

Belle Fourche Rec Center

COED & Women's Fall



Volleyball League



September 19th – November 15th

Registrations due by September 7th

How to Register

- Pick up a Team Packet at BFRC
- Team manager needs to have each player sign roster/rules.
- Players 14-17 years of age need parent/guardian signature.

Note: The BFRC will not collect separate fees/signatures. All must be collected in advance to register a team. Minimum of 5 players and maximum of 9 players

- Team Fee \$250 (Check payable to "BFRC")
- Managers must sign "Rules Acknowledgement"
- Turn in completed roster AND team fee no later than September 7th
- BFRC will contact the managers with team schedule

*No registration will be taken without the above completed AND no rosters will be changed after turning in registration form so please plan accordingly. *

ADULT VOLLEYBALL 2021 LEAGUE INFORMATION

Season/Team/Players

8-weeks, plus double elimination league tourney.

Every person listed on the roster must be paid and signed at registration.

MAXIMUM of 9 PLAYERS PER TEAM

All 9 players are eligible to play on their team at any time in the season

Important Information

League availability is on a first come first served basis. The BFRC also reserves the right to move your team into a different division. League standings from the 2021 winter season may also determine which division your team will be placed in.

League/Games

Coed A & B*	Sundays	4:00-8:00 p.m. (Begins Sept. 19)
Women's A & B	Mondays and/or Tuesdays	6:00-10:00 p.m. (Begins Sept. 20)

*Coed A & B may be combined depending on number of teams

HOW TO REGISTER YOUR TEAM- September 7th

1. **Player signatures** must be collected by team managers PRIOR TO REGISTERING.

*Players 14-17 years of age must have parent/guardian signature.

Please note: The BFRC will not collect separate fees/signatures. This is the team manager's responsibility.

2. Manager must sign "Rules Acknowledgement".

3. **Pay Team Fee of \$250**

4. Registrations will not be taken without the above completed and no rosters will be changed after registering.

5. Wait to be contacted by BFRC with team schedule.

Belle Fourche Rec Center

FALL 2021 VOLLEYBALL

TEAM REGISTRATION, LIABILITY WAIVER, LEAGUE RULES AGREEMENT, PHOTO RELEASE

By signing below I verify that I have read and understand the BFRC league rules, agreement to participate and liability waiver. I agree to follow league rules and BFRC policies. I also understand that program photos may be used by the BFRC/City of BF.

Team Name

_____ Coed A
_____ Coed B

_____ Women's A
_____ Women's B

Manager's Name

Home Phone

Cell/Work Phone

Email address (We will email schedules and notify of cancellations and league info)

Mailing Address

City

State

Zip

#	Player's Name (Please Print)	Player's Signature	Emergency Contact Name & Phone Number	BFRC Member or Non-M
1				
2				
3				
4				
5				
6				
7				
8				
9				

BFRC VOLLEYBALL RULES ACKNOWLEDGEMENT

By signing below I verify that I have received and read the league rules. I as the team manager am agreeing to share these rules with my team and am responsible for my team following league rules as well as BFRC rules and policies.

I, _____ the manager of _____
(Name) (Team Name)

Have read and understand the BFRC volleyball rules. I will share these rules with my team.

Signature _____ Date _____

How did you hear about this program?

____ Flyer ____ E-mail ____ Word of Mouth
____ Newspaper ____ Social Media (please specify) _____

Belle Fourche Rec Center

FALL 2021 VOLLEYBALL TEAM REGISTRATION & LIABILITY WAIVER

Agreement to Participate and Liability Waiver for the Belle Fourche Recreation Center (BFRC): I/We understand that the most healthy individuals are capable of participating in physical activity with minimal risk. I further accept the risk inherent in the physical and recreational activities in which the ordinary and prudent person is or should be aware. I understand that if I have one of the following conditions, I should consult a physician prior to participating in a physical exercise program: 45 years of age or older, overweight or obese, physical limitations or handicap, cardiovascular disease or disorder, subject to exercise induced risk factors, or other disorders or medical conditions. I further understand it is my responsibility to decide whether or not to consult a physician. I agree to be responsible to do all of the following while using the BFRC: act within the limits of my ability, heed all warnings regarding participation in the BFRC activities, maintain control of my person and the equipment or devices, refrain from acting in any manner which may cause or contribute to injury to myself or others, abide by the letter and spirit of the rules and guidelines for participation at the BFRC. I have viewed the BFRC and its programs and I am familiar with the facility and I understand and appreciate that there are certain risks inherent in any physical and recreational activity conducted at the BFRC. Finally, I hereby waive any and all liability the BFRC has and waive any and all damages against the BFRC activities. Further, I do hereby release and discharge the BFRC and the City of Belle Fourche and any and all of its agents or employees from any liability to the undersigned arising from injury or damage that may be sustained by participating in this program by my signature on the following page.

