

**RECREATION DISTRICT #1 / PELICAN PARK**  
**Adult Leagues - General Information Sheet**  
**2021 Session 3**

Welcome to the 2021 Session 3 Adult Leagues! Enclosed you will find the necessary information regarding the league you have signed up for.

**David Bonicard** is the Recreation Supervisor handling Adult Sports. Please do not hesitate to call with questions or concerns. He can be reached at 626-7997 or e-mail at [davidbonicard@pelicanpark.com](mailto:davidbonicard@pelicanpark.com) Our primary goal remains to provide adults with a wide range of opportunities and levels of competition.

**TEAM ROSTERS**

The team roster form must be turned in before playing in the **second** game. Any team that does not have their rosters turned in by the second game will not be allowed to play, and will not be allowed to register for the next session. Ideally, the team captain should turn the rosters / liability forms in at the same time that he/she is picking up the game schedules. If you bring the rosters and liability forms to the Castine Center office, you will be given a receipt. Pelican Park does not provide medical insurance for participants in our adult leagues. Insurance is the responsibility of the participant. Make sure that all players know this before playing. In the event that a player has not completed his liability form the team captain will assume responsibility in the event that the player is injured.

**TEAM CAPTAINS**

The team captains are our primary contacts for each team. **PLEASE** include a **fax number and e-mail address** on your team application. In the event of any changes in schedules, tournaments, etc., only team captains will be notified. It is the responsibility of the team captain to make sure that their team roster and all liability forms from his/her team are filled out correctly, and turned into the office as a team and not separately.

**ROSTERS**

EACH TEAM, INCLUDING OUR JUST FOR FUN TEAMS, MUST TURN IN A LEGIBLE ROSTER / LIABILITY FORM OF THE PLAYERS BEFORE THE START OF THE **SECOND** GAME. **THE ROSTER MUST INCLUDE EACH PLAYER'S COMPLETE NAME, ADDRESS, AND TELEPHONE NUMBER.** All team members that participate in over 35 basketball, recreation basketball, recreation softball and competitive softball **must have a photo I.D. available to present at the start of each game for roster verification.** This should eliminate any illegal players and gives us the information needed if we should have to contact a participant.

***No players may be added to the roster after the fourth game of the season for competitive leagues. The Just for Fun Leagues may add players at anytime. The player must fill out a liability form to be added to the roster.*** Make sure that that all information at the bottom of the waiver is complete, including team name.

**INCIDENT REPORT**

In the event a player is injured, staff should be notified @ 966-6645 and an incident report form from the game bucket must be filled out. The completed form will need to be returned to the bucket or scorekeeper before the team leaves the field/court and dropped off at the gym office, or dropped in the Castine Center night drop box.

**RULES**

A copy of the rules can be found in the game buckets for each league. Any rule not listed on the sheet will fall under the designated Association rule (i.e. ASA, LHSA)

**SPORTSMANSHIP**

Good sportsmanship is stressed at all times. Teams that are rude, obnoxious, or harassing to spectators, officials, or staff will be reviewed and possibly banned from the league.

### **MINIMUM NUMBER OF PLAYERS REQUIRED TO START**

- Basketball-3 to start
- Softball- 6 to start
- Volleyball-4 to start
- Cabbageball-6 to start

### **UNIFORMS**

All competitive leagues are required to have like color shirts with numbers. Just For Fun and recreation leagues are not required to have uniforms but are suggested.

### **MAKE-UP GAMES**

Make up games may be scheduled on days other than regularly scheduled games or doubleheaders may be added to a game night. Field availability may dictate either Saturday or Sunday for make-up games. Every attempt will be made to make up games. However, field availability and season duration will determine if games will be made-up.

### **SCHEDULES**

Schedules will be available at the captains meeting on Monday May 17<sup>th</sup> for anyone who attends. The schedules can be picked up at the Castine Center office Monday-Thursday from 8am to 6pm or on Friday's from 8am – 5pm. They may also be faxed upon request. Schedules are also posted on our website at [www.pelicanpark.com](http://www.pelicanpark.com).

