



Adult 6-on-6 Volleyball League — 2020

Our Volleyball League consists of a seven to nine (7-9) match schedule followed by single elimination play-offs. Number of matches determined on number of teams registered.

REGISTRATION:

How to submit team payment and roster:

Mail/bring:

Pleasant Hill Recreation & Park District/Administration Office
Attn: Adult Volleyball League
147 Gregory Lane
Pleasant Hill, CA 94523

Or Submit team roster to Sheila G:

- Email roster: sgeorge@pleasanthillrec.com
- Fax roster: (925) 682-1633

If using credit card for payment, call Sheila G. (925) 682-0896; M-F 9am-5pm

TEAM FEE - Per Season: \$275

2020 Seasons
Winter (Jan-Mar)
Spring (April-June)
Summer (July-Sept)
Fall (Oct-Dec)

ROSTERS:

One team roster is required per calendar year. Once a team has played one season, only fees are due for subsequent seasons within the same calendar year.

Roster additions and deletions must be made at the District's Administration Office prior to your match. This can be done via email, fax, mail or in person with the League's add/drop form. All roster additions must be made prior to the **second to last** match of the season. Fax: (925) 682-1633 or email: sgeorge@pleasanthillrec.com. Rosters can carry a minimum of 6 players and a maximum of 12.

MATCH TIMES AND LOCATION:

Matches are played Monday evenings at the Pleasant Hill Middle School Gym, One Santa Barbara Road. Match times are typically scheduled for 7:45 pm & 8:40 pm.

Pleasant Hill Recreation & Park District
147 Gregory Lane, Pleasant Hill, CA 94523
(925) 682-0896 / www.pleasanthillrec.com

LEAGUE FEES COVER:

The team and player fees cover the specified number of matches, game balls, nets, poles, weekly standings, team awards, gymnasium, and gym maintenance. A percentage of your league fees will be designated for improvements with the American Disability Act.

ABRIDGED LIST OF RULES:

The Pleasant Hill Recreation & Park District Adult Co-ed Volleyball League plays under the United State Volleyball Association's (U.S.V.B.A.) rules with some of the following exceptions.

A. PLAYERS:

1. Teams will play with no less than 4 nor more than 6 players on the court at any time.
2. There must be at least 2 women and 2 men on the court at all times.
3. There will be no more than 3 men nor 3 women on the court at any time.
4. If a team uses a player not on its roster, that match is forfeited.
5. The same person may not play on more than one team per night nor make more than one team trade per season.

B. SCORING:

1. The league plays in the Rally Scoring Point System, where a point is given after each play.
2. Rally Scored matches are played in a best-of-three games format. The first two games go to 25 points, and the third and sometimes decisive game going only to 15 points.

C. TIME OUTS:

1. Two time outs are allowed per team per game. Time outs are thirty seconds in length.
2. No time outs are allowed in the last fifteen (15) minutes of the match, regardless of the starting time of the match.
3. If a time out is called in violation of the above time out rules, a side out or point is awarded after a team has been given a warning.

D. OFFICIATING:

1. Your team must supply four persons to officiate when scheduled: a head referee, umpire and two line persons/scorekeeper.
2. Failure to provide the officials or start any game on time will result in forfeiture of the officiating teams first game of their next match. Failure to start any game within ten minutes of game start time will result in forfeiture of the officiating teams next match, except when "Rule A" is not met by the playing teams.
3. OFFICIAL'S TRAINING: offered the first night of league play at the Pleasant Hill Middle School Gym for new teams.

PLEASANT HILL RECREATION & PARK DISTRICT
2020 VOLLEYBALL LEAGUE
ROSTER, AGREEMENT, WAIVER & RELEASE FORM

Winter ____, Spring ____, Summer ____, Fall ____

Team Name: _____ Team Rep: _____

Primary Ph: _____ email: _____

Asst. Team Rep: _____

Primary Ph: _____ email: _____

NOTE: Team Representatives are responsible for team fees. Any player information left blank, invalidates that person as a legitimate player on this roster.

In consideration for being permitted by the above district to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the above district (its officers, employees, and agents) from any and all liability arising out of or connected in any way with my participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost, or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in said activity. I understand that no medical insurance is provided. I am eighteen years of age or older.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER, AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE DISTRICT AND I SIGN IT OF MY FREE WILL. I FURTHER UNDERSTAND THAT PHOTOGRAPHS AND VIDEO MAY BE TAKEN OF ME DURING THE COURSE OF THE SAID ACTIVITY AND THAT THESE PHOTOGRAPHS AND VIDEO MAY BE USED FOR PLEASANT HILL RECREATION & PARK DISTRICT PUBLICITY PURPOSES. I HAVE READ AND UNDERSTAND THIS RELEASE.

Last Name, First (Print):		Signature:	
Street:		City:	Zip:
Phone:	email	Birth Date: / /	

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PLEASANT HILL RECREATION & PARK DISTRICT
2020 VOLLEYBALL LEAGUE
 ROSTER, AGREEMENT, WAIVER & RELEASE FORM

Team Name: _____

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