Jefferson City Parks and Recreation
Girls Spring Volleyball 2017
League Information and Rules Packet

Program Fee

The early bird registration fee is $45 per player (recreation & modified); $35 per player (competitive). Regular Registration Fee: $50; $40 (Registrations received after 5 p.m. on February 1 are not guaranteed placement on a team).

Volleyball Registration

1. Registration will be held January 2 – February 1, 2017. Registrations will be accepted at the Parks and Recreation office (427 Monroe) on a first-come-first-served basis.
2. Modified/Competitive Coaches must submit a roster of players to Parks and Recreation before players can register on their team. When modified/competitive players register, staff will verify that player's name is on the roster provided by the coach. All players must register individually.
3. **The program will begin in March.**

Leagues Offered:
2nd grade youth volleyball recreational league Parks and Recreation is offering a youth instructional volleyball league for girls in 2nd grade in the 2016-2017 school year. All games will be played at the Rec Center on **Monday** evenings beginning the week of March 13 for eight games. Standings will not be kept. Each player will receive a program t-shirt.
3rd grade youth volleyball recreational league Parks and Recreation is offering a youth instructional volleyball league for girls in 3rd grade in the 2016-2017 school year. All games will be played at the Rec Center on **Monday** evenings beginning the week of March 13 for eight games. Standings will not be kept. Each player will receive a program t-shirt.
4th grade youth volleyball recreational league Parks and Recreation is offering an instructional youth volleyball league for girls in the 4th grade in the 2016-2017 school year. All games will be played at the Rec Center on **Thursday** evenings beginning the week of March 13 for eight games. Standings will not be kept. Each player will receive a program t-shirt.
5-6th grade youth volleyball recreational league Parks and Recreation is offering an instructional youth volleyball league for girls in the 5th – 6th grade in the 2016-2017 school year. All games will be played at the Rec Center on **Thursday** evenings beginning the week of March 13 for eight games. Standings will be kept with first and second place awarded. Each player will receive a program t-shirt.
5-6th grade youth volleyball modified rec league Parks and Recreation is offering a modified rec youth volleyball league for girls in 5th - 6th grade in the 2016-2017 school year. All games will be played at the Rec Center on **Thursday** evenings beginning the week of March 13 for eight games. Players must know how to pass, set and hit correctly to play in this league. Standings will be kept with first and second place

awarded. Each player will receive a program t-shirt.
u11/u12 youth volleyball competitive league Parks and Recreation is offering a competitive youth volleyball league for girls ages u11/u12 (following club age guidelines). All games will be played at the Rec Center on **Thursday** evenings beginning the week of March 27 for six games. This level is for club teams or teams that compete competitively in tournaments. Standings will be kept with first and second place awarded. Each player will receive a program t-shirt.
7-8th grade youth volleyball recreational league Parks and Recreation is offering a youth instructional volleyball league for girls in the 7th - 8th grade in the 2016-2017 school year. All games will be played at the Rec Center on **Tuesday** evenings beginning the week of March 13 for eight games. Standings will be kept with first and second place awarded. Each player will receive a program t-shirt.
7-8th grade youth volleyball modified rec league Parks and Recreation is offering a youth modified rec volleyball league for girls in the 7th - 8th grade in the 2016-2017 school year. All games will be played at the Rec Center on **Tuesday** evenings beginning the week of March 13 for eight games. Players must know how to pass, set and hit correctly to play in this league. Standings will be kept with first and second place awarded. Each player will receive a program t-shirt.
u13/u14 youth volleyball competitive league Parks and Recreation is offering a youth competitive volleyball league for girls ages u13/u14 (following club age guidelines). All games will be played at the Rec Center on **Tuesday** evenings beginning the week of March 27 for six games. This level is for club teams or teams that compete competitively in tournaments. Standings will be kept with first and second place awarded. Each player will receive a program t-shirt.
High School youth volleyball league Parks and Recreation is offering a youth instructional volleyball league for girls in the 9th - 12th grade in the 2016-2017 school year. All games will be played at the Rec Center on **Monday** evenings beginning the week of March 13 for eight games. Standings will be kept with first and second place awarded. Each player will receive a program t-shirt.

