



**GENERAL RELEASE AND AGREEMENT TO PARTICIPATE  
EASTMONT METROPOLITAN PARKS AND RECREATION**

I am aware that participating in Eastmont Parks and Recreation activities can be dangerous and involve **risk of injury**. I understand that the dangers and risks of participating in Eastmont Parks and Recreation activities include, but are not limited to potential injury to the muscular-skeletal system as well as potential injury or impairment to other aspects of my body, general health and well being, and the cardio-vascular system. Eastmont Parks and Recreation participation can result in joint related injuries, broken bones, cuts, bruises, dislocations, head-neck-and-back related injuries, etc. My team captain or manager has explained specific hazards for each Eastmont Parks and Recreation activity in which I am participating, to me.

In consideration for being permitted to participate in Eastmont Parks and Recreation activities, I hereby voluntarily assume all risks of bodily injury or property damage associated with participation and agree to release and discharge the State of Washington, Eastmont Parks and Recreation, its employees, Douglas County CCA, Wenatchee #246 and East Wenatchee #206 School Districts from any and all liability, claims, causes of action or demands of any kind and nature whatsoever which may arise by or in connection with my participation in any Eastmont Parks and Recreation activities except those which are caused solely by negligence of Release.

Further, I am in good health, and I know of no medical reason why I a not able to participate in Eastmont Parks and Recreation activities. Additionally, if I have an existing medical condition, I will obtain a release from my doctor to participate in Eastmont Parks and Recreation activities and I will present this release to participate to the Recreation Supervisor of Eastmont Parks and Recreation located at 255 N. Georgia Ave., prior to any participation in a Eastmont Parks and Recreation program or event. Also, I agree to abide by the rules set forth by Eastmont Parks and Recreation and their designated officials.

I hereby consent to first aid, emergency medical care and if necessary, admission to an accredited hospital when necessary for executing such care, for treatment of injuries that I sustain while participating in Eastmont Parks and Recreation activities.

I understand that it is my obligation to have a health insurance policy in effect while participating in any Eastmont Parks and Recreation activity and to otherwise be responsible for nay and all medical expenses which may be incurred as a result of an accident while participating or practicing in any Eastmont Parks and Recreation activity.

I understand and agree that this General Release is governed by laws of the State of Washington and is intended to be as broad and inclusive as permitted by law and that if any part of it is held to be invalid, the balance of this General Release and Agreement to Participate shall continue in full force and effect.

I certify that I have carefully read all of the foregoing provisions, that I know and understand the contents hereof, that I have had the opportunity to seek legal counsel prior to signing it, and voluntarily sign this General Release and Agreement to Participate as my own free act.

**PLEASE TURN OVER**

**Eastmont Parks and Recreation  
2009 GASS VOLLEYBALL LEAGUE ROSTER**

Team Name \_\_\_\_\_ Circle One:    Men's    Women's    Co-Ed

Manager's Name \_\_\_\_\_ Manager's Address \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Asst. Manager's Name \_\_\_\_\_ Asst. Manager's Address \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_

(Signature on roster indicates that player has read and understood the General Release and Agreement to participate and the league rules. Must be at least 16 years old to play.)

<i>Player Name</i>	<i>Phone #</i>	<i>Address</i>	<i>Signature</i> <small>(Parent/Guardian Signature if under 18)</small>	<i>DOB</i> <small>(if under 18)</small>	<i>Date</i>
<b>Team Manager:</b>					
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					

**PLEASE TURN OVER**

## **OFFICIATING**

1. All grass volleyball games will be self officiated and scored. After each match, the winning team must report the game scores to the Parks & Recreation employee will be present to check teams in, to execute any necessary coin tosses, to record scores and to answer any questions participants may have regarding game rules.
2. Participants must behave respectfully and courteously in the spirit of fair play towards staff, teammates, opponents and spectators. They must refrain from actions aimed at delaying the game or taking unfair advantage. Grass Volleyball is self-officiated; participants should make decisions with sportsmanlike conduct. In case of a disagreement between teams a replay will occur.

## **PLAYER'S EQUIPMENT**

1. A player's clothing must be presentable and appropriate for the competition. Players may wear hats, visors or sunglasses at their own risk.
2. Players may play barefoot, in socks or in athletic shoes. If athletic shoes are worn, they cannot have any type of cleats or spikes.
3. It is forbidden to wear any objects that may cause an injury to a player, such as jewelry, pins, bracelets, casts, etc. Players may wear hats, visors or sunglasses at their own risk.

## **PLAYING AREA**

It is the players' responsibility to assure that all lines are in their proper location prior to the start of each play. Lines moved during play do not cause the rally to stop.

## **SCORING**

1. A team wins the match by winning the best 2 out of 3 games.
2. The first 2 games consist of rally scoring (with let serves) to 21 with a minimum lead of 2 points and capping at 24.
  - a. The 3<sup>rd</sup> game shall be rally scoring (with let serves) to 15 points with a minimum lead of 2 points and capping at 18.

