

# Power Volleyball Rules

1. The following rules and regulations are set by the Parks & Recreation Department so that each individual will have a good time.
2. Do not enter the building earlier than 15 minutes before the first game.
3. The program supervisor is a member of the Parks & Recreation Department staff and should be shown the same respect as you expect to be shown in your job. He or she is the representative of the department and his or her word is final.
4. This league is officiated by the players on the floor. It is up to each team to call violations on their side of the net. Please be fair. The supervisor will keep a score summary sheet but will not make calls. If in doubt on a call, play the point over. Winning team must report the score to the supervisor.
5. Poor conduct will not be tolerated. If an individual cannot maintain good sportsmanship the Parks & Recreation Department has the right to bar them from further participation in the program.
6. Cancellation of games will be announced on KFJB, KIX and KDAO radio stations and will also be available on the P&R Information Line 641.754.5779. Team managers will be called with makeup dates.
7. Additional players may be added to the roster at any time. Players 18 years old and out of high school are eligible to play.
8. U.S.V.B.A. rules will be used for all league games.
9. All games will start at the scheduled time. The following games will start immediately after the previous match is over. If a game finishes ahead of schedule the teams may practice until 5 minutes prior to the next scheduled game. If the games are running late the next game will start immediately even if the entire 45 minutes are not used.
10. A team may start with three players but not less than three. Less than three will constitute a forfeit. If more arrive during the game they may enter on the next serve.
11. Three games will constitute a match. The winner of two games will win the match. Rally point scoring will be used in all matches. Games one and two will be played to 25 points (win by 2 points) and game three, if necessary, will be played to 15 points (win by 2 points).
12. Each team is allowed one 1-minute time out each game. An injury to a player will not count as a time out but shall not exceed three minutes. If more time is needed a time out must be taken or the player replaced. There will be a 1-minute interval between games.
13. Substitution must be done according to USVBA rules except if a rotation is used. If rotation is used the 3 substitution rule will be waived.
14. The server must call the score clearly so both teams can hear. Failure to do so will be called a no-serve and the ball will be re-served. A legal serve shall be underhand, sidearm or overhand.
15. A player may not reach over the net to hit the approaching ball. They may follow through over the net but first contact must be made on their own side of the net. A player may not come into contact with the net at any time. If a player touches the net it is a violation.
16. A ball hitting the ceiling and/or rafters on your side of the net is considered in play provided it falls on your side of play. If the ball hits the ceiling and or rafters and goes to the opponent's side, the ball is out. Any ball hitting the basketball hoop, net, backboard, or support is out. Any ball hitting the wall, stage net, divider curtain or scoreboards is out.
17. Spectator Rules: Due to limited seating available for spectators, Parks & Recreation encourages limited spectators. Those spectators in attendance are asked to follow the following rules:
  - All spectators will find a seat and keep it. Use the North bleachers at the Coliseum.
  - Officials will make all line calls and rules interpretations. Spectators must not make any calls. Spectators must not hassle players or officials in any way or they will be asked to leave the facility.
  - Due to no child care facilities, children not yet in middle school need to be accompanied by an adult not participating in the league. If children remain unsupervised at the facility a forfeit may be called against the offending team.
18. Clean dry shoes are required for all participants. No exceptions. Any participant who does not provide a clean dry pair of shoes will be asked to play in their stocking feet. Those who do not comply will forfeit their teams' games for that evening.
19. Smoking is not permitted in the Coliseum or within 10 feet of any door. Alcohol is not to be consumed within the building. Intoxicated players will be asked to leave.
20. Only roster protests are allowed. The protest must be made before you leave the court. The protest must be made in writing and turned in with a \$15.00 protest fee to the program supervisor. If won, the \$15.00 will be refunded, if lost, the \$15.00 will go into the volleyball account.
21. ANY team or player owing the Parks and Recreation Department money will not be allowed to play in any Parks & Recreation programs until the debt and all related charges is paid in full. Each player on the roster will be suspended if a team debt is owed.
22. The Parks & Recreation department and its employees are not responsible for lost or stolen items. Secure your own clothing and valuables.