Eligibility

1. All players must register according to the grade in which they are currently enrolled.
2. **You will receive your team roster by email or at the coach's meeting.** Each roster will have participant name, grade, age, parent/guardian names and phone numbers, address and any special notes (ie. Shirt size and school). If a phone number on your roster no longer works, please contact Parks and Recreation at 634-6482. **This is sensitive information.** Please do not give out to anyone else.
3. Each manager is responsible for the eligibility of his team's players. **Use of an ineligible player shall result in forfeiture of the game(s) involved.**
4. Players are allowed to play on only one team in the same league during the season.
5. **Coaches cannot move/trade players.** The responsibility of moving players from team to team will be by the Recreation Program Supervisor.
6. Should it become necessary to add players to a team, the Recreation Program Supervisor will make the addition. **Coaches cannot add players to their rosters.**
7. **WAITING LIST**

- **Players wishing to register after teams have been selected** will be placed on a waiting list in the order in which they register and will be placed on teams in the same order when a manager requests an additional player.
- Managers or parents may not call to find out where on the waiting list a particular person is positioned, but managers may call to request the next available anonymous person on the list.
- Once a manager requests a player, he/she will be automatically added to that team's roster.
- The participant should be informed by the manager that he/she has just been added to their team, to come by the office to pay fees before participating, and where and when the matches and practices will be held.

Participation Rules

EVERYONE PLAYS! All players in the recreation league should have equal playing time. In the modified/competitive league, no player may sit out more than one game in a match.

Scheduling

1. The Department of Parks and Recreation reserves the right to reschedule canceled matches to any day, site, and time.
2. **Recreation volleyball matches** will be played on Monday evenings for 2nd & 3rd grade and High School, Thursday evenings for 4th - 6th grade and Tuesday evenings for 7th-8th grade. **Modified/competitive volleyball matches** will be played on Thursday evenings for 5th-6th grade/u11/u12, Tuesday evenings for 7th-8th grade/u13/u14.
3. Matches will be scheduled 50 minutes apart starting at 5:45, 6:00 or 6:15 p.m.
4. Recreation/Modified: each team will be scheduled for an 8 game schedule. Competitive: each team will be scheduled for a 6 game schedule.
5. Remember, this program is designed to be fun and to develop skills for the youth. Please emphasize this with your coaches. If you have any questions concerning this program, please free to call Angie Toebben at 634-6491. Thank you for your cooperation.

Participant Bleeding/Blood on a Uniform:

In youth volleyball a player or coach who is bleeding or who has blood on her uniform shall be prohibited from participating further in the game until appropriate treatment, including bandaging as necessary to prevent reoccurrence has been administered. If medical care is needed, the player must leave the game until the problem situation has been resolved! A 70% isopropyl alcohol solution must be used to disinfect skin and uniforms. All infected areas must be thoroughly cleaned before this individual is allowed to continue participating in a game or practice. This may require that the player remove affected clothing and replace it in order to be able to continue participating in the event!

In all youth volleyball leagues the official may call a time-out and give the player/manager a reasonable amount of time to take care any situation involving blood on a uniform/person/floor. If, in the opinion of the official, time becomes excessive the game will proceed with a substitute entering for that player. In the event that a substitute is not available, the team will play short until the wound and blood have been properly cared for.

If a substitute is used, all regular substitution rules will apply.

Drugs, Alcohol and Tobacco

1. We believe that youth sports should be drug, alcohol and tobacco free. Therefore the Department requests that coaches, fans, family and friends refrain from these activities to help set an example for the children.
2. Smoking and chewing tobacco are absolutely prohibited in the gym. Alcoholic beverages and/or drugs are not permitted at Trinity Lutheran, Salvation Army and Miller Performing Arts Center. Coaches and fans under the influence or in possession thereof will be asked to leave the premises immediately by the program supervisor(s). Failure to do so, even if the offender is a fan, will result in termination of the game and the Police Department will be called.

Equipment

1. The game balls will be provided by the Department of Parks and Recreation.
   VolleyLite: 2nd, 3rd, 4th, 5-6th rec, 5-6th grade mod rec, u11/u12 competitive.
   Regulation: 7-8th rec, High School, 7-8th grade mod rec, u13/u14 competitive.
2. Tennis shoes are required. They should be leather and not canvas. Shoes should be comfortable, have considerable ankle support, light colored soles, and a surface recommended for traction on concrete surface floors.
3. Players should be equipped with knee pads for protection.
4. Net Height:
   7'0: 2nd, 3rd, 4th, 5-6th rec, 5-6th grade mod rec, u11/u12 competitive.
   7'4: 7-8th rec, High School, 7-8th grade mod rec, u13/u14 competitive.

Uniforms

All girls will be provided with a league t-shirt that they need to wear while playing in the league.

Practice

1. Each team will receive at least one volleyball for practice if needed.
2. Shikles Gymnasium will be available on a first come first serve basis for teams in this league. Due to limited gym space, there is a gym rental fee of $8.00 per hour (this is half price of our standard rental rate). It is also recommended that you contact your school and/or church for information regarding a practice site and equipment for practice purposes.
3. **Recreation league - No team** will be permitted to require more than **one practice** in any Sunday to Saturday period**. Modified/competitive league - No team** will be permitted to require more than **two practices** in any Sunday to Saturday period.