PHOTOGRAPHY RELEASE: The BFRC periodically photographs during BFRC sponsored programs. These pictures may be used for advertising, Internet (website/Facebook) and around the facility. Occasionally pictures may be taken and submitted to the newspaper or other media as well. By signing the team roster/liability waiver on the next page you are also giving the BFRC/City of Belle Fourche permission to use these photographs.

Weather: In case of inclement weather, games may occasionally be postponed and/or canceled. Rescheduling of games will be determined depending on the number of weeks left in the season, availability of gym space and refs as well as team schedules. Please note in the winter months, it may snow! Most likely if school was in session for the day, we will play games. Your team may choose not to play, but may have to forfeit the games and will not be able to reschedule.

Team Cancellations/Forfeits: In order to cancel/forfeit your game you must contact BFRC staff and notify the opposing team's manager. They will receive the wins for those games.

BFRC Adult Volleyball Rules (2021)

1. **Footwear/Clean Shoe Policy** *helps to preserve the life of the floor surfaces and equipment while keeping our facility clean, safe and inviting.*
 - a. Shoes are required throughout the building with exception of pool/locker rooms.
 - b. We encourage all who use track, gymnasium and wellness rooms or attend group fitness classes to bring a second pair of clean shoes.
 - c. If you are unable to bring a second pair of shoes we require cleaning of shoes with provided spray and towels.
 - d. Non-marking athletic shoes are required. Black soled shoes are not permitted provided they have a non-marking sole. Some types of shoes will mark playing surfaces and are NOT permitted.
2. **Facilities & Spectators**
 - a. All BFRC rules need to be followed. Please respect building and staff. See Customer Service for a copy of the BFRC policies/rules and procedures.
 - b. Members please CHECK-IN
 - c. Non-members do not have to pay a day pass if they are “watching”.
 - i. Must remain in lobby or gymnasium bleachers.
 - d. If you or your family utilize our facility (i.e. gym, track, wellness rooms, racquetball court, pool, etc.) you **MUST PAY A DAY PASS** or have a membership.
 - e. Age 0-7 must be directly supervised (by someone 12 & up) at all times. (A parent playing and a child using the facility is not considered supervised regardless of membership.)
3. **Eligible Players**
 - a. Players must be 14 years of age or older. Players age 14-17 must sign the waiver and need a parent’s signature prior to playing
 - b. Players will not be added at any time during the season. Plan ahead with a full roster at time of registration 😊
 - c. Minimum of 5 players per team. Maximum of 9 players per team.
 - d. Players may play on one A or B team in any division but not on both A & B. Rosters will be posted on ref stands for your info. Please help support our league goals of fun, socialization, health, recreation, honesty, and sportsmanship.
4. **In-Eligible Players**
 - a. Any individuals playing on your team whom are not on your roster are considered illegal and will result in forfeiture.
 - b. You may not pick up any players from the crowd and/or another team.
 - c. If you come across an in-eligible player you must notify the referee immediately. The team managers are responsible for proving eligibility. Please keep the honors system in place.
 - d. If a player is found to be on both A & B or on two teams in a division during the season the individual will be disqualified from both teams for the rest of the season including the tournament. A forfeit will occur for the games on that day only. (See 8-iii for disqualification in league tournament.)
5. **Fees & Practices**
 - a. Managers are responsible for \$250 team fee. All fees are non-refundable.
 - b. Team practices are *not* part of your registration fees. If teams wish to practice, they must check-in if members and pay a day pass if nonmembers. Calling ahead is required to see if a net/court is available. A team may request volleyball net be setup. Requests will be honored based on present usage, scheduled events and BFRC staff availability.

6. League Structure

- a. The league structure will consist of Women's A & B & Coed A & B.
- b. The A league is designed for experienced players who want the momentary contact rule enforced. The B league is designed for those who want guidelines on contacting the ball; players will be called on prolonged contact. All of our leagues are designed for recreation and individuals seeking exercise, socializing, and fun. We ask you to choose which league best suits your team. In doing this, you will help to make all the leagues more equal and thus, more competitive. Please make the appropriate choice for you team based on your level of play rather than a matter of convenience.
- c. Leagues will have an eight-week season. At the end of each season there will be a double elimination league tournament based on league standings.
- d. Winner of tournament will receive T-shirts with their choice of shirt and font color.
- e. The winner of the league tournament is required to move to the above league the following season.
- f. If there are a large number of teams in one division (more than 9), two things may occur:
 - i. That league may have to play on more than one evening during the week.
 - ii. The league standings from the previous season may determine where each team will play.

