Yakima Elementary School Locations:

-Gilbert – 44th Ave & W. Lincoln
-Whitney – 44th Ave & Nob Hill
-McClure – 1222 S. 22nd Ave – Behind Safeway on So. 24th Ave
-Roosevelt – 16th Ave & Summitview
-Lewis & Clark Main & Aux – 1114 West Pierce St.

TEN TIPS TO KEEP YOUR SPONSOR SMILING

1. Know who your sponsor is and why they are sponsoring your team.

2. Patronize their business as often as possible. Don't go in only to ask for money.

3. Give them a listing of your schedule, win/loss record, newspaper clippings and pictures you may have. Keep them posted of your progress.

4. Give them a listing of tournaments you are planning on playing in. Make sure you let them know how you did. Return any money that you didn't use.

5. Invite them to special events you may be having as a team (barbecues, picnics).

6. Plan a special event just to thank them!

7. Since you are representing their business, look and act presentable in your uniforms and your actions.

8. Support other teams' sponsors. This helps promote volleyball as a whole.

9. Send them a thank you note or gift to show your appreciation.

10. Remember . . . your sponsor doesn't owe you anything. It's up to you to show them that they made a good decision in sponsoring your team.

LOOKING FOR A NEW SPONSOR?

1. Find out who's not sponsoring (national studies show that 10% of the businesses sponsor 90% of the teams).

2. Know exactly how much money you need and don't ask for more. Know exactly how you'll use the money.

3. Understand that they run on a budget. Find out when they plan their budget or what time of the year they allocate money.

4. Send the right person to the business.

5. Contact the right person within the business.

6. Don't just walk in and ask for money, set up an appointment.

7. Be prepared to answer questions. Sponsors will ask you a variety of questions, things like . . . Why should I sponsor you? What are my benefits? How much? For what?

VOLLEYBALL RULES

I. PLAYER ELIGIBILITY AND ROSTERS

A. All players must be sixteen (16) years old or older.

1. Players under 18 must sign a parent release form.

B. All players must sign the original roster prior to participating.

1. Once the original roster has been receipted in, players must sign the roster at Parks and Recreation.

2. An open roster format will be used.

3. Players can be added up until the last league match.

C. Scheduling conflicts may not be avoided for multiple league participants.

D. For league play only:

1. Rec and Rules players may use substitutes from any other Rec and rules team; however, substitutes can only come from the next two levels above (i.e., an "E" level team may have a substitute from a "C" or "D" level team but not from an "A" or "B" level team), or any league below.

2. You are only allowed two substitutes off another team's roster on the team & court at all times.

E. Protest for rule interpretations and ineligible player or players

1. Submit the following to Parks and Recreation by 4:30 p.m. of the second working day following the incident.

a. Completed protest form.

b. Complete written explanation of what happened.

c. $25.00 protest fee for all rule interpretations only; no protest fee will be charged for ineligible player protest.

2. The referee must be notified at the time of the protest before the next serve (except for ineligible player protests).

3. It must involve a dispute over the rules -- not judgment calls.

4. Failure to follow any of the above will void your protest. Any voided or upheld protest will result in forfeiture of the $25.00 fee. If the protest is upheld, you will be refunded the $25.00 fee.

II. GENERAL GYM COURTESIES

A. Children are allowed inside the gym provided they are not a hazard to play, themselves, or spectators; **and they are being supervised by an adult**. If, in the opinion of the official or gym supervisor the children are not being adequately supervised or are behaving in such a manner that they may interfere with play, they may be required to leave the facility immediately. The following are recommended guidelines:

1. Children under 13 years of age must be directly supervised by a non-participating adult.

2. Children must remain seated in the bleachers or against the wall with the supervising adult.

3. Children may not play with toys that may interfere with play, i.e. balls, cars, etc.

4. Children may not play on any school equipment, i.e. bleachers, gymnastics equipment, etc.

CHILDREN WILL NOT BE SUPERVISED BY CITY STAFF. THEY ARE THE RESPONSIBILITY OF THEIR PARENT(S).

B. Soft soled shoes must be worn during the game. Please do not wear game shoes to the gym. Dark soled shoes such as joggers cannot be worn on the gym floor. **NO EXCEPTIONS.**

C. Please do not enter the gym until the preceding activities have finished.

III. LEAGUE ADMINISTRATION

A. A pre-season tournament will be conducted to equalize the competition in the Rec and Rules League.

1. Classification of teams into divisions will be based on the League Administrator's assessment of personnel, Officials Judgement, past season's performance, and the pre-season tournament performance.

B. Game Reschedules

1. If a match is to be rescheduled due to a gym cancellation or other extenuating circumstances, the team will be given seven (7) days notice of the new time. The new time is permanent and subject to forfeit rules. Teams may request matches to be rescheduled not less than two (2) weeks prior to the scheduled match.

