



Bring on SUMMER!

We will have Beach Volleyball back this summer!

Sundays at 5:30 -dark

Hoover Ridge Park, Sand Volleyball Court

Important Information

Sundays June 14 - August 2

- \$40/person, must be on a team
- Min team 3, Max team 7, up to 4 on court at a time
- **Mandatory Coaches Meeting Tuesday June 2, 6:30pm**
- **Team Registration forms and payments due by 06/01/20**
- **Go to www.hooveridge.com/womensvolleyball to register.**

Max 6 total beach teams

Open to women ages 14 and up

For more information or individual looking for team: Please contact Lindsay Von Herbulis, Commissioner, at lindsay.mcparcsrec@gmail.com or message me via Facebook. You may also call 540-308-1247.



M CPR Beach/Grass Volleyball 2020 with COVID Restrictions

Rules

1. High School Rules apply unless modified below
2. COVID-19 Waiver must be completed online before play.
3. Players must be 14 and up. All players must read and sign liability form before playing. Players under 16 must have a parent/guardian sign. There will be no exceptions.
4. Players who currently play on any high school sports team must provide written permission from coach to play before 1st game.
5. Only 4 people on the court at a time. Minimum of 3 to play. Matches will start at scheduled time. You will forfeit your first set if 3 players are not ready to play at scheduled play time. You may play the forfeited set if opponent agrees. The second set will be forfeited after the first game is completed if team still does not have the required number of players.
6. Teams must present a roster before first game of season. No players are allowed to play unless on roster or approved substitutes. Teams are allowed to carry up to 7 people on roster but only 4 players on the court at a time. In case of injury, teams will be allowed to replace one injured player per session.
7. Back row may not attack in front of the attack line (referee judgement on sand and grass courts)
8. Players may not attack or block a serve
9. Substitutions may be as followed but must stay the same way throughout the match:
 - a. Players may sub in and out for the same person throughout the match
 - b. Players may rotate in for server after their serve.
10. Teams will play 3 games to 25. Sets must be won by 2 points.
11. Players may hit the net on the way down from a block (not the tape at the top) or if they are not involved in the play. If they are involved in the play, or if they contact the top tape while involved in a play, it is a violation.
12. Teams may warm up with their own volleyballs. M CPR volleyballs must be used during play. Please make sure that all balls are secured.
13. This league is intended for friendly fun competition for all levels. This league is designed to help players grow and have fun.
14. Please be respectful and use good sportsmanship at all times.
15. We are excited to have MCHS students and Varsity volleyball players officiate for us. Please respect them and their calls. All calls are final. There will be no tolerance for arguing or being disrespectful with referees. After an initial warning, please note that the referees will have the authority to award points to the opposite team for offenders who repeatedly argue calls or are disrespectful to the referee during a match. The player will be asked to leave the match and gym after 3 points are given.

Housekeeping

- Please park in designated areas. Teams are not allowed to park past the Silos.
- Please discard any trash in proper receptacles.
- No spectators are permitted.
- No unattended children.

Team: _____

Team Members:

_____	_____	_____
_____	_____	_____
_____	_____	_____