





## Sleepy Hollow Coed Volleyball Rules

1. TEAM rosters will be made up of a maximum of 15 players. 6 players will be the maximum number allowed to play on the court at a time. At least 2 females MUST be on the roster.
2. When playing with 6 players, a minimum of two female players must be on the court at all times. You may play with fewer than 6 players or with substitutes. Consent of the opposing captain is required in the following scenarios:
  - a. If you are using a substitute that is on another team's roster.
  - b. If you are unable to have 2 female players present for a game and will not be able to have the required minimum number on the floor.
3. A MATCH consists of the best 2 of 3 games. Games will be rally score, to 21 points – win by 2 with no cap.
4. TO START THE GAME paper, rock, scissors will be played and the winner will choose to serve or receive. At the beginning of the second game the team that did not serve the first game will serve. If a third game is needed paper, rock, scissors for serve.
5. Rotation is clockwise. Rotation of players must occur prior to the first serve resulting from a side-out.
6. FORMATION: The players must line up on the court with three (3) comprising the back row and three (3) comprising the front row. They may switch positions after the ball is put into play. A back row player is not allowed to block or spike at the net. The players, other than the server, must be within their playing area in servicing order with each of the 3 front line players forward of his respective back line player at the instant the ball is contacted when hit for the serve. Each player must also be to the proper side of the player next to him.
7. SERVICE: The ball is put into play by the serving team. If they succeed in winning the rally, a point is scored for their team. If the team receiving the serve wins the rally, a point is scored for their team and it now becomes their turn to put the ball into play.
  - The server must be behind the end line and all players must be in their proper positions before the serve.
  - No assist is allowed on the serve.
  - A ball touching the net and dropping over is legal and scores a point if not returned.
  - Serving out of turn will result in loss of points and side-out when it is discovered.
  - Additional players will rotate in to replace the server at the time of gained service. Male for male and female for female, if available.

**Blocking or Attacking a served ball is prohibited and will result in the serving team scoring a point.**
8. VOLLEY: A female must hit the ball after a male, there cannot be two males hitting the ball in a row. While the ball is in play, the players cannot touch the net or enter into the opponent's court. The ball must be cleanly struck or hit and not lifted, carried or thrown at any time during the course of play. The ball cannot be contacted by any part of the body below the waist and cannot be contacted twice in succession by one player except in the following two instances:

- a) When participating in blocking and making only one attempt to play the ball after the block;
  - b) When more than one player on the team simultaneously contacted the ball. This is also considered one play on the ball.
9. **BLOCKING:** In blocking the ball the team, which has effected an actual block, shall have the right to 3 more contacts. Any player participating in the block in which the ball is contacted shall have the right to make the next contact and it will be the first of the team's 3 hits. Blocker(s) may not reach over the net; doing so will result in a side-out against the blocking team.
10. **OUT OF BOUNDS:** The entire ball must always pass over the net at a point between the antennas. All balls that hit any boundary line are considered in bounds. A player must not catch or touch the ball and call it out of bounds. If touched it will be assumed that it was in bounds.
11. **CENTER LINE:** A players hand or foot may touch the center line as well as the floor on the opposite side of the center line while the ball is in play as long as the hand or foot is not ENTIRELY over the line. No other part of the players' body may touch or cross the center line.
12. **TIME-OUTS:** Each team will be allowed two 1-minute time-outs per game. There will be a 3 minute rest period between each game. Time allowed for an injury is not a charged time-out and may not exceed three minutes.
13. Certain violations are penalized by a point for the opposition (if they have possession of the ball at the time of the infraction) or by a side-out / loss of serve (if the team committing the infraction has the serve at that time). The following fouls are penalized by this method:
- a) Player-out-of-position fouls
    1. The server is out of the service area before the ball is served.
    2. A player is out of rotation order when the ball is contacted.
    3. Players of the serving team attempt to block the view of the receiving team during the serve (screening)
    4. A player serves out of turn.
    5. A back line player attempts to block or spike at the net.
  - b) Fouls involving the net play
    1. Player contacting any part of the net or its supports while the ball is in play.
    2. Player reaches over the net.
    3. Player touches the floor on the opposite side of the centerline while the ball is in play.
    4. Player interferes with the opponent's play underneath the net by touching the ball or his opponent.
  - c) Fouls committed during other play
    1. Not clearly hitting the ball (the ball may not clearly come to rest when it is contacted).
    2. Hitting the ball out of bounds.
    3. Playing the ball twice in succession.
    4. Playing a ball more than three times before it crosses the net to enter the opponent's playing area.
    5. Playing the ball outside the court across the extended centerline.
    6. Hitting the ball over the net outside the sideline markers.
    7. Allowing the ball to touch the floor of the court.
    8. Hitting the ball in such a manner that it touches the ceiling or any obstruction or objects other than the net, and crosses the net.
    9. Ball played with any surface below the player's waist.
  - d) Fouls involving time-outs and substitutions
    1. Team takes more than the allotted number of time-outs.

