staff and facility at Davis Community Center.
2. In case of inclement weather, call the Activity Cancellation Line two hours before game time for game status at 763-512-2350.



2016 Adult Indoor Volleyball

**2016
GOLDEN VALLEY PARK & RECREATION DEPARTMENT
CO-REC INDOOR VOLLEYBALL TEAM REGISTRATION FORM**

To be eligible to participate in the Golden Valley Park and Recreation indoor volleyball league, fill out this form completely and return it by Friday, December 18 for the winter league, along with the league entry fee. Make checks payable to the "City of Golden Valley."

Bring or mail forms and checks or credit card information to: Carrie Anderson
Golden Valley Park & Recreation
200 Brookview Parkway
Golden Valley, MN 55426-1364

P L E A S E P R I N T C L E A R L Y

WINTER LEAGUE - \$260 per team

TEAM NAME: _____

MANAGER NAME: _____

ADDRESS, CITY, ZIP: _____

PHONE (H): _____ **(W):** _____ **(CELL):** _____

E-MAIL ADDRESS: _____

NOTE: All entries will be accepted on a first in, first served basis. Registration deadline is 4:30 pm on December 18. Teams will be notified shortly after the registration deadline if they did not get into a league.

The Golden Valley Park and Recreation Department reserves the right to cancel the league if there are not enough teams registered.

____ VISA ____ MasterCard ____ Amex ____ Disc

Card #: _____ **Exp. Date:** _____

Sec Code: _____ **Signature:** _____

