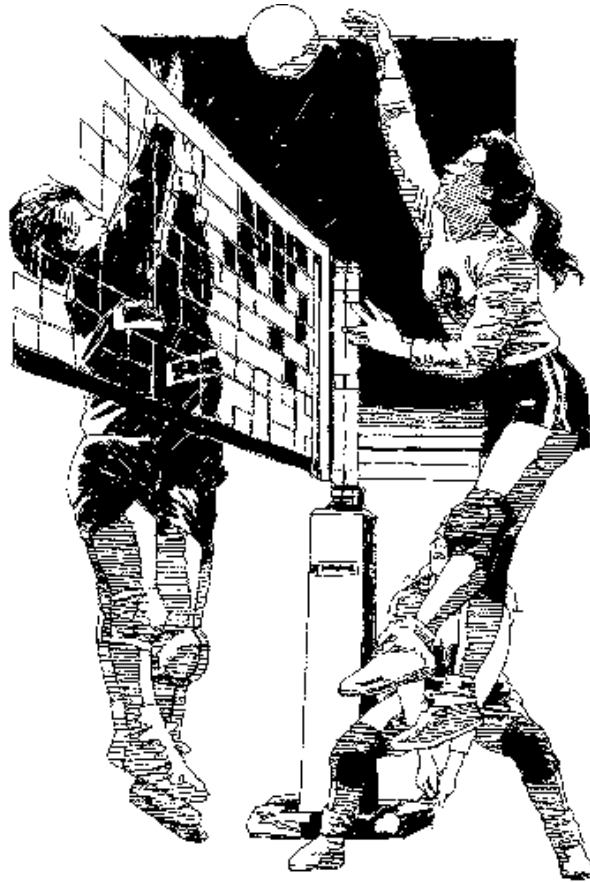

SPRING 2010

ADULT CO-ED VOLLEYBALL



**Pleasant Hill
Recreation & Park District**
People, Parks & Programs Since 1951
147 Gregory Lane, Pleasant Hill, CA 94523
www.pleasanthillrec.com 682-0896

Drop-In Sports

Pleasant Hill Recreation & Park District Presents:

Adults Only!

Drop-In Basketball

Saturday 7-9 am
Sunday 8-10 am
Monday, Wednesday & Friday 4-6 pm
Cost: \$5 per person

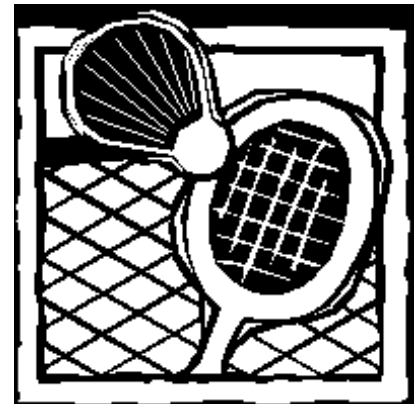


Drop-In Volleyball

Tuesday & Saturday 7:30-10 pm
Cost: \$5 per person

Drop-In Badminton

Sunday 11:00 am-1:00 pm
Cost: \$5 per person



B.Y.O.R.

Bring your own Racket
and Birds

Program for Adults, 18 years and older. All Drop-In programs are held at the Pleasant Hill Education Center Gym, located at 1 Santa Barbara Road, Pleasant Hill

For more information call
(925) 682-0896



DATE: January 25, 2010
 TO: Team Representatives
 FROM: Pleasant Hill Recreation & Park District
 RE: Pleasant Hill Adult Co-ed Volleyball League — 2010 Spring Season

Pleasant Hill Recreation & Park District is pleased to announce their 2010 Spring Co-ed Volleyball Season. We are looking forward to the upcoming season and hope you are too.

Our Philosophy - One of the goals of the Pleasant Hill Recreation & Park District is to provide recreational opportunities for people of all ages. The Adult Co-ed Volleyball League provides the community with an opportunity to participate in an organized sports activity. The leagues are set-up for competitive play but the overall goal is enjoyable participation for all. The District is not offering professional or semi-professional leagues. The main emphasis of the league is the recreational elements including the fun, enjoyment, good sportsmanship, and friendships that are developed.

FEES:

	Registration	Deadline for
<u>COST</u>	<u>Begins</u>	<u>All Teams</u>
\$270	January 25, 2010	March 5 , 2010

The league will begin on March 29 and runs through May.

A percentage of your league and non-resident fees will be designated for improvements to comply with the American Disability Act.

REGISTRATION:

Registration packets can be mailed or dropped off at: **(DO NOT MAIL CASH)**

Adult Co-ed Volleyball League
 Pleasant Hill Recreation & Park District
 147 Gregory Lane
 Pleasant Hill, CA 94523-3348

Priority for filling the spots in the league will be on first received, first placed basis. Pleasant Hill Recreation & Park District reserves the right to make FINAL JUDGMENT ON TEAM PLACEMENT. ***There are no refunds once a team is placed in a league. If league(s) are cancelled money will be refunded.***

Returning teams are those which participated in our **2009 Summer, 2009 Fall, 2010 Winter** Adult Co-ed Volleyball Seasons with a minimum of 51% of the former team's roster. Teams that do not meet those requirements will be processed as new teams

The District will not contact your team regarding their acceptance into the league unless, your team was not accepted or moved to a different league than you registered for.

ROSTERS:

Each player's information must be complete: name, address, phone number, drivers license number and signature. If information is missing the roster can be declared incomplete and returned.

Roster additions and deletions must be made before **5:00 pm**, Monday through Friday, prior to your match. This can be done in person at the Administrative Office or by mail with the League's add/drop form. An added player may not use a dropped player's non-resident fee after **March 29**. Roster additions must be made prior to the **second to last** match of the season. No one may be added after the **second to last** match has been played.

MATCH TIMES AND LOCATIONS

Matches will be played on Monday evenings at the Pleasant Hill Education Center Gymnasium, One Santa Barbara Road. Match times are tentatively scheduled for **7:00, 8:15 & 9:30 pm**

The 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.

LEAGUE PROVIDES

The team and player fees cover the specified number of matches, game balls, nets, poles, weekly standings, team awards, gymnasium, and gym maintenance.

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. A team may carry no more than 10 players on its roster.
5. There must be at least 3 males and 3 females on each roster.

6. If a team uses a player not on its roster, that match is forfeited.
7. The same person may not play on more than one team per night nor make more than one team trade per season.
8. **The Spring season will be all reverse Coed.**

B. MATCHES:

1. All games are to 15 points, with a maximum of 17 points.
2. The third game is a rally point game, with each serve resulting in a point.
3. The Winter season will be played under standard co-ed rules.

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: a head referee, umpire and two line persons/scorekeeper when scheduled.
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.

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| <ol style="list-style-type: none">3. OFFICIAL'S TRAINING: Each <u>NEW</u> team is required to send <u>ALL</u> their rostered players to an Official's Training. New teams with three or more USVBA Certified Officials may petition the league to waive the training requirements. Copies of certification cards are required prior to the training and should be submitted with your roster. OFFICIAL'S TRAINING will be held the first night of league play on, <u>MONDAY, March 29th April 12th, 2010, 6:45-8:15 pm</u>, at the Pleasant Hill Education Center Gymnasium. |
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Teams may play on other days or nights not designated due to gym availability, play-offs, make-up games, and/or size of the league. Remember, Pleasant Hill Recreation & Park District reserves the right to make FINAL JUDGMENT on TEAM PLACEMENT and does not guarantee placement of any team.

PLEASANT HILL RECREATION & PARK DISTRICT
2010 CO-ED VOLLEYBALL LEAGUE
ROSTER, AGREEMENT, WAIVER & RELEASE FORM

Team Name: _____ Team Rep: _____

Home Phone: _____ Work: _____ e-mail: _____

Address: _____ City: _____ Zip: _____

Asst. Team Rep: _____ Home Phone: _____ Work: _____

Address: _____ City: _____ Zip: _____

Other leagues played in—City and level: _____

Returning Teams—Previous Team Name & Season : _____ —

Please check here if you want your name and phone number given out to prospective players: []

NOTE: Any player information left blank, invalidates that person as a legitimate player on this roster.
 Please be sure an assistant representative has been specified, including their home and work phone number.

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.

Last Name, First (Print):		Signature:	
Street:		City:	Zip:
Phone:	Driver's License:	Birth Date: /	

Last Name, First (Print):		Signature:	
Street:		City:	Zip:
Phone:	Driver's License:	Birth Date: /	

**PLEASANT HILL RECREATION & PARK DISTRICT
2010 CO-ED VOLLEYBALL LEAGUE
ROSTER, AGREEMENT, WAIVER & RELEASE FORM**

Team Name: _____

Team Rep: _____ Home Phone: _____ Work: _____

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2010 CO-ED VOLLEYBALL LEAGUE
ROSTER, AGREEMENT, WAIVER & RELEASE FORM**

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