- e) Fouls involving conduct
  - 1. Any team member makes derogatory remarks or acts.
  - 2. Any team member not in a legal position at the time of service enters the court while the ball is in play.
- f) Miscellaneous violations and penalties
  - 1. Cancel points for out-of-turn serving if it is noted before the opposite team serves.
  - 2. May disqualify a player, substitute, coach, or manager for derogatory remarks.
  - 3. Score for any forfeited games is recorded as 15-0.
- g) Situations that call for a replay
  - 1. When officials stop play by mistake.
  - 2. When a foreign object enters the court during play.
  - 3. When the ball makes contact with foreign structures (banners, etc.)
  - 4. When the ball is simultaneously held by two opposing players
  - 5. When an injury occurs during the course of play and the official stops play for safety reasons.
  - 6. When players on opposing teams commit a foul simultaneously

14. **PLAYER ELIGIBILITY:** Team members must be at least 16 years of age. For players under the age of 18, a parental permission form must be provided as part of the team member's registration packet. All players must sign a waiver before they are allowed to play.

15. **PROTESTS:** If the team captain wishes to protest the interpretation or application of a rule a time-out must be called. Judgment call will not be considered grounds for protest.

16. **SPORTSMANSHIP:** Foul play will not be tolerated. An unsportsmanlike act can include any acts of intentionally giving a cheap shot, fighting, flagrant actions, or any act intending to cause harm or an unfair advantage.

17. **FIGHTING:** Any player involved in a fight during the game will be immediately ejected from the game and will be suspended for a minimum of one game. Repeat offenses will be suspended from the league.

**SLEEPY HOLLOW SPORTS PARK  
RELEASE AND WAIVER OF LIABILITY  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT FOR**

*All Season Activity Participations (ASAP) including volleyball, skiing, tubing, sledding, snowboarding, go karts, bumper boats, mini golf, golf, driving range, batting cages, climbing wall, haunted attractions, camping, canoeing, and any activity at Sleepy Hollow Sports Park*

I desire to participate in the activities offered at Sleepy Hollow Sports Park. I understand those activities to include, but not be limited to ALL SEASON ACTIVITY PARTICIPATIONS (ASAP). I understand that these activities at varying times range from recreational to competitive. It is my intent to participate in the activities at the level being offered on this date.

I am aware and fully understand that (ASAP) can be very dangerous. They involve the risk of damage, serious injury and death, both to me and to others. I understand there are many potential causes for property damage, serious injury and death at Sleepy Hollow Sports Park, including negligence of Sleepy Hollow Sports Park, its owners, employees, volunteer staff, rescue personnel, and equipment as well as my own negligence and the negligence of others.

In consideration of being permitted to participate in the activities (ASAP) offered at Sleepy Hollow Sports Park I hereby agree to release, waive, discharge, and covenant not to sue Sleepy Hollow Sports Park, its owners, agents, employees, or rescue personnel as well as any equipment manufacturers and distributors involved with the Sleepy Hollow Sports Park facilities from all liability from any and all loss or damage I may have and any claims or demands I may have on account of injury to my person and property or the person and property of others, including death, arising out of or related to the activities offered at Sleepy Hollow Sports Park, its owners, agents, employees, volunteer staff, equipment manufacturers, distributors or otherwise.

In consideration of being permitted to participate in the activities (ASAP) offered at Sleepy Hollow Sports Park I assume full responsibility for any risk of bodily injury, death, or property damage arising out of or related to the activities offered at Sleepy Hollow Sports Park. I assume full responsibility for any risk of bodily injury, death or property damage arising out of or related to the activities offered at Sleepy Hollow Sports Park whether caused by the negligence of Sleepy Hollow Sports Park, its owners, agents, employees, volunteer staff, equipment manufacturers, distributors or otherwise.

In consideration of being permitted to participate in the activities (ASAP) offered at Sleepy Hollow Sports Park I hereby agree to indemnify and save and hold harmless Sleepy Hollow Sports Park, its owners, agents, employees, volunteer staff, equipment manufacturers, and distributors from any loss, liability, damage, or cost they may incur arising out of claims generated while I participated in activities at Sleepy Hollow Sports Park whether caused by their negligence or otherwise.

In consideration of being permitted to participate in the activities (ASAP) offered at Sleepy Hollow Sports Park I agree that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by Sleepy Hollow Sports Park, its owners, agents, employees, volunteer staff, and equipment manufacturers and distributors, including negligent rescue operations and is intended to be as broad and inclusive as is permitted by Iowa law and that if any portion is held valid, it is agreed that the balance shall continue in full legal force and effect.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT AND INDUCEMENT, ASSURANCE, GUARANTEES OR WARRANTIES, EXPRESSED OR IMPLIED, BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

\_\_\_\_\_  
PARTICIPANT NAME

\_\_\_\_\_  
PARENT SIGNATURE

DATE \_\_\_\_\_