Marshalltown Parks & Recreation Department  
Adult Waiver, Release and Hold Harmless Form  
And Medical Authorization

Each of the undersigned, being an individual of legal age and under no legal disability, who is severally or jointly engaging in, or about to engage in or observe, an activity sponsored or co-sponsored by Marshalltown Parks & Recreation Department, Marshalltown, Iowa, and/or that person's spouse, if applicable, in partial consideration of Marshalltown Parks & Recreation Department's furnishing grounds or facilities for an activity, do hereby waive, release, hold harmless, acquit and forever discharge the City of Marshalltown, Iowa, its Parks & Recreation Department and its officers, employees, volunteers or agents from any and all liability arising out of my, or my spouse's, participation of any activity, including injury while participating in or observing the activity, including any injury while on the premises immediately before or after the activity and including, but not limited to, actions for negligence. I (we) further agree:

1. That this release, waiver, hold harmless agreement and medical authorization covers all injuries and damages, whether known or not and which may be discovered at any time in the future, all related to the activities mentioned herein.
2. That it is understood that no sum of money shall be received for any claim for such injury, no promise for any further consideration has been made by anyone.
3. That this release, waiver and hold harmless agreement is executed in reliance upon our knowledge, belief and judgment, and not upon any representations made by any person released, or others on his or her behalf.
4. That this release, waiver, and agreement to hold harmless covers participation by the undersigned in any individual activity, or any activity during a league or organization year for such activity. The release, waiver and agreement to hold harmless is for activities engaged, participated in and/or observed from April 1, 20\_\_ to March 31 of the following year.
5. This release, waiver and agreement to hold harmless covers all claims mentioned above, including, but not limited to, claims based upon improper design, construction or maintenance of grounds or facilities provided for the athletic activity.
6. I/We further recognize and agree that as participants or observers I/we shall bear the full responsibility of any loss or theft of personal items while engaging, participating, or observing in these activities.
- \*7. I/we also release any photographs, videos, or both taken during the activity to be used by the City of Marshalltown for advertisements, training, or other purposes.
- \*8. I certify that I have had a physical examination and am physically able to participate in this activity.
- \*9. In the event of injury or illness, I hereby give my consent for medical treatment, and permission to program staff for supervising and performing, as deemed necessary by staff, on-site first aid for minor injuries, and for a licensed physician to hospitalize and secure property treatment (including injections, anesthesia, surgery, or other reasonable and necessary medical or surgical procedures) for me or my participant or observing spouse, if I am unable to provide that consent directly at the time, for any reason.  
I agree to assume all costs related to any such medical or surgical treatment. I also authorize the disclosure of medical information to my insurance company for the purpose of this claim.

THAT WE AND EACH OF US HAVE READ THE FOREGOING RELEASE, AND UNDERSTOOD ITS TERMS, AND FREELY VOLUNTARILY SIGN THE SAME. (Words and phrases herein shall be construed as in the singular or plural number, and as masculine, feminine or neuter gender, according to the context.)

IF ANY PORTION OF THIS AGREEMENT IS DETERMINED TO BE LEGALLY UNENFORCEABLE FOR ANY REASON, THEN IT IS THE MUTUAL INTENT OF THE PARTIES THAT THE REMAINDER OF THE AGREEMENT SHALL BE ENFORCEABLE.

Are you married? \_\_\_\_\_ If yes, the spouse must also sign this form.

The following information is required:

Participant Name (PRINT): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_ Email: \_\_\_\_\_

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Spouse Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Sport or Activity: \_\_\_\_\_ Team Name: \_\_\_\_\_

\* If minor, Parent/Guardian Signature for medical authorization \_\_\_\_\_ Date \_\_\_\_\_