7. League Rules

- a. Match/Players
 - i. A match consists of three games to 25 points, decided by at least 2 points (Cap of 27 points).
 - ii. Rally scoring will be used.
 - iii. All three games will count towards league standings.
 - iv. Teams must have at least four players. There will be no "libero" player in our leagues.
- b. Substitution & Rotation
 - i. The rotation system will allow all present players to rotate after the person they are substituting for completes their serve, thus entering in the middle back position.
 - ii. In regard to rotation, it's up to the team to stay in rotation and honesty is expected. Please remember there is only one official and they do not have line up cards.
 - iii. If the official observes a rotational violation, the ball will be awarded to the opposing team; however, no points will be awarded. Points awarded prior to the violation will stand. (This means no points will be added or taken away once rotation violation is noticed. Rotation will be adjusted and ball will be awarded to the other team if it applies.)
 - iv. If a team member arrives late, they will be allowed to enter the rotation on the first dead ball. They must enter in the middle back position.
- c. Forfeits
 - i. A team is allowed to play with a minimum of four players. If a team has less than four players at any time during a game it will result in a forfeit of that game(s).
 - ii. Game time is forfeit time. You will forfeit your first game on the hour or at game time. The 2nd game will be a forfeit at 10 minutes after game time and 3rd game is a forfeit at 15 minutes after.
 - iii. If you are forfeiting a scheduled match you must contact BFRC staff and notify the opposing team's manager.
- d. Boundaries
 - i. Any part of the ball that touches any part of the boundary line is considered in.
 - ii. If the ball contacts the bleachers, curtains, or wall it will be a dead ball.
 - iii. If the ball is hit over, but comes in contact with the ceiling the play is dead.
 - iv. If the receiving team causes the ball to come in contact with the ceiling on their side of the court before the third touch, then the ball is still playable.
 - v. On the double court side (two-net system):

1. Basketball half court line is out of play. A dead ball will be called if the player is on/or past this line.
 2. The outer basketball hoops on the North and South courts (above bleachers) are considered out of bounds.
- vi. Crossing the Center Line: These rules are to prevent net-related injuries.**
1. A player may step on the centerline, but no part of your foot may cross the line.
 2. Any part of the player's body may be in the air below the net and beyond the center line if he does not interfere with the opponent's play by touching the ball or the opponent and must land on their side of the court or on center line.
 3. Touching the opponent's court when crossing the centerline with any part of the body is an infraction.
- e. Replay**
- i. The basketball hoop on the South court (above play) is in the way of play and is considered a replay if the ball comes in contact with it.
 - ii. Officials will call the play dead if they see a ball entering the court and a replay will occur. If the official does not see the ball please call "BALL" so the official is aware of the ball interference and can blow the play dead.
 - iii. Referees cannot see all plays. They will call a replay if they did not see what happened and feel they cannot call the play fairly.
- f. Serving**
- i. A coin toss will determine serve/receive. Winner of coin toss chooses to serve or receive. The loser has choice of sides. Coin toss will be used on the 1st and 3rd games.
 - ii. A legal serve crosses the net between the antenna without touching the antenna or going out of bounds. Net serves are allowed.
 - iii. If a serve comes in contact with the basketball hoop above play on the South court, it is termed a replay.
 - iv. Blocking or spiking a serve is not allowed.
 - v. A serve may be received with a bump (including overhead), set and a down ball (spike with feet not leaving the ground).
 - vi. The 2-court system no longer has extended serving boxes. One foot must be on the serving/end line upon start of serve.
- g. Hits**
- i. A legal hit is contact with the ball by a player's body which does not allow the ball to visibly come to a rest.
 - ii. The ball may hit any part of your body cleanly (in a way that does not constitute a lift or double hit including the head, leg and foot).
 - iii. If the ball hits your foot/leg unintentionally your foot/leg must be grounded/planted.
 - iv. Setting and spiking are considered as one of three hits.
 - v. If the ball touches a player, he or she is considered as having played the ball.
 - vi. Back row player:
 1. A player in the back row may NOT attack in front of the 10-foot line.
 - a. Exception: A back row player may tip or attack in front of the 10-foot line if the ball does not break the plane of the net or the ball is not above the net when contact is made. (Play it safe and keep your feet on the ground!)
 2. A back row player must take flight before the 10-foot line on the court to attack a ball.
 3. As previously stated, rotations are based on an honor system and if it is not sure if the player making the contact is a back row player, the play will be replayed and players will have to identify their positions.
 - vii. An obvious throw or catch will be called. We recommend that players use the forearms for passing, fingertips for setting, and the palm for spiking.