## **GAME PLAY**

1. For the first game of a match, a coin is tossed to determine which team will serve and which side of the court each team will occupy. The team not serving first will have the choice of which side they want. On the third game, a coin will again be tossed with the winner choosing to serve or the side they want.
2. The rotation/serving order specified by the starting lineup must be maintained throughout the game. Teams do not have to rotate as long as the serving rotation stays the same. Players may be anywhere within their court at the time of the serve.
3. A ball is considered "IN" when its first contact with the ground is on the playing court or on a boundary line/rope. A ball is considered "OUT" when: its first contact with the ground is completely outside the playing court and it does not cause the boundary lines to move, it completely crosses the net outside the posts

or under the net after the attacking team's third contact or it touches an object out of play.

### **PLAYING THE BALL**

1. The ball may be played by any part of a player's body above or below the waist. The ball must be cleanly struck or hit and not lifted, held, carried, thrown, or visibly come to rest (even momentarily) at any time during the play of the game. A player may not play the ball twice in succession except in the following instances:
  - a. *When playing a hard driven spike, the ball may rebound from one part of the body to another and still constitute one attempt to play the ball,*
  - b. When there is simultaneous ball contact by teammates or opponents, or
  - c. When participating in a block. A player involved in any of the above may also hit the ball again without a penalty being called.

**A team may not play the ball more than three times before it crosses the net except when there is a block at the net and both players play the ball simultaneously. In this instance, the team is still allowed three more hits.**
2. Assisted hit: A player is not permitted to take support from a teammate or any object in order to reach the ball. However, a player who is about to commit a fault may be stopped or held back by a teammate.

### **PLAYER AT THE NET**

1. Players may partially or completely cross the center line below the net or outside the poles, before, during or after a legal play of the ball, provided that this does not interfere with the opponent's play. If it interferes then it is a fault.
2. Incidental contact with an opponent is ignored, unless such contact interferes with the opponent's opportunity to play the ball. If it interferes then it is a fault.
3. It is a fault for a player or player's clothing to touch any part of the net.
  - a. Exceptions: Incidental contact of the net by a player's hair or if a player's hat, visor or glasses fall off during play and then contacts the net.
4. When a ball is driven into the net or the wind blows the net and causes the net to touch a player, no fault is committed.

### **SERVICE**

1. It is the responsibility of the server to assure that both teams are ready for service and to announce the score. A player on the receiving team may stop play when not ready for a service as long as no attempt to play the ball is made. In this case, the rally is cancelled and replayed. Misuse of this privilege is Unsportsmanlike conduct.
2. If the server releases/tosses the ball for service but does not attempt to complete the service motion, the server will let the ball hit the ground and does a re-serve/toss. A player may only receive one such replay/re-toss during anyone term of service.
3. The server's teammates must not prevent the opponents, through screening, from seeing the server or the path of the ball. On an opponent's request, a player must move sideways, bend over or bend down.

# **Eastmont Metro Parks & Recreation Grass Volleyball Rules**

Current USA Volleyball rules will govern Grass Volleyball play except for the following:

## **League Administration:**

1. Must be at least 16 years old with a parent/guardian's signature to play.
2. League administration will be conducted by Eastmont Parks & Recreation.
3. Team enrollment is on a first come, first serve basis. Each team shall pay the league registration fee and submit a complete team roster and basic data sheet (see Basic Data Sheet for turn in date). Failure to do so will result in being omitted from the league.
4. Men's, Women's and Co-Ed Leagues are available. A participant may play in more than one league as long as they meet the criteria for each division, such as Women's and Co-Ed or Men's and Co-ed.
5. Established schedules are final unless weather prevents games to be played and those games will be rescheduled. No changes will be allowed unless approved prior to date or originally scheduled game. Failure to show up for any game will result in a forfeit.
6. Any rescheduled game will be made up at the discretion of the Park's Department.
7. Eastmont Parks & Recreation shall have final authority regarding rule interpretations, settlements of disputes and acceptance and/or rejection of any and all policies.
8. **NO** refunds of league registration fees will be made, for any reason, including team expulsion for rule violation.

## **TEAM COMPOSITION**

1. Teams cannot have more than 8 people on a roster.
2. The required minimum number of players to begin a match shall be 3, with a maximum of 4. Co-Ed teams shall comprise of 2 men and 2 women, 2 men and 1 woman or 2 women and 1 male.
3. Unlimited substitutions are allowed as long as one player doesn't occupy more than one position in the service order during a single game. Or a team may use free a substitution rotation where players rotate as if in a continuous line, each player rotates through all positions on and off court.

4. On the serve, the ball may touch the net while crossing over (Let Serve). This is not a fault.

### **ATTACK**

1. All actions to direct the ball towards the opponent's playing area, except in the act of serving and blocking are considered to be attacks.
2. A player may attack the ball at any height, provided that contact with the ball is made within the player's own playing space.
3. You cannot attack the serve.

### **BLOCK**

1. Blocking is the action of player(s) close to the net to deflect the ball coming from the opponent by reaching above the height of the net. This is not counted as a team hit and the team still has 3 hits to return the ball.
2. The first hit after a block may be executed by any player, include the player who blocked the ball.
3. The blocker(s) is not allowed to touch the ball beyond the net until the opponent has made contact with the ball.
4. There are no restrictions on which players may participate in a block.