

**LAFAYETTE FAMILY YMCA**

# CO-ED VOLLEYBALL LEAGUE

**\*Mandatory Captains  
Meeting – Monday  
February 27**



**\*Register an entire  
team, or sign up as a  
Free Agent!**

**5 Game Season + Single Elimination Playoffs**

**\*Student with YMCA membership : free**

**YMCA member (non-student): \$30**

**Non- YMCA member: \$45**

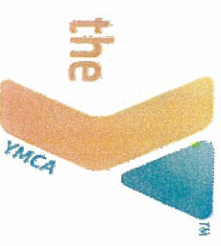
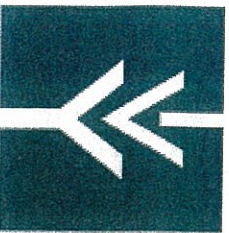
**All games are on Wednesday nights starting February 29**

**Roster form on back**

**Rosters Due: Friday, February 24th @ YMCA**

**For more info call the YMCA 474-3448 or email Emily Bowman**

**emily@lafayettefamilyymca.org**



**Lafayette Family YMCA  
2011 ADULT CO-ED VOLLEYBALL LEAGUE  
TEAM ROSTER**

Team Name: \_\_\_\_\_

Captain's Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Cell #: \_\_\_\_\_

Email: \_\_\_\_\_

	<u>Player Name</u>	<u>Signature</u>	<u>Membership Status</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____

*By signing above, I hereby release any and all rights and claims for injuries and damages I may have against the Lafayette Family YMCA, it's Board of Directors, staff and any assigns. By registering for programs at the Lafayette Family YMCA, I understand that my name listed on this registration will be cross-referenced with the Indiana Sex & Violent Offender Registry, and that my participation in programs will not be considered if my name appears on the Registry. Participants and members involved in YMCA activities and classes give permission for use of their, name, photograph, or other likeness of themselves, their oral or written statement; or other aspects of their personalities in whole or in part for advertising or similar purposes. They give consent voluntarily and without expectation of any remuneration or reward and waive all rights to any such remuneration or reward.*



**Lafayette Family YMCA**



## YMCA & IVY TECH CO-ED Volleyball Rules and Regulations

- Teams have a maximum of ten players with only six players on the court at any one time.
- Games will be played the best 2 out of 3, playing to 21 win by 2 or the first to 25.
- Maximum of three hits per side
- Players may not hit the ball twice in one succession
- A ball hitting the line is considered in
- A ball is out if it hits an antennae, the floor outside the court, referee or pole
- If the ball hits the ceiling it is up to the referees' discretion on how it is called.
- It is legal to touch the ball with any part of one's body, as long as it is not "lifted."
- A player cannot block or attack a serve from inside the ten foot line.
- Each team will call the ball out or in along the back line or on the sides if the referee cannot see it.
- If a player comes in contact with the net, it is considered a dead ball and the other team will earn a point.
- Players cannot move out of rotation until the ball is served, if players move before the ball is served, the other team will receive a point.
- Substitutions can only be made between the same two people throughout each separate game. (If 15 goes in for 10 then through the first game those two may only sub for each other. Once the next game starts substitutions can change.)
- Have positive attitudes and respect the referee's calls.