

DEXTER PARKS AND RECREATION

WOMEN'S VOLLEYBALL

2025-2026

General Information:

Age Division: Adults only league; all players must be at least 18 years of age.

Program Division: Teams will register as a level 1 (most competitive), level 2 (competitive), level 3 (semi-competitive) or level 4 (recreational only). As long as there are 4 teams to create each division, they will stay separated. **If there are not enough teams to make three leagues, there will not be a recreation league option. Refunds will be issued to those who do not wish to play outside of the recreation league. DPR reserves the right to restructure levels based on the teams registered as deemed necessary.**

Season: The season will begin typically in October and end in February. Level 1 games will be played on Wednesday nights, all other levels will be determined by the number of teams and when Holidays fall during the week.

Tournament: Level 1 tournament will be played on Wednesday nights. All other levels will stay consistent with regular game day schedule. Depending on the number of teams in each level will determine which teams will move up and which teams will move down. ***Lower-level teams have the option to participate or opt out of the end of season tournament but must notify DPR of their decision at a later, to be specified, date.***

Eligibility: Open to anyone provided they meet the age requirement and sign the player agreement form. All teams must obtain and complete a league packet, which includes the registration information, official roster, league by-laws and player waivers. ***All forms including, team roster, player waivers and registration fees must be submitted by the deadline. Rosters may not be updated to add/remove players after the registration deadline***

Registration: Registrations will be submitted as a team by the deadline. Teams must have a minimum of 7 players with a maximum of 12 players. Registrations will be taken at the DPR office Monday-Friday 7:30AM-4:30PM, closed Noon to 1:00PM. ***Online registrations will be available but all player waivers must be in the office by the deadline. Team captains will need to notify the DPR office how the player waivers will be sent, i.e., in office, fax, mail, email.***

Objective/Purpose: The purpose for which this league was organized was to develop and operate an adult volleyball league governed by the Department of Parks and Recreation. The league will operate in conformity with and pursuant to the principles, rