

St Mary's County - Church Volleyball League

2009-2010 Season - Cost per team: \$100

Goal: Competitive Fun, Exercise, Christian Fellowship and Witness

Basic Guidelines: *Edits made to these guidelines this year are in red.*

Option 1: Playing 4 games at Leonardtown Baptist Church on Mondays and Tuesdays and 4 games on Tuesdays at Patuxent Presbyterian Church. (Supports a total of 24 teams)

Time slots Mondays 6:00pm, 7:00pm, 8:00pm and 9:00pm at LBC

Tuesdays 6:00pm, 7:00pm, 8:00pm and 9:00pm at Pax Pres

Tuesdays 6:00pm, 7:00pm, 8:00pm and 9:00pm at LBC

Option 2: *Playing 3 games at Leonardtown Baptist Church on Mondays and Tuesdays and 3 games on Tuesdays at Patuxent Presbyterian Church. (Supports a total of 18 teams)*

Time slots Mondays 6:15(6:30), 7:30pm(7:45), 8:45pm(9:00) at LBC

Tuesdays 6:15(6:30), 7:30pm(7:45), 8:45pm(9:00) at Pax Pres

Tuesdays 6:15(6:30), 7:30pm(7:45), 8:45pm(9:00) at LBC

Proposed Season:

Two Divisions: A & B

A Division: Teams interested in playing volleyball in a Christian atmosphere with more competitive teams. A Division will include the top 6 teams from last year's season along with other teams interested. Coaches for Division A Teams will be responsible for supplying referees for each weeks games. League schedule will reflect each team's responsibility for a given time slot.

B Division: Teams interested in playing volleyball in an atmosphere where great fellowship between other teams is the objective. As in past seasons, division B teams will be responsible for refereeing themselves.

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Schedule

Practice on Sept. 28, 2009. Practice game times will be delivered via email. Time slots will be either Option 1 or 2 above depending on the number of teams.

Playoffs are April 12-13, 2009 at either LBC or Pax Pres (Both divisions top 4 teams play single elimination amongst their own division).

Last year we introduced a mixed night. Once a month we mix players together from each church to play for fun as a way of encouraging fellowship over competition. These games will not count in the standings.

Location

Games are to be held at Leonardtown Baptist Church and Patuxent Presbyterian Church using either option 1 or 2. This will be decided before our Sept. 28 practices

LBC is located on Rt 245 between Rt 235 Hollywood and Rt 5 in Leonardtown.
23520 Hollywood Road, Leonardtown MD 20650

Pax Pres is located at the corner of Kingston Creek Rd and Rt.4 about 0.8 miles south of the TJ Bridge at 23421 Kingston Creek Road. We're on the left-hand side headed toward the bridge.

Facility Rules

**** Warm-ups using the lobby outside the fellowship hall at Pax Pres and LBC are prohibited due to risks of discharging the sprinkler system. Warm-ups inside the hall should remain at or below the "smooth" stone wall (approx 3 ft high) in order to protect the exit signs, fire alarm pulls, and soundproofing panels from damage. The playground supports the church pre-school and is not for use by the volleyball league.**

Please use non-marking sports shoes on our multipurpose floors. You will be asked to take them off if they mark the floor. (Note: Sports shoes that have black soles and contain carbon – running shoes - are the typical culprits. The tan or colored gum rubber-soled shoes are best for indoor floors, as they are non-marking and have excellent traction. [See www.Zappos.com or www.Shoes.com for great selection of volleyball specific sports shoes in your size, next day shipping is free and free shipping for returns.]

Net height should be kept at 7' 11" from floor at both church sites.

Professional volleyballs will be used meeting USA Official specs. Tachikara SV-5WS Sensi-Tech (soft touch.) USA Volleyball Rules state: "It's color may be a uniform light color, or a combination of colors.

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Synthetic leather material and color combinations of balls used in International Official competitions should comply with FIVB standards. It's circumference is 25.6" to 26.4" and its weight is 9-10oz. Inside pressure shall be 4.26 to 4.61 psi. (Age 12 and under rules are same except weight of 7-8oz.)

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Division Rules

Good sportsmanship and no foul language is expected. 1st offense a player receives a warning and 2nd offense of the night the player leaves the court for the night.