- viii. Overhead bumps are allowed. Players must make sure they have their hands together as this way of hitting is often called as an “illegal/double hit”.
- ix. Simultaneous Contact:
 - 1. If two or more players of the same team contact the ball simultaneously, it is considered one team contact. Either player may make the next contact assuming the simultaneous contact was not the third contact.
- x. Blocking:
 - 1. A block is not considered as one of the three hits.
 - 2. Blocking the serve is illegal.
 - 3. Front-row players may contact the ball from any position inside or outside the court provided the ball has not completely crossed the vertical plane of the net or the net extended. It is illegal to reach over the net to contact the ball.
 - 4. Back row players may NOT block the ball.
 - 5. The blocking player is permitted to make an additional first contact with the ball after a block.
- h. Timeouts
 - i. One (30 second) time out is allowed on a dead ball per game
- i. Attire
 - i. Please wear appropriate clothing as we are a family orientated facility.
 - ii. Hats are not allowed during play. The official has the right to ask you to remove hats and other articles that may be inappropriate or be of risk to yourself and/or your teammates.
- j. **Coed Rules:** The above rules apply in addition to the following:
 - i. Coed teams may consist of up to 9 players. Games played with minimum of 4 players and maximum of 6.
Teams can always play with more females than males but must have at least one male on the court
Male/Female Ratio Options:
Team of 4: 3 males/1 female
Team of 5: 3 males/2 females
Team of 6: 3 males/3 females (You cannot play with 4 males and 2 females)
You may play with 4 women, but not 4 men.
 - ii. **When the ball is played more than once by a team, a female player must make at least one of the contacts.** There are no requirements for male players to make contact with the ball, regardless of the number of contacts by a team.
 - iii. When only one male is in the front row at service, one male back row player may block at the net. He cannot attempt to spike.

8. **Sportsmanship/Officials**

- a. We are a public facility. Teenagers are allowed in our league. Families bring children. Profanity and unsportsmanlike conduct don't belong here. Let's all be an example.
- b. For safety reasons, we ask the teams to roll the ball under the net.
- c. **Unsportsmanlike conduct will not be tolerated. We expect managers, players and fans to respect the referees and their decisions.**
 - i. For any unsportsmanlike offenses, such as distracting opponents, spectators, or officials, a warning (**yellow card**) will be issued and recorded on the score sheet.
 - 1. If a player/team receives a yellow card, the next violation will result in a red card.
 - ii. A **red card** will be issued for any of the following and an ejection may result:
 - 1. Profanity heard by the official
 - 2. Disconcerting acts or words when an opponent is playing the ball.
 - 3. Derogatory remarks to the official or opponent.
 - 4. Questioning or trying to influence the official's decision.

5. Unnecessary contact of an opponent.
- iii. The *first* red card is a point or side out; the *second* will result in removal from the match or forfeiture of match if team violation. Four red cards in a season (between players and team) will cause your team to be dropped from the league and tournament for the rest of the season. The total red cards carry over to the tournament. For example, a team receives 3 red cards during the season and 1 during tournament-the team will have to drop from the tournament upon receiving red card number 4. No refunds will be given.
- iv. **The game official will have the final say in any on court dispute. UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED. PLAYERS MAY BE DISMISSED FROM THE GAME(S) AND/OR THE BFRC VOLLEYBALL PROGRAM.**
- v. **Please be considerate to all referees. Please remember our refs are doing a service for the BFRC and are acting as scorekeeper, line judges, and the upper and lower refs (5 people). They are doing their best. If you are interested in refereeing or know someone who is, please notify the Program Coordinator or Volleyball Supervisor.**
- vi. Officials come to the BFRC with all kinds of volleyball experience; as a player, a sports fanatic, a coach, a certified ref and many as a novice ref just getting started. Your support and encouragement is important to keep refs coming back to officiate YOUR GAMES. Without these officials, our current league format would not be possible. The choice is this diverse group of officials or changing to a self-officiated league format.
- vii. Please remember recreation sports are here to provide exercise, socialization, mutual respect, honesty, competition and fun in a relaxed, yet structured environment.
- viii. **If there is a shortage of officials, teams will play as scheduled but may have to officiate/score their game. Please know we do all we can to find officials and keep our fees reasonable and this solution will be the last resort.**

9. League Tournaments

- a. League rules are in effect during tournament with the exception of the following:
 - i. Best of three games (third game going to 15).
 - ii. If the previous match finished early, you must be prepared to play at least 15-30 minutes prior to your scheduled time. If you are not ready and the referee and other team have to wait, it will result in a forfeit for the first game. See C2 above in reference for forfeit time for each delay of game. The earliest games will start is 30 minutes prior to scheduled.
 - iii. If a player is found to be on two teams in any division or found to be in both A & B divisions then both teams will be disqualified. DISQUALIFIED MEANS THE ENTIRE TEAM IS "OUT OF THE TOURNAMENT".
 - iv. If an in-eligible player (see 2) is found participating, the team will be disqualified from the tournament from the time the infraction was brought to the attention of the official/programming staff.

