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**Fall 2017 Adult  
Volleyball League  
COOPER STREET YMCA**



Welcome to the Cooper Street Family Center YMCA Adult Sports Program. The 2017 Fall Co-Ed 6-on-6 Volleyball Season will begin play on Sunday, July 9th. All games will be played at the Cooper Street Family Center YMCA located at 7120 South Cooper, Arlington TX 76001. The season will consist of 7 regular season games plus playoffs. On game days, the first game will begin at 2:30 p.m. All games for this league will be schedule on Sunday afternoons and early evenings.

The team entry fee for this league is \$235 which is due at the time of registration. The registration deadline for this league is Friday, September 30th. Please check availability before attempting to register. The league is expected to fill up before the deadline. Registration payments and rosters must be turned in at the member service desk of the Cooper Street Family Center YMCA.

Schedules will be distributed at the first game and will also be posted on the Arlington-Mansfield Area YMCA's website, <http://www.teamsideline.com/ymcaarlington/>, one week before the season starts. If you have any questions, please feel free to contact me at any time. Thank you for your participation and cooperation. Have a great season!

**\*Please complete the team roster and injury waiver agreement and return with proper entry fee to the Cooper Street YMCA no later than 9 p.m. on Sunday, October 1st. Failure to do so may prevent your team from being placed on the league schedule. (Please make all checks payable to the Cooper Street Family Center YMCA)**

Lacey Bailey  
Sports Coordinator  
Cooper Family Center YMCA  
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# Cooper Street Family Center YMCA – Adult Volleyball Roster

## Fall 2017 Recreation/Competitive League

<b>Team Name:</b>	<b>Company Name (if applicable):</b>	<b>Team FAX # (if applicable):</b>	<b>Roster Max:</b> 12 <b>Roster Min:</b> 8	<b>Please Check</b>
<b>Captain:</b>	<b>Day. Phone:</b>	<b>Are you a YMCA member?</b>	<b>Recreation League</b>	1 Division
<b>Email:</b>	<b>Eve. Phone:</b>	<b>Date of Birth:</b>	<b>Competitive League</b>	
<b>Home Address:</b>	<b>City:</b>	<b>Zip:</b>		

Please List Players' Information							Office Use	
#	Name	Address	City	Zip	Phone #	Gender	D.O.B.	Y-Member?
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								

I certify that the information provided above is correct. I acknowledge that incorrect or false information may result in forfeiture of games, removal of the team from the league, and/or suspension of team members from future participation in YMCA volleyball. Captains must complete and sign this roster before they will be allowed to participate in the league.

Captain's Signature \_\_\_\_\_ Date \_\_\_\_\_

# Injury Waiver Agreement

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

Captains Name: \_\_\_\_\_

League/Division: \_\_\_\_\_

All YMCA coaches will submit a volunteer application and criminal back ground form for processing before receiving their official roster. Coaches will be required to wear a volunteer badge provided by the YMCA at every game in order to coach.

**ARLINGTON-MANSFIELD AREA YMCA RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT**

*In consideration for being permitted to utilize the facilities, services, and programs of the Arlington-Mansfield Area YMCA for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the YMCA, without respect to location, the undersigned, for himself or herself and any personal representatives, heirs and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will inspect and consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgment that such premises and all facilities and equipment therein and such affiliated programs have been inspected and considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use, or participation.*

*IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE ARLINGTON-MANSFIELD AREA YMCA FACILITIES, SERVICES, AND PROGRAMS FOR ANY REASON, INCLUDING BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY PROGRAM AFFILIATED WITH THE ARLINGTON-MANSFIELD AREA YMCA, WITHOUT RESPECT TO LOCATION, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:*