2. However, if a request is made to reschedule a match for the first week of play, the two week notice will not apply.

3. Teams requesting the reschedule shall fill out the appropriate form at Parks and Recreation and pay a twenty-five dollar ($25) processing fee.

4. Reschedules will be handled individually, and if approved by the Athletic Coordinator, will be processed only as courts are available. Pre-season games will not be rescheduled.

C. The winning coach shall call in the scores to the scoreline **509-576-6498** by 9:00 a.m. of the following business day. They will report the win/loss record for that night only, not the scores, For Example Team A Beat Team B 2 games to 1.

1. League standings will be reported in the Yakima Herald once a week.

2. Failure to call in scores may result in forfeiture.

D. End of season standings will be determined by the total match wins vs. losses.

1. If a tie for 1st place results, the winner will be determined by:

a. Head to Head Match
b. Co Champions

IV. GAME ADMINISTRATION

A. All matches will start on time according to the schedule.

1. All teams will have a five minute grace period to field a team per game. After this time, the game will be forfeited.

2. Play for fun games, when a forfeit is involved, must not interfere with the start of the next match.

3. Reschedules will be authorized for games canceled by the Parks and Recreation Office, facility unavailability, and official "no-shows".

B. Team roster information including the first and last names of all players shall be given to the official five minutes prior to the scheduled match time.

C. At the beginning of the match the official shall call the coaches together for a coaches meeting to explain any unusual circumstances.

V. PARTICIPANT CODE OF CONDUCT

A. CONDITIONS

1. The Code of Conduct applies to all participants including players, coaches, managers, and sponsors involved in any Yakima Parks and Recreation sponsored or co-sponsored adult leagues or tournaments.

2. The Code will be strictly enforced.

3. The Code applies to participants' conduct before, during and after all league and/or tournament games.

4. Participants will be held liable for damages caused by willful destructive misconduct.

5. It is the responsibility of each team manager to insure that all participants and their spectators know and adhere to the rules and regulations.

B. ENFORCEMENT

1. The Athletic Coordinator has the power to impose penalties as prescribed within the Code.

2. Within five (5) business days the penalized participant may appeal in writing any decision made by the Athletic Coordinator.

C. VIOLATIONS AND PENALTIES

1. **WARNING:** For minor unsporting offenses such as talking to opponents, spectators or officials, shouting or other minor unsporting acts that disrupt the game, a warning (**yellow card**) is issued.

    a. A second minor offense during the same game by the same team member results in a penalty (**red card**).

2. **PENALTY:** For rude behavior, a second minor offense or other serious offenses, a penalty (**red card**) is issued.

    a. A penalty automatically entails the loss of service by the offending team if serving, or if not serving, the awarding of a point to the opponents.

b. A second act warranting the issuing of a penalty to a team member during the same game results in expulsion.

3. **EXPULSION:** Extremely offensive conduct (obscene or insulting words or gestures) towards officials, spectators, or other players results in expulsion of a team member from the game (**red and yellow cards together**) in which the offense occurred.

   a. The player must leave the playing area and not return until the next game of the match.

   b. Another expulsion by the same player in the match results in disqualification.

4. **DISQUALIFICATION:** A second expulsion during a match or any feigned, attempted or actual physical aggression towards an official, spectator, or opponent results in the disqualification of the team member for the remainder of the match.

   a. A disqualified team member must leave the area (including spectator area) of the match. No further penalty is assessed.

      1) Warning.....yellow card is shown
      2) Penalty.....red card is shown
      3) Expulsion.....yellow and red card held together
      4) Disqualification.....yellow and red card held apart

5. **Discussion of an official's decision.** No participants other than team captain or manager, or the designated team captain, shall discuss in any manner an official's decision.

   a. Offenders will be warned by the official.

   b. Continued discussion shall be judged as unsportsmanlike conduct and the offender will be subject to penalties as prescribed in Section C-2.

6. **Alcoholic beverages.** No participant shall be in possession or consume an alcoholic beverage or appear in an intoxicated state.

   a. The official will immediately eject said participant and notify the Athletic Coordinator. Said participant will remain suspended until he or she has been reinstated by the Athletic Coordinator.

   b. The decision to eject a participant because of intoxication will be a judgment decision and will not be challenged.

c. A subsequent second ejection of the same participant will result in the same participant's suspension from all Yakima Parks and Recreation sponsored leagues for one calendar year.

7. **Smoking.** No participant shall smoke in any portion of an indoor facility or on the premises of the facility.

   a. Offenders shall be warned by an official or the Recreation staff member.

   b. Continued offense shall be judged as unsportsmanlike conduct and the offender shall be subject to the penalties as prescribed in Section 7-a.