### **FOR LEAGUES WITH OFFICIALS**

Included in each packet are referee/ umpire evaluation forms. Please fill these out completely if you choose to evaluate an official. Evaluation forms will also be in the game buckets. We must have proper documentation in order to retrain or compliment an official. Please fill out the form completely and either place in the game bucket or drop in the night box at the Castine Center. The sooner we can address the issue the better. Writing comments in the score books are not documentation of an official's ability, a form must be completed. **Verbal confrontations with officials will not be tolerated. Any player ejected for a game by an official for any reason will serve a one game suspension. Two suspensions in one season will result in the player being dismissed from the league.**

### **FIELD/COURT EVALUATION FORMS**

We care about your safety. If you notice an unsafe condition please fill out a field evaluation form and return it to the office. Once the problem is identified it can be repaired. We do our best to keep the fields and courts in the best condition possible and your help/input is always appreciated. A facility evaluation form is included in this registration packet.

### **FORFEITS**

If a team **forfeits two or more games** in a season they may be excluded from the remainder of the season; will be excluded from participating in the tournament and will not be allowed to register for the next season. The number of games is limited and the opposing team is unfairly penalized if a team forfeits. Team captains are **required** to notify the office and the opposing team if they have to forfeit a game.

### **INTERESTED PLAYERS**

If you are in need of players the office has a list of people who are interested in joining a team. These are usually newcomers to the area that have played sports for a number of years.

### **TIE BREAKERS (FOR COMPETITIVE LEAGUES)**

In the event of a league tie the following will be used to determine tournament seeding:

- Head to Head competition
- Total # of points scored between the tied teams
- Blind draw

### **ALCOHOLIC BEVERAGES**

Pelican Park is a non-alcoholic facility. Teams cannot bring alcohol to the fields, dugouts, courts or bleachers. Any infraction of this rule will result in immediate dismissal from the league. There will be no warnings given.

***Read the information sheet carefully and call me if you have any questions. Pelican Park strives to serve and improve our Adult leagues. The best way to achieve this goal is through the feedback of our players. Please call (626-7997) or fax (626-9028) your suggestions, complaints, or compliments.***

Thank you for participating in our adult league. We look forward to working with you this season. Please feel free to call us with any questions or concerns.

David Bonicard  
Recreation Supervisor  
(985)626-7997  
[davidbonicard@pelicanpark.com](mailto:davidbonicard@pelicanpark.com)

Traci Plaisance  
Recreation Superintendent  
(985)626-7997  
[traciplaisance@pelicanpark.com](mailto:traciplaisance@pelicanpark.com)

# **RECREATION DISTRICT #1/PELICAN PARK** **CO-ED JUST FOR FUN VOLLEYBALL RULES**

**PLEASE REMEMBER THIS IS AN ADULT LEAGUE. IT IS THE PARENT'S RESPONSIBILITY TO SUPERVISE THEIR CHILDREN IN THE GYMS.**

## PHILOSOPHY MISSION

The purpose of the Co-Ed Just for Fun Volleyball League is strictly for fun, socialization, and exercise. For this reason:

- All other disputes and questions, or concerns of teams not adhering to the CO ED JFF philosophy, should be referred to the recreation department Traci Plaisance, 985-626-7997

All USA rules are upheld unless stated here, the following modifications of Volleyball rules will apply:

### **1. ELIGIBILITY**

- All players must be 18 years or older
- You must have ID on you at all times for age verification
- Ideally, a team will be comprised of 3 males and 3 females
- Teams may play with less than 6 players; HOWEVER, a team cannot have more men than women on the court

### **2. THE SERVE**

- Server must serve from behind end line until after contact
- Ball must be served underhand by both men and women
- Ball must be clearly visible to opponents before serve
- First game serve is decided by the captain's choice (e.g., coin toss or agreement)
- If the ball hits the net on a serve the ball is live and can be played.

### **3. ROTATION**

- Teams will rotate each time they win the serve
- Players shall rotate in clockwise manner
- There shall be four (4) to six (6) players on a side: THERE MUST BE AT LEAST ONE MAN OR ONE WOMEN ON EACH TEAM.
- Players leaving the game for any reason (other than regular rotation) may re-enter at any time
- Rotation and substitution should be made male for male and female for female, if possible
- Free substitution

### **4. PLAYING THE GAME (VOLLEY)**

- Maximum of three (3) hits per side.
- Player may not hit the ball twice in succession (a block is NOT considered a hit)
- Ball may be played off the net except on serve
- A ball touching a boundary line is good

# **RECREATION DISTRICT #1/PELICAN PARK**

## **CO-ED JUST FOR FUN VOLLEYBALL RULES**

- A legal hit is: contact with the ball by a player's body above and including the waist which does not allow the ball to visibly come to a rest. In the CO ED JFF league, lifts and throws are typically not called.
- If two (2) or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- A player must not block or attack a serve.
- No player may not jump to spike or attack the ball.
- No win/loss records will be kept
- Uniform requirement is waived
- No scorekeepers or officials provided
- Although typical games are to 15 points, the JFF league will play for 1 hour; teams may format games/matches as they wish as long as both teams agree
- No spiking is allowed;
- No jump serves are allowed

### **5. BASIC VIOLATION**

- Stepping on or over the line on a serve.
- Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul shall be called and the ball shall continue in play.
- Reaching over the net, except under these conditions:
  - When executing a follow through
  - When blocking a ball which is in the opponent's court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact)
- Reaches under the net (if it interferes with the ball or opposing player).
- Failure to serve in the correct order.
- Blocks or spikes judged aggressive or injurious.

### **6. PLAYING ON MORE THAN ONE TEAM**

- It is acceptable for players to be on more than one team, although the recreation department must be aware of this. This can be noted on the rosters.

### **7. GAME TIME**

- In the Co Ed Just for Fun league, team captains may determine playing formats i.e., games to 15 pts. Match. However, the one-hour (1 hr.) rule still applies.
- Team may start with 3 or 4 players; HOWEVER, there can not be more males than females.

### **8. TEAM ROSTERS**

- Team rosters / liability waiver is required to participate in the league.
- Each player must sign and fill out the roster/ liability waiver form before being eligible to play. This form is included in your packet and must be turned into the office before the second game.

## **RECREATION DISTRICT #1/PELICAN PARK** **CO-ED JUST FOR FUN VOLLEYBALL RULES**

- If the roster and liability form is not turned into the office by the second game, the team will not be allowed to take the court. The team will not be allowed back on the court until the roster and liability form is turned into the office.
- If the team refuses to leave the court that team will not be eligible to register the next session.
- A player may only be added at any time.
- All disputes and rule interpretations should be resolved by the team captains

### **ALCOHOLIC BEVERAGES**

***Pelican Park is a non-alcoholic facility. Teams cannot bring alcohol to the fields, dugouts, courts or bleachers. Any infraction of this rule will result in immediate dismissal from the league. There will be no warnings given.***

# RECREATION DISTRICT #1 / PELICAN PARK PARTICIPANT RELEASE OF LIABILITY

## ADULT LEAGUE- 2021

- Read Before Signing -

In consideration of being allowed to participate in any way in the Pelican Park Adult Sports Program or related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury to me does exist; and,
2. I, KNOWINGLY AND FREELY, ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and / or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE **Recreation District #1**, its officers, officials, agents and /or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO NAY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above releases for any and all liabilities incident to my involvement or participation in this program, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

League: \_\_\_\_\_ Team Name: \_\_\_\_\_ Team Captain: \_\_\_\_\_

Session:    1    2    3    4    (please circle)

NAME	EMAIL ADDRESS	HOME ADDRESS	DOB	CELL #	SIGNATURE
1)					
2)					
3)					
4)					
5)					
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7)					
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9)					
10)					

\*\*SEE THE BACK FOR MORE SPACE \*\*

**RECREATION DISTRICT #1 / PELICAN PARK  
PARTICIPANT RELEASE OF LIABILITY**

**ADULT LEAGUE- 2021**

**- Read Before Signing -**

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NAME	EMAIL ADDRESS	HOME ADDRESS	DOB	CELL #	SIGNATURE
11)					
12)					
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19)					
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**RECREATION DISTRICT #1 / PELICAN PARK**  
**PARTICIPANT RELEASE OF LIABILITY**  
**ADULT LEAGUE - 2021**  
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5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees for any and all liabilities incident to my involvement or participation in this program, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

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PRINT PARTICIPANTS NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

X \_\_\_\_\_ Date Signed: \_\_\_\_\_  
PARTICIPANTS SIGNATURE

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

MOBILE PHONE#: \_\_\_\_\_ / WORK PHONE#: \_\_\_\_\_ / HOME PHONE#: \_\_\_\_\_

LEAGUE: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_