

**GREATER PLYMOUTH COMMUNITY CENTER**  
**Women's Quads Indoor Volleyball LEAGUE**  
**Rules & Regulations**

Release/Waiver Statement: The release/waiver statement is located on the roster sheet. All players must read the release/waiver statement, and then sign the roster sheet. Your signature on the roster sheet acknowledges that you have read and understand this statement. This form needs to be handed in no later than the date of your team's first game. New player(s) can be added to the roster up to the 3rd week in the season (Not the team's third game).

Playing Rules: Play will be in accordance with United States Volleyball Rules with the following additions and emphasis: (Note: When local rules are in conflict with the U.S.V.A. rules, local rules have precedence.)

- ❖ **DISORDERLY CONDUCT BY PROGRAM PARTICIPANTS OR THEIR FANS WILL NOT BE TOLERATED. EXCESSIVE LANGUAGE, VERBAL ASSAULT ON OTHERS, AND ALL OTHER DISRUPTIVE BEHAVIOR WILL RESULT IN EXPULSION FROM THE LEAGUE.**

**Women's Quads Indoor Volleyball League:**

1. Refs are not used in this league. Please call your own infractions.
2. Team captain or a team rep, when scheduled as the home team, for each court is responsible for picking up and dropping off their courts ball and score sheet. The captain or team rep is also responsible for recording the scores.
3. Each team is guaranteed at least 10 games in the regular season. Depending on the number of teams registered to play, some teams may play each other twice in the season.
4. Each match will consist of **five** games regardless of the outcome of the first four. Rally scoring will be used for all five games. In the first four games in the match, a game is won by the team which first scores 25 points, with a minimum lead of two points/cap 27 points. *In the fifth game the game is won by the team which first scores 15 points (no lead of two points in fifth game unless time allows; when time allows cap of 17 points).*
5. All dead balls must be rolled under the net, not thrown over the net.
6. Substitutions: Sub player for player. Unlimited substitution.
7. Teams are encouraged to arrive early to warm-up. A five-minute warm-up time will be provided between matches.
10. Time Outs: One thirty second time-out per game will be allowed per team.
11. In the event any rule needs to be changed; the team captains will be notified in writing regarding any changes to these rules.

**Player Information/Eligibility**

- Women 18 years of age and older are eligible to participate. A driver's license may be required to verify age.
- A player is eligible if they have read the rules and regulations and signed the roster sheet with the release/waiver statement. After game 3 in the season no new player(s) can be added.
- Four players will constitute a team

**Forfeits**

- Teams will be allowed to begin with a minimum of two players. As additional players arrive they may be added. If you know that you do not have enough players please call the Community Center at 610-277-4312 and let them know your team will be forfeiting that game. If a team fails to have three players at 10 minutes beyond the scheduled start time, they will forfeit the first game. The second and third game will be forfeited after an additional 5 minutes.

- Team captains are responsible for calling the league coordinator at the GPCC if your team plans to forfeit. We will make every attempt to notify the other team's captain of the forfeited game.
- Forfeits will be made up provided the schedule allows. The GPCC staff will make the final decision.
- Forfeits called in after 4:00 PM will stand as a loss.
- Only 2 forfeits per team can be made up

#### Play-offs (Unsure of playoff schedule for Quads league)

- ❖ The top **four** teams will advance to a single elimination play-off tournament at the end of the season. If a tie occurs, the following criteria will be used to determine who participates in the play-offs:
  - a. total head to head games won
  - b. total head to head # of points scored
  - c. total points of all games played.
  - d. a coin toss
- ❖ In the case of multiple team (3 or more) ties, the team with the best head to head record among the tied teams will receive the higher position. Winning percentages may be used.
- ❖ A player must play in at least 3 games in the regular season in order to qualify to play in the play-offs. Rosters will be checked before play-offs.
- ❖ The following rule changes will be used for the play-offs:
  - a. best 3 of 5
  - b. games have no time limit but a cap of 27

#### Miscellaneous

- Team captains are responsible for informing their teammates about the game times, changes in schedules, notices, cancellations, rules and regulations of the league, etc.
- Team captains need to give **daytime** and evening **phone number** so that we can contact you in case of a forfeit or last minute change. If the captain will not be available for any week during the season, they should contact the league coordinator and give the phone number of their replacement for the week in case of a forfeit.
- Team Names: when choosing a name for your team, please remember this is a family oriented community center. The GPCC reserves the right to ask you to change your team name if it has a derogatory connotation. Those teams with sponsors usually use their sponsor's name.
- Weather cancellations are **not** called to you. On questionable days, you need to call the Community Center at (610) 277-4312. We suggest that the captain call us and have the team members call the captain or set up a chain for calls.
- No tobacco chewing, no smoking, no profanity anywhere on the community center grounds.
- Alcohol & Drug Policy: Per Plymouth Township ordinance, no alcohol or drug use will be tolerated in the GPCC or its property. No player shall appear on the court under the influence of alcohol or drugs in such a manner as to not have control of his/her faculties to the extent that there is a chance of physical injury to him/her or others (police will be involved). Minimum penalty, ejection from the GPCC property and/or suspension from team's next scheduled game.
- Uniforms: It is recommended that all teams have matching colored t-shirts.
- **Children:** due to their short attention span, we ask that all children sit next to parents and be under supervision at all times. This would help prevent any accident or interference with the games. If the only parent attending is playing, that parent is responsible to have a friend in charge of his/her children during the game.

- Lost Items: The GPCC assumes no responsibility for lost or stolen property.
- Water or sport drinks are permitted provided it is in a plastic container with a secured lid (no glass or metal containers permitted). Please help us keep our community center park clean by taking your trash with you.
- The Greater Plymouth Community Center has no provision for accident insurance for players or spectators, nor will it assume any responsibility for accident or injury in conjunction with this program for its players and spectators.
- Weekly standings will be posted on the clipboard along with the score sheet for the night's games. If your team would like a copy to take with you, please ask the league coordinator. All discrepancies need to be brought to the attention of the league coordinator immediately.
- Community Center Staff will set up the nets, provide line boundaries, provide a sand volleyball, provide score sheets, maintain standings, set-up playing schedule, handle conflicts, and provide first aid supplies, prizes for tournament winners.
- Any questions, comments, or concerns regarding the league should be directed to Luke McCarty at (610) 313-8680.

Updated May 15, 2014