

SHELDON RECREATION DEPARTMENT

**Adult Co-Ed Volleyball League
Registration Form - 2019**

Registration Deadline is Wednesday, August 28 at 4:00pm

- League Starts on Wednesday, September 4
- Games will be played on Wednesday Evenings at the Lifelong Learning Recreation Center.
- Winners will receive money and league champ t-shirts
- League Questions? Email at sheldonrec@cityofsheldon.com
- **NCC Student Registration: Contact Jena Schouten at jjschouten@nwicc.edu**

Team Name _____ Team Captain _____

Captain's Cell Phone # _____ Secondary Phone # _____

Email: _____

Home Address: _____

PLEASE PRINT CLEARLY

Registration Fee: \$130 – Registration Fee must accompany this registration form to complete the Registration Process. Form can be sent to City Recreation Office located in the Community Center.
Sheldon Rec. Office Address: 416 9th St. Sheldon, IA 51201

	<u>PRINT NAME</u>	<u>SIGNATURE</u>	<u>CELL PHONE #</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____

Signatures for players on your team can be signed on the first night of league. All players must have all the information filled out (print name, signature, & cell #) before they can participate in our league, this includes substitutes.

This is to certify that the above signed have given consent to participate in the Sheldon Recreation Adult Co-Ed Volleyball League. I fully recognize the City of Sheldon, Lifelong Learning Recreation Center, Recreation Director and/or staffs are not to be held liable in case of an accident or injury.



Adult Co-Ed Indoor Volleyball Rules

Players

1. The teams will consist of three (3) men and three (3) women. At no point can there ever be more than 3 men on the court. You can however start a game with 4 women and 2 men.
2. Play may begin with as few as four (4) in order to avoid a forfeit. A forfeit will be enforced if there are not enough team players 10 minutes after the proposed starting time of the scheduled game.
3. You must play at least 3 matches to be eligible for postseason play. You can only play on one team during the postseason tournament.
4. All players must be listed and sign your teams registration form. Your form will be at the scorer's table, so if you have a new substitute make sure that they get signed in.

Play

1. **Before the first game, captains will Rock, Paper, or Scissor. The winner (home team) can choose either (a) first serve, or (b) playing area (which side of the court to start on). The loser (away team) chooses the remaining option.**
- The team who serves first will alternate after each game (Home, Guest, Home, etc.).
2. Length of Games
 - a. A match consists of the best three out of five games. A two-point advantage is necessary to win a game.
 - b. Games will be Rally Scoring to 21 points, game 5 we will rally scoring to 15.
 - c. Net serves are allowed
 - d. Each team is allowed one (1):30 second timeout per game.
3. Substitutions may be made when your team is serving. A male must sub for a male and vice versa. You also may sub only at the service line.
4. Contact of the ball during a blocking action does not count as one of the team's three hits.
5. The Serve
 - a. Serve may be overhand or underhand
 - b. The ball must be clearly hit on the serve
 - c. Service rotation must take place in a clockwise manner at ALL times.
 - d. The service may take place from anywhere behind the baseline.
 - e. Each player must remain in position within the boundary lines of the court until the ball has been contacted by the server. After the serve and the ball is in play, players may exchange positions on the court
6. IGSAU rules will followed if not specified on this rules sheet.

Playing Regulations

1. Double hits are prohibited – CALL YOUR OWN
2. It is permissible to run out of bounds to play a ball.
3. When the ball touches a boundary line it is considered in.
4. Players may reach over the net in following through or blocking, however they may not touch the net or cross into the opposite court until the ball is dead. **CALL YOUR OWN**
5. A player may step on the center line but not over it.
6. You cannot block a serve.
7. **A girl must hit the ball at least once before it goes over the net unless there are less than three total hits.**

General

1. Refeering of the games is completely up to the two teams who are playing.
2. Your team is required to be at the court 10 minutes prior to the start of your game.
3. This is a league that is designed for all participants to have fun.
4. Prizes awarded to 1st & 2nd place team
5. Have fun!!!