

Official Volleyball Rules: (June 6- August 8)

Rule 1: Facility

1. All games will be played in Cozzie's Recreation Sand Volleyball court. Outside alcohol is not permitted inside the property lines.

Rule 2: Player Eligibility

1. All players MUST fill out a waiver before the first game of league.
2. All players MUST BE AT LEAST 21 years of age to participate.

Rule 3: Team Composition

1. Four players MUST BE present to start a match. Players may be inserted into the lineup upon arrival.
2. Player combinations can be in any form as long as there are AT LEAST 2 Females on the court at all times.

Rule 4: Ground Rules

1. Matches will be refereed. We are here to HAVE FUN!!! But also want the league to be judged fairly.
2. The winning team of a pre-match volley will serve first in the first set and choose its playing side. At the conclusion of the first set, the teams will switch playing sides and the team which did not serve first in set one will serve first in set two.
3. Sets one and two shall be played to 25 points, rally scoring, with a cap at 30 points. Set three shall be played to 15 points, with a cap at 20. Sets must be won by two points, unless the set reaches its cap (EX: a team could win by the score of 30-29). Match format will be best 2-out-of-3 sets. Before the beginning of the third set, the teams will volley for the choice of team service and initial playing area. If a match enters a third set the teams will trade playing sides after one team scores eight points. The serving will continue by the player who served prior to the change.
4. **The Serve:** The serve shall stand with both feet behind the rear boundary line. There are no restrictions as to how the ball may be served except that it must be clearly hit, not thrown or pushed. Side out is declared when a served ball hits the net and does not pass over. A ball that contacts the net and continues over constitutes a LEGAL serve.
5. Any player may contact the ball with any body part, above or below the waist.
6. A ball touching any part of the boundary line is in.
7. It is permissible to run out-of-bounds to play a ball.
8. Players are not permitted to scoop, hold, or throw the ball. The ball must not visibly come to rest on the player's hands, fingers, or any other part of the body.
9. A player shall not make successive contacts of the ball unless he/she has blocked a spike at the net. One person may play the ball twice during a volley but not twice in succession.
10. A ball, other than a serve, may be recovered from the net provided the player avoids contact with the net and does not catch or hold the ball.
11. Contact of the ball during blocking action does not count as one of the three team hits.
12. There are no gender restrictions for multiple contacts of the ball.
13. The ball MUST ALWAYS be returned over the net by the third contact, unless a block is the initial contact in which case the ball must be returned by the fourth contact.

- a. **Blocking:** A successful block is accomplished when either the ball rebounds off the hands of the blocker and directly back into the opponent's court, or deflects off the hands in such a way that the blockers team may play the ball. An attempt to block does not constitute a block unless the ball is contacted during an attempt. The team which has attempted a block shall have the right to three more contacts with the ball in order to return it to the opponent's side. When the ball, after having touched to top of the net and the opponent's block, returns to the attacker's side, the team then has the right of three more contacts in order to return the ball to the opponent's side.
- b. **Net Play:** A player may reach under the net as long as he/she does not interfere with an opponent's attempt to play the ball. A player may reach over the net to complete a spike which was begun on the player's own side of the net. A player may reach over the net to block, but not to interfere with the opposing team's play.
- c. **Substitution:** All Substitutions will be made in the center back position. All substitutes must make one complete rotation. A player arriving late for a team of less than six can only rotate in when his/her team has the serve.
- d. Spikes by both men and women are legal.
- e. Blocking and spiking the ball on the serve is illegal.

Rule 5: Game Time and Forfeits

1. All matches will start at their designated times. There is a 10-minute grace period until forfeit is declared. Referees will declare a contest a forfeit and have the discretion to amend the 10-minute forfeit time rule in the event of unforeseen circumstances.

RAINOUT INFORMATION

1. On days that it is raining, you can call (612) 309-6219 or Email Bailey Johnson at Bailey.cozziestavern@gmail.com
2. If a game is postponed, the team captain will be contacted in regards to the rescheduled game.

Cozzie's Tavern + Grill

Summer Volleyball League

Individual Registration + Liability Waiver Form



First Name: _____ Last Name: _____ M.I.: _____

Address: _____ City _____ State: _____

Phone: _____ Birth Date: ___/___/___

WAIVER & RELEASE OF LIABILITY

I, the undersigned, know that the before listed event is a potentially hazardous activity and I attend it out of my own free will and choice. In choosing to participate in the First Annual Cozzie's Volleyball League and any related activities, I fully accept and assume all risks whether before, during or after this league and its related events. I waive any and all specific notice of the existence of the risks. I shall assume and pay my own medical and emergency expenses in the event of injury, illness, or other incapacity regardless of whether I authorized such expenses. I realize that sand volleyball requires physical conditioning and I represent that I am in sound medical condition capable of participating in the tournament without risks to myself or others. I have no medical impediment, which would endanger others or myself. Knowing these facts and in consideration of my entry acceptance, admission to and/or participation in Cozzie's Volleyball League and its related events, I for myself and anyone acting on my behalf, release, waive, discharge, covenant not to sue and agree to hold the City of Grant, Cozzie's Tavern + Grill, business sponsors, participating clubs, communities, organizations, volunteers and their representatives harmless from any and all claims, demands and actions of any and every kind.

I HAVE READ THIS AGREEMENT, WAIVER AND RELEASE, AND AGREE TO ACCEPT ITS TERMS.

PRINTED NAME DATE SIGNED

- All players must sign the Waiver Form in order to participate.
- Players that do not sign the Waiver Form are prohibited from participation.
- It is the responsibility of the Team Captain to ensure that all players comply.