- 1. The undersigned hereby releases, waives, discharges and covenants not to sue the Arlington-Mansfield Area YMCA, its directors, officers, employees, and agents ("the releasees") from all liability to the undersigned, his or her personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the Arlington-Mansfield Area YMCA, without respect to location.*
- 2. The undersigned hereby agrees to indemnify and save and hold harmless the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the Arlington-Mansfield Area YMCA or participating in any program affiliated with the Arlington-Mansfield Area YMCA, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.*
- 3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR ANY RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE DUE TO NEGLIGENCE OF RELEASEES OR OTHERWISE while in, about, or upon the premises of the Arlington-Mansfield Area YMCA and/or while using the premises or any facilities or equipment therein or participating in any program affiliated with the Arlington-Mansfield Area YMCA.*
- 4. The undersigned further assumes full responsibility for any lost or stolen items while in, about, or upon the premises of the Arlington-Mansfield Area YMCA and/or while using the premises or any facilities or equipment therein or participating in any program affiliated with the Arlington-Mansfield Area YMCA.*
- 5. The undersigned gives permission to the Arlington-Mansfield Area YMCA to use photographs, film footage, or tape recordings which may include their own image (or family members) or voice for purposes of promoting YMCA programs.*
- 6. The undersigned understands that YMCA membership dues and program fees are not deductible as charitable tax contributions.*

*The undersigned further expressly agrees that the forgoing release, waiver, and indemnity agreement cannot be altered in any way, and is intended to be as broad and inclusive as is permitted by the law of the state of Texas and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.*

*The undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.*

**I HAVE READ THIS RELEASE AND AGREE TO THE TERMS.**

Player's Name (Please Print)	Date	Players Signature
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		
9)		
10)		
11)		
12)		

# COOPER STREET FAMILY CENTER YMCA ADULT CO-ED VOLLEYBALL RULES

## **Eligibility:**

- All players must be at least 18 years old.
- Maximum of 12 (minimum 6) players on the roster. Teams may not add players to the roster after the 1st Game. All Players will be required to show their licenses to the YMCA Monitor prior to the start of all games
- Injury waivers must be turned in to the Cooper Street Family Center YMCA prior to the first game. You will not be allowed to play unless this form is submitted with the proper signatures.

## **Players Conduct:**

- Taunting or abusive language toward opponents or officials will not be tolerated. Offenders will be ejected from the gym immediately and may face suspension.
- No food or drinks allowed in the gym.
- Children under 13 in the gym must be supervised.

## **Players Rules:**

- USAV rules apply unless specifically modified below. USAV rules manual can be found at [www.usavolleyball.org](http://www.usavolleyball.org).
- The net is set at 7'11 5/8" high.
- Each match shall not exceed 45 minutes. The interval between games lasts 2 minutes.
- Game time is forfeit time for that set. If teams are lacking the required number of players to start then only the first set is a forfeit. After ten minutes the second set will be forfeited and so forth. Once the team as forfeited three sets than the match is over and recorded as a win for the other team.
- If any one team forfeits 3 match they will be excluded from playing the rest of the season. A refund will not be provided.
- Each team shall have a maximum of 6 players on the court, 2 of which must be female. Teams may play with 4 players (3:1 ratio). Teams may not play with less than 4 players.
- Each team is allowed one 30 second time-out per game with the exception of the last minute of the match.
- A ball hitting the ceiling (or other suspended object) and landing on the opposite side is a dead ball. A team may continue play if they hit the ball and it touches the ceiling (or other suspended object) on their side and comes back down on their side.
- Walls, bleachers and scorekeeper table are out of bounds. The ball is out of play & a play over directed if the ball contacts the basketball backboard/posts and would have remained playable if the object had not been present.
- Players are responsible for calling their own lines (on their side) if the referee is not able to. The boundary lines are considered in bounds.
- Each match will be a best of three series to 25, rally format. (The end of each rally will determine a point for the winning team, regardless of which team served the ball. The winner of the previous point will determine who serves.) A game is won by the team which first scores 25 points with a minimum lead of 2 points. Each game is capped at twenty-seven. Should the match go to a third game, it will be played to 15 or until time has expired.
- The first serve of game is executed by the team determined by the coin toss. When the receiving team wins the rally it garnishes the right to serve & rotates.
- The server must contact the ball within 8 seconds after the referee whistles for serve. Only one toss or release of the ball which is considered part of the serve action is allowed. A serve may not be blocked or attacked. It is a fault if the player completes the attack hit on the opponent's serve when the ball is entirely above the top of the net.
- Substitutions will be during the serving rotation and will enter in position 6 (middle back).
- A player entering the game late ( 3:2: ratio) can only enter the game in position 6 (middle back)
- At the time the ball is served, players on both teams must be in their correct positions. The regular clockwise rotation rule must be observed.