Player/team Conduct

1. All players and teams are expected to conduct themselves in a sportsmanlike manner.
2. **Undue harassment of the official before, during, or after a game may result in the ejection of the individual(s) involved from the game/match.** Any player, coach, or fan who is ejected from a game by a sports official or Department representative, will be suspended from attendance and participation in his/her team's next match (Depending on the severity of the situation the suspensions may last the remainder of the season and possibly go into next season as well).

3. After an ejection for the match, the individual ejected must immediately leave the gym and spectator area. Failure to do so or continued harassment of the official may lead to a second ejection and forfeiture of the match by that player's team. If the game is forfeited for this reason the team will be required to pay the re-entry fee.
4. REMOVAL FROM THE PROGRAM: Any player who strikes or verbally threatens to strike an official; who fights with another player; or who is ejected for unsportsmanlike behavior for the second time within one season is suspended from participation for the remainder of the program's season.
5. Any team or individual who intentionally damages a facility or equipment being used for Parks and Recreation play will be billed for the full replacement cost of said property and will be suspended from all Parks and Recreation programs until such restitution is made.
6. Any team or individual who fails to heed the request of on-site Parks and Recreation personnel regarding program operation or facility care will be suspended from all Parks and Recreation programs until he/she/they submits a written account of the incident and is reinstated by the Recreation Program Supervisor.
7. The Parks and Recreation Department reserves the right to lengthen any suspension for any length of time if circumstances so warrant.

OFFICIAL'S CARDING PROCEDURES FOR UNSPORTSMANLIKE CONDUCT

- *Yellow Card:* Penalty!
- *Red Card:* Expulsion of player for the remainder of the game!
- *Red/Yellow Cards Together:* Disqualification of player for the remainder of the match!

PICTURES

Every season team pictures are taken. These pictures are optional to purchase and are not included in the price of the program. You may take the pictures on your own if you would like or contact a professional. Please contact the photographer of your choice to set up the date, time and location. Please make sure you are there 15 minutes early. To ensure that all team members show up for the team picture, a reminder call the night before is very helpful. Even if families aren't buying pictures, encourage them to still be in the team picture. If there are problems with the photos, the photographer needs to be contacted directly. This information is located on the picture envelope.

Volleyball Rules

1. The National Federation of High School Volleyball Rules will govern play.
2. All members of both teams must line up at the backline prior to the first game and shake hands with the opponents when directed by the official. The starting players will then proceed to their starting positions.
3. Modified/competitive Leagues and 5-12th grade rec: matches will be played with rally scoring to 23 with a 25 point cap. 2nd – 4th grade rec: matches will be played with a 13 minute time limit.
4. Game time is forfeit time. Teams must have at least four players ready to play at game time or the match will be forfeited. Ten minutes will be allowed to elapse before the second and third matches are declared forfeits. When, for any reason, a team is reduced to less than four (4) players, the remaining matches will be forfeited (except as stated in #9 below).
5. Teams shall change courts after each game.
6. Substitutes may enter the game only in the center-back position unless an injury occurs. A late arrival must wait to rotate in until her team has the service. Club Teams: may choose to use their rotation as long as the opposing team and official are alerted to this before your match.
7. Substitution in Parks and Recreation play is unlimited, unless in the opinion of the official, he/she considers a team to be using substituting as a method of stalling.
8. **Each team must supply a person to watch the lines for each game.**
9. It is recommended that players carry their game shoes into the gym to help keep the playing surface clean.
10. **A ball may be played off the ceiling on the same side of the net, but a ball hitting the ceiling and crossing the net will be dead**. Balls hitting basketball goals are also out of play, unless in the opinion of the official, the ball could have been played (in that case a reserve will be called).
11. **Service Toss:** If the ball, after having been tossed or released by the server, lands without touching the player, it is considered a service tossing error. After a service tossing error, the referee must authorize the service again, and the server must execute it within the next five seconds. **One service tossing error is permitted for each service.**
12. **Serving Line**: The serving line is 10 feet for 2nd grade, 15 feet for 3rd grade, 20 feet for 4-6, 7-8 rec & 5-6 grade modified/competitive. 7-8 modified/competitive & 8-12 grade rec serving line will be at the back line.
13. Violations such as lifting, carrying, and spiking are judgment calls and are not protestable.
14. **Intentional kicking is not allowed**. Unintentional or inadvertent contact below the waist will be allowed, but intent is a judgment call by the referee.
15. 2nd & 3rd grade rec: A first received ball may be double-hit excluding fingertips.
16. Net contact (any part of the net) by player is not allowed.
17. Score will be kept in the modified/competitive leagues and the 5-12th grade rec leagues. Standings will be kept in the modified/competitive leagues and 5-12th grade rec leagues with league champions being awarded medals (1st and 2nd place). Standings will be posted on-line at www.teamsideline.com/jeffersoncity.