Team rosters are unlimited, coed, with age range from 13 and up (must reach age 13 during season.) **for Division B and 15 years old or in 9th grade for Division A.** Open registration means one may join a team at any time.

At least 6 players make a team roster and minimum of 4 to play without forfeit. Max of 6 players on a team on the court at a time, rotating additional players from the side as necessary. Players have the option of playing on more than one team. **If a team is unable to fill the minimum requirements(4) to play without forfeit or has the minimum and wants to add additional players each coach must agree or the team must forfeit.**

Games must end by the times **listed using either option 1 or 2.** Verizon cell phone time **can** be used as official time **in order to be consistent among games.**

Teams take turns keeping score. Host site provides score flipper.

Team losing the game gets to begin serving the next game of the series.

Rally play with first team to reach 25 points wins the game, (must win by two). At the end of the scheduled game hour the games must end and team with most points is the winner of that last game.

All 3 games count for season points. Each team will email game results to **Dean Gass within 2 days.** **Email will be provided under separate cover.** Results are then posted on web site when all scores are recorded.

The facilitator for this season will be Allen Campbell. You can contact him at arc32@md.metrocast.net.

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Technique Rules:

Rotate in extra players from either sideline.

Teams switch sides each game.

Volley for serve for 1st game. Use the center front line to toss the ball and begin the volley. The ball must cross the net at least 3 times for the volley to count. The team that wins the volley begins serving Game 1. Losing team gets to start serving the next game.

Server can be anywhere behind the back line. Stepping on the service line during a serve is not a fault. Stepping over the line is a fault. Balls touching the net when served are allowed.

LBC has low ceiling at both ends of court. Due to this lower ceiling, the server is allowed **one retry per game if hitting the lower ceiling. During play, when a team hits the ball into their side's lower ceiling and the ball is not playable, a point is awarded to the other team. (NO redo's).**

Every served ball counts as a point no matter who served it (rally points).

Coaches must instruct players to not carry or throw the ball. Blatant carries will not be allowed. A sudden, sharp change in ball direction is typically the result of a carry and should be called.

No one should touch or hit the net during play. You cannot climb the net or pull on the net during play.

Any contact with the net during a spike or block is a net violation and will be called. A spiker may follow through over the net, so long as initial contact of the ball was on the spiker's side of the net.

Back row players will need to be on the floor and not leaping if spiking from the front row. Back row players can jump to spike if they leave the floor behind the 10ft line.

Back row players are allowed to block at the net but their feet must stay on the floor.

The blocker cannot reach over the net to block except on an attack hit by the offense. (eg. if the offense's first hit is close to the net and the second hit is a set, the blocker cannot reach over the net and block the set).

Blocking or spiking of serves is NOT allowed. Blocking hands can curl over the net but do not touch the net or it is a foul. **Front row player's feet must stay on the floor during the serve.**

A "true" block does not count as a hit. A blocker may re-hit his blocked ball and three hits after a block are still valid.

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Coming down with a foot under the net on the opponent's side is only allowed if part of the foot is still touching the middle line. Beyond that is a foul. (This is to try to prevent you coming down on another's foot and spraining your ankle.)

You can't return a ball over the net and hit the opposing team's ceiling. But you can play off your own ceiling but not the walls. Walls (Left and right side Walls) or basketball backboards are out of play. At LBC's court, we are going to allow your side to play off of the blue vertical section of your ceiling.

Please do not spike the ball intentionally into the ceiling to prevent damage.

Balls can be returned with any part of the body. Knees and feet are acceptable in current USA Official rules. Getting the foot under the ball for a return is permissible, but kicking the ball is not. Never kick the balls and store securely in provided locking mesh bag after the games so the balls are not used and abused by others. The bladder in these balls will shift when it is kicked and it will leak air thereafter. We experienced two leaking balls this past season. So a blatant kick is a foul.

After the completion of the 3rd game, please leave the court and pray so that the next teams may quickly get on for their allotted warm up time.

Fees:

Payment of \$100 will be collected by Allen Campbell Sept 21, 2009 through Oct 12, 2009. Make checks payable to Leonardtown Baptist Church, cash may be used. Money will be distributed to LBC and Pax Pres host churches for maintenance and equipment costs.