8. **Ejection.** Failure to leave. Any participant disqualified from a match by an official must immediately leave the facility out of sight and sound.

   a. Failure to do so will carry a penalty of forfeiture of the match for said participant's team, and the said participant will be suspended from all Yakima Parks and Recreation sponsored league activities for one calendar year.

VI. VOLLEYBALL RULES

A. GENERAL RULES

1. **Adjacent Courts.** Where competition (including warm-ups which precede a match) is being conducted on adjacent courts, no player may penetrate into an adjacent court before, during, or after playing the ball.

   a. Where adjacent courts are in use at the start of a match, the courts shall be considered in use until conclusion of play.

2. **Time-Outs.** Each team is allowed two time-outs in each game.

   a. Consecutive time-outs may be requested by either team without the resumption of play between time-outs.

   b. The length of time-out is limited to 15 seconds.

3. **Player's Uniforms.** **It is forbidden to wear headgear or jewelry** with the exception of medical medallions, religious medallions, or flat wedding bands.

a. If worn, medical and religious medallions must be taped under the uniform.

b. If a ring other than a flat wedding band cannot be removed, it must be taped in the manner as to not create a safety hazard for other personnel.

4. **Change of Playing Areas Between Games.** After each game of a match, except when a deciding game is required, teams and team members will change playing areas and benches.

5. **Interruption of Play.** As soon as the referee notices an injured player or a foreign object on the court that could create a hazard to player(s), play will be stopped and the referee will direct the play over when play is resumed.

6. **The Service.**

a. The server shall have **five seconds** after the referee's whistle in which to release or toss the ball for service. **The server may serve from anywhere behind the back line.**

b. After being clearly released or thrown from the hand(s) of the server, the ball is cleanly hit for services. (EXCEPTION: If, after releasing or tossing the ball for service, the server decides not to hit the ball, the server CAN catch the ball. The service effort shall be canceled and re-serve directed. However, the referee may not allow the game to be delayed in this manner more than one time during the service.)

c. At the instant the ball is hit for service, the server shall not have any portion of the body in contact with the end line. **The server may serve from anywhere behind the back line.**

d. If the ball is served before the referee blows the whistle, the serve shall be canceled and re-serve is directed. The referee will not allow a player to delay the game in this manner more than one time.

e. The server shall not be allowed to delay service after the referee's whistle, even if it appears the players on the serving team are in the wrong positions or are not ready.

f. The service is illegal when:

1) The player serves while in contact with the floor outside the serving area.

2) The ball is thrown or pushed for service.

3) The service is not made following the correct rotation order.

4) The ball must be served within **five seconds** after the referee blows the whistle.

g. On the serve, if the ball touches the ceiling or any other immovable obstruction, **other then the net**, the team serving loses the serve unless determined otherwise by the official.

7. **Changes of Service.** The first server for each team is the right back player at the start of the game.

8. **Screening.** The players of the serving team must not, through screening, prevent the receiving player(s) from watching the service of the ball. Screening is illegal and a fault.

9. **The Position of Players.** All players, except the server, must be fully on the court at the time the ball is contacted for service.

10. **Maximum of Three Team Contacts.** Each team is allowed a maximum of three (3) successive contacts of the ball in order to return the ball to the opponent's area.

11. **Contacted Ball.** A player who contacts the ball, or is contacted by the ball, shall be considered as having played the ball.

12. **Contact of Ball With the Body.** The ball may be hit with any part of the body on or above the waist.

13. **Successive Contacts.** Players **may have** successive contacts of the ball during blocking and during a single attempt to make the first team hit of a ball coming from the opponents, even if the ball is blocked, provided there is no finger action used during the effort and the ball is not held or thrown.

a. Any other player contacting the ball more than once, with whatever part of the body, without any other player having touched it between these contacts, will be considered as having committed a double hit.

14. **Attack Hit.** A hit by a player in an intentional effort to direct the ball into the opponent's court.

a. A third hit by a team is considered to be an attack hit regardless of the intention.

15. **Attacking Over the Opponent's Court.** A player cannot attack the ball on the opposite side of the net.

    a. If the ball is hit above the spiker's side of the net and then the follow-through causes the spiker's hand and arm to cross the net without contacting an opponent, such action **does not** constitute a fault.

16. **Attacking From the Back Row.** If a backline player jumps from the floor clearly behind the attack line, the ball may be spiked or intentionally directed into the opponent's area regardless of where the player lands after hitting the ball.

17. **Reception of the Ball.** Contact with the ball must be brief and instantaneous. When the ball is hit hard, or during setting action, it sometimes stays very briefly in contact with the hands of the players handling the ball. In such cases, contact that results from playing the ball from below, or a high reception where the ball is received from high in the air, should not be penalized.

