



# Parks & Recreation Department

408 N Spokane Street • Post Falls, ID 83854  
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## Women's 4 Person Volleyball

## Spring Season

To: Volleyball Captains

Please read the information carefully as teams will be responsible for placing themselves in the correct division, if needed will move/combine divisions.

A Division = The Elite, our most competitive league!

B Division = Extremely competitive.

C Division = Competitive

D Division = Recreational

All divisions will be played on Sundays starting as early as 9:00a.m.

**ZERO REQUESTS WILL BE TAKEN REGARDING WHEN YOUR TEAM CAN PLAY.  
TEAMS MUST BE ABLE TO COMMIT TO PLAYING ANY TIME THROUGHOUT THE DAY!**

### **Enclosed in packet:**

1. A League Information Sheet -- please see this sheet for game starting dates.
2. Adult Volleyball Rules
3. A **Roster** -- Player names **MUST** be filled out and turned into the Recreation Department before the start of games. **An official roster must be must be filled out completely and turned into Robert by/on the first day of matches.**

**Roster & payment must** be received **no later** than the deadline date stated on the league information sheet.

**☒ TEAMS WILL NOT BE ACCEPTED AFTER THE DEADLINE! ☒**

When the rosters have been completed, please submit them to the Recreation office along with your team fees. **Only teams submitting the roster with the required fee will be accepted.** *Partial payments and incomplete rosters will not be admitted.* Can't make it into the office to register your team? No problem! You can also register online at <http://www.postfallsidaho.org/prrecreation.html>

Thank you for your cooperation.

Robert Bravato  
Recreation Coordinator

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#### OPEN GYM VOLLEYBALL

**Day:** Saturdays  
Seltice Elementary Gym  
12th Street and Chase Road, Post Falls  
**Times:** 6:30 - 9:30 p.m.  
**Fees:** \$3.00/visit

# POST FALLS PARKS & RECREATION DEPARTMENT WOMEN'S 4-PERSON VOLLEYBALL

## League Information Sheet

**DIVISIONS:**     A Division = The Elite, our most competitive league!  
                  B Division = Extremely competitive  
                  C Division = Competitive  
                  D Division = Recreational

**DAYS & TIMES:**     **All matches are played on Sundays** – Matches may begin as early as 9:00a.m. and will run throughout the day up until 10:00p.m. if necessary.

**ZERO REQUESTS WILL BE TAKEN REGARDING WHEN YOUR TEAM CAN PLAY.  
TEAMS MUST BE ABLE TO COMMIT TO PLAYING ANY TIME THROUGHOUT THE DAY!**

**WHERE:**             Seltice Elementary School Gym             Ponderosa Elementary School Gym  
                          Chase Road & 12<sup>th</sup> Street             2800 Ponderosa Blvd.  
                          Post Falls, ID 83854                     Post Falls, ID 83854

**FEES:**             Resident Team (**5 players & 50% Post Falls Residents**): \$180  
                          Non-Resident Team (**5 Players**): \$200  
                          Additional Player (**Rosters Exceeding 5 Players**): \$26 per player

**DEADLINE:**        COMPLETE team rosters must be in by **Friday, February 24**, or when full.  
**LATE ENTRIES WILL BE ACCEPTED ONLY ON AN AS NEEDED BASIS!**

**LEAGUE PLAY:**     **Set to begin Sunday March 11, 2012**

**League schedules will be available online and emailed to captains  
on or before Tuesday, March 6.**

<http://www.postfallsidaho.org/prrecreation.html>

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# POST FALLS PARKS & RECREATION DEPARTMENT ADULT VOLLEYBALL RULES

1. **TEAM CAPTAINS:** The playing captain is the **ONLY** player who can talk to the game referee.
2. **PLAYER REGISTRATION:** All players must be registered before playing. You may only play in the league for which you registered. In the **Recreation League**, a team can only have **one (1) upper-league player** on their roster. If a player is in question, the Post Falls Parks & Recreation Dept. will make the final decision.
3. **PICK-UP PLAYERS:** Your team may pick up a maximum of two player(s) registered in the **SAME OR LOWER** division as your team. **NO PICK-UP PLAYERS ALLOWED IN THE END-OF-SEASON TOURNAMENT! A player must be registered and play on your team for 2 weeks during the regular season to be allowed to play on your team for the tournament! If this player is not registered in the same or lower division the team must FORFEIT. If an injury takes place on tournament day and the team can not meet eligibility rules, they must also forfeit.**
4. **MATCHES:** Matches will consist of 3 games. Standing of games won/lost are kept to seed the end-of-the-season tournament.
5. **RALLY SCORING:** Games will be to 21 points with a 23-point cap. A point is awarded to the team who wins the volley, whether on a serve or side-out. Let serves (serves that touch the net) are allowed.
6. **SERVE-RECEIVE:** Open-hand sets are allowed for receiving serve. All multiple contacts are permissible in a single attempt to play the first ball. A held ball will be automatically called.
7. **FIRST CONTACT:** Multiple contacts on the FIRST CONTACT are allowed if these are made during one attempt to play the ball. The 1st contact is only ILLEGAL if it is "caught and thrown." (Rule 14.3.2)
8. **UNDER-THE-NET:** YOUR FOOT and YOUR HAND may now penetrate the opponent's court beyond the center line as long as SOME PART of your FOOT OR HAND is in contact with or DIRECTLY above the center line. (Rule 16.3.2.1)
9. **OVER-THE-NET:** You **MAY** block a ball which is completely over the opponent's court **IF**, in the referee's judgment::
  1. Your opponent has attacked or directed the ball toward **YOUR** court.
  2. Your opponent does not have any player in a position to play the ball.
10. **PLAY THE BALL** if it hits the CEILING: The ball is out of play **ONLY** if it contacts the ceiling over the opponent's playing area OR over the team's playing area then crosses the plane of the net into the opponent's court. (Rule 12.4.4.2) (THE BACKBOARD WILL STILL BE A REPLAY)
11. **4-PERSON VOLLEYBALL:** No open-handed, directional tipping is allowed. All players can attack and block the ball.
12. **CONDUCT:** Unsportsmanlike, rude, or offensive conduct or speech towards another player, team, or referee will result in the following actions:
  1. The 1st offense will result in a warning (**YELLOW CARD**).
  2. A second offense will be followed by a Penalty (**RED CARD**) and a point or side-out given.
  3. A third offense will be followed by an **EXPULSION**. (**RED AND YELLOW CARD TOGETHER**) Player must leave the gym and will be suspended for the next match.
  4. **IF SUSPENDED AGAIN AFTER THE THIRD OFFENSE, PLAYER WILL BE EXPELLED FROM THE LEAGUE FOR THE REMAINDER OF THE SEASON.**
13. **TIME-OUTS:** Each team is allowed 3 timeouts/match to be used at the team's discretion.
14. **MINIMUM NUMBER OF PLAYERS:** Pick-up player(s) can be used to meet the minimum number required to play. A maximum of **two** players can be picked up. Also, please see Rule #3 regarding pick-up players. **\*Because the object is to play the match, in coed 6's a team can play with four players, and in 4's a team can play with two players. Rules regarding ratio of men and women on the court still apply. (The Ghost rule will NOT be in affect at anytime)**

Teams must have the following number of players in order to play:  
COED 6: 4-player minimum: 3 women & 1 man, 2 women & 2 men. There can never be more men than women on the court, except in a 5-player situation, then there can be 3 women & 2 men or 3 men and 2 women. Rules regarding coed-6 will be used regardless of number of players on the court.  
COED 4: 2-player minimum: 1 woman & 1 man or 2 women  
MEN 4: 2-player minimum  
WOMEN 4: 2-player minimum

**\*Regarding the minimum number required to play, the players must be on your team's roster.**
15. **CHILDREN IN THE GYM:** Unattended children are **not allowed** in the gym during league play. If players bring children without an adult/babysitter to watch them, they will have to forfeit. This is a safety precaution for players, their children, and the staff. Please absolutely **NO** strollers, car seats, toys or any other objects that could be in the way of play!
16. The GYM SUPERVISOR'S word is **FINAL**.

