



## Minot Park District 4<sup>th</sup> & 5<sup>th</sup> Grade Girls Volleyball

### Registration Form

The Minot Park District will be offering a volleyball program for 4<sup>th</sup> and 5<sup>th</sup> grade girls this fall. Due to the current Minot Public Schools COVID-19 policies, we will not be organizing teams through the schools this year. We will take individual registrations either online (minotparks.com) or in our office at the Auditorium (420 3<sup>rd</sup> Ave SW). We will also be holding all practices and games at the Auditorium. We are asking that anyone interested in coaching, please check the box below. We will try to organize the teams by school as much as possible. We will then schedule the practices and games at the Auditorium. Practices and games will be scheduled on Mondays, Thursdays, and Saturdays. **The individual fee is \$15**, which includes a t-shirt.

**We will be offering "no questions asked" scholarships for those who request them. Please inquire in the Recreation Office.**

**\*\*Registrations are due by 12:00pm on Friday, September 11, 2020\*\***

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### 4<sup>th</sup> & 5<sup>th</sup> Grade Volleyball Registration

**Please fill out ALL of the information below:**

Child's Name \_\_\_\_\_ Grade \_\_\_\_\_ Age \_\_\_\_\_

School \_\_\_\_\_

Parent's Name \_\_\_\_\_

Phone# \_\_\_\_\_

Address \_\_\_\_\_

E-Mail Address \_\_\_\_\_

I am will to coach my child's team Yes \_\_\_\_\_ No \_\_\_\_\_

**For office use only:**

\$15 Fee:

Paid \_\_\_\_\_

Scholarship \_\_\_\_\_

## Minot Parks 4th and 5th Grade Girls Volleyball Rules (6 on 6)

1. A team consists of 6 players. There must be at least 5 players present at all times to play a match.
2. A bigger “trainer” volleyball will be used for the 4th grade and a regular sized “Volley Lite” ball for the 5th grade. We are using modified balls to make it easier to serve and keep the ball in play. The court size will be 30 feet wide and 20 feet deep on each side for the 4th grade and 30 feet wide and 30 feet deep (regulation court) for the 5th grade. There will be an adjusted serving line for the 5th grade (5 feet from the end line).

### Court Diagram

3. Each match will be the best two out of three games. All games will be scored by the Rally Point method of scoring (point scored on every served ball). The first two games will be to 15 points and the third game will be to 9 points (only played if necessary). There will be a cap of 17 points on the first two games and 11 on the third game. There will be no time limit.
4. Teams will be expected to be at their scheduled court, ready to play, at least 15 minutes prior to their scheduled time. Games will start early if possible, and will be considered a forfeit if your team is not present and ready to play as the court becomes available.
5. Servers only get one try to get the ball over the net. A ball touching the net and going over is playable.
6. The ball can be hit 3 times on either side to return it over the net.
7. Players must bump the ball on a service return. They will not be allowed to hit it overhand off the serve.
8. A player can hit the ball not more than once in succession.
9. The ball is considered dead whenever it hits the floor or goes beyond the boundary lines. A ball is good if it hits any part of the boundary lines.
10. A ball may be played off the net, including on the serve.
11. Rotate clockwise.
12. Substitution: A) Sub only in center back position. B) Sub person for person (Ex: Lisa goes in for Sara).
13. Fouls: A) Stepping on or over the line while serving. B) Touching the net with any part of the body while the ball is in play. C) Stepping over the center line while the ball is in play. D) Catching the ball or open hand below the waist. E) Serving out of turn.
14. Each team will receive one 30 second time out per game.