    The following actions of playing the ball **should not** be counted as faults.

    a. When the sound is different than that made of a fingertip hit, but the hit is still played simultaneously with both hands and the ball is not held.

    b. When the ball is played with two fists closed on a 2nd or 3rd hit and the contact of the ball is simultaneous.

    c. When the ball contacts in the open hand and rolls off the hand backwards without being held.

    d. When the ball is played correctly and the player's hands move backwards, either during or after the hit.

    e. When a poorly hit ball is caused to rotate (such as a defective spike where the ball is spun and not hit squarely or a set ball that is caused to rotate due to improper contact).

18. **Service Received.** Receiving a served ball with an overhead pass using open hands **is allowed.**

19. **Simultaneous Contacts.** The ball may contact several parts of the body above the waist at the same time legally, on the first hit of any volley, provided the ball is not held.

20. **Simultaneous Contact of Ball by Opposing Players.** During the contact of the ball simultaneously by opposing players, the referee must not

blow the whistle unless the ball is momentarily suspended between the hands of the opposing players, and clearly comes to rest. In such case, the ball must be replayed without a point or change of service being awarded.

21. **Player Contact With Net.** If a player's action causes the player to contact the net during play, whether accidentally or not, with any part of the player's body or uniform, that player shall be charged with a fault.

    a. If the ball is driven into the net with such force that it causes the net to contact the player, such contact shall not be considered a fault.

    b. Hair is allowed to touch the net.

22. **Simultaneous Contact of Net by Opponents.** If opponents contact the net simultaneously, it shall constitute double fault and the referee shall direct a replay.

23. **Ball Penetrating or Crossing the Vertical Plan.** A ball penetrating the vertical plane of the net over or below the net, whether over or outside the court, may be returned to the attacking team's side by a player of the attacking team, provided the ball is not yet completely passed beyond the vertical plane of the net when such contact is made. A ball which has penetrated the vertical plane above the net may be played by either team.

24. **Contact with an Opponent's Area.** Contact with an opponent's area may only occur with a foot or feet.

    a. Contacting an opponent's area with the hand or other part of the body other than the foot or feet is a fault.

    b. Touching the opponent's area with a foot or feet is not a fault providing that some part of the encroaching foot or feet remain on or above the center line.

25. **When the Ball Becomes Dead.**

    a. The ball touches the antennae or the net outside an antennae.

    b. The ball does not cross the net between the antennas.

    c. The ball strikes the floor or floor obstructions or wall.

    d. The ball makes contact with the ceiling on the opponents side after being hit by the attacking team.

    e. A player commits a fault.

    f. A served ball contacts other objects besides the net.

g. The first or second referee blows the whistle, even though inadvertently.

h. When the ball hits the ceiling net.

26. **Ceiling Contact by Ball**. Players are allowed to play the ball if it stays on your own side and you still have a hit left.

27. The official will toss a coin for the service.

a. Teams will change sides and serves after each game.

b. There will be a re-toss before the deciding game.

28**.** Because official scorers will not be used, the server must call out the score in a loud, clear manner before each serve.

a. Each team must provide a team representative (coach) to act as spokesperson during the game.

29. **If on the serve the ball hits the net between the antennas and goes over the net it is legal & playable.**

B. **REC & RULES MODIFICATIONS**

1. A match consists of three straight games. Each game counts towards your final record.

2. Games will be to 25 with a two point advantage; however, the first team to 27 points shall win.

3. The serving order and positions on the court at service shall be an alternation of male and female, as much as possible, or vice-versa.

4. When the ball is played more than once by a team, at least one of the contacts shall be made by a female player. Exception being in the A division where there is no requirement for a female to contact the ball.

   a. Contact of the ball during blocking shall not constitute playing the ball.

   b. There is no requirement for a male player to contact the ball, regardless of the number of hits by a team.

5. You can have two male blockers at the net at any given time.

6. A team must have four players to start a game**, two of these must be female.**

   a. Playing options:
      1) No limit of women up to six.
      2) Up to three men.

7. Wherever possible, the height of the net for Co-Ed play shall be 2.43m. (7' - 11 5/8").

8. You cannot block the serve!

9. You cannot contact the ball below the waist.(No kicking or kneeing the ball)

10. Receiving a served ball with an overhead pass using open hands **is allowed.** (**You can set the serve**)

11. *** You are only allowed 2 male hitters at the net every other rotation. So if you are playing short a female, remember every other rotation at the net you must have only one male hitter.**

12. Substitutions must be made at the same position on the court for the entire game. Both male and female must rotate in at the same position. Male for male and female for female

13. **Libero (Defensive Specialist):** Teams may have one male and/or one female Libero. He/she can only replace a back row player, must be male for male & female for female and remain in the back row. This does not change the normal substitution rule.