

## Tournament Rules

### Teams

1. Teams can be co-ed or single-gender; a minimum of 4 people and a maximum of 6 people can be on a team
2. A maximum of 4 people can be on the court at one time.
3. Subs may enter the middle back of the court after a dead ball OR every time the ball crosses the net.
4. No one may contact the net (no net violations), it will be a side out.
5. Player must rotate clockwise between side outs.
6. Players will rotate clockwise into the service position.

### Scoring

Rally Scoring: A point is scored on every serve regardless of the team that serves.

### Play

1. A ball cannot be played off the wall or curtain.
  - a. Trapping the ball in the net is not allowed.
2. You must rotate after every server exchange.
  - a. Rotation is clockwise.
  - b. Subs may enter the middle back of the court after a dead ball OR every time the ball crosses the net.
3. Males cannot jump to hit or block the ball while IN FRONT OF the 10-foot line.
  - a. Males can stand on one foot and stretch to hit the ball in front of the 10-ft line.
4. Games last for 15 minutes. The team with the most points at the end of 15 minutes wins.
5. If a close game, play through the buzzer, the last point scored will WIN!
  - a. If buzzer goes off during play, play out point, if tied, the team earning last point wins.
  - b. If buzzer goes off while ball is dead, and score is tied, the last team that earned point wins.
6. Serving
  - a. You must serve behind the serve line. The serve line is the 10' line.
  - b. Up to two members of the team may hold the ball up and the server may hit it out of his/her hands, but this has to be done behind the serve line.
  - c. You may not attempt to block another team's serve.
7. A maximum of 3 hits per side is allowed.



### TIPS to Playing

- **ONLY Play the ball while above your head with 2 hands or fists. DO NOT reach sideways with 1 hand.**
- **Use your legs and play the ball UP to get control then over the net. DO NOT ATTACK with ONE hand.**
- **We will demonstrate at 6:30pm with a welcome greeting and final details. Please attend.**
- **IT IS IMPORTANT FOR SAFETY TO PLAY THE BALL ABOVE ONE'S HEAD WITH BOTH HANDS.**  
(Not with one arm to the side, not arms below, but arms ABOVE head) We will demo each night.

### Attire

- No rings, bracelets, watches, or other jewelry are allowed during play. (protect the ball material & you)
- Appropriate tennis shoes are required (ie. No flip-flops, dress shoes, bare feet, etc.)

### Attitude

- **Have fun**, this is a friendly tournament.
- Unsportsman-like conduct will not be tolerated and can result in your team being removed from the event.

### Additional Notes

1. **Individuals** please check-in at the registration table to start the event, pick up team T-shirts, purchase drawing tickets and more!
2. Be 5 minutes early for your next scheduled game. They are timed at 15 minutes each. Late arrivals will forfeit.
3. Please refrain from drinking beverages while playing, save that for the breaks...☺
4. The tournament is a bracket play.
5. Thank you for your support.



**ECHO**  
**PARTICIPANT RELEASE OF LIABILITY**  
May 3<sup>rd</sup> & 10<sup>th</sup>, 2024  
READ BEFORE SIGNING

In consideration of being allowed to participate in the event/activity, I acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury 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, BUT NOT GROSS 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, however I observe any unusual significant hazard during my presence or participation, 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, INDEMNIFY, AND HOLD HARMLESS THE Empowering Change through Health Opportunities, Inc. (ECHO) and THE Midwest Penguins Volleyball LLC, their 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 ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, 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, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT AND INDUCEMENT.

**Team Name:** \_\_\_\_\_

Participant Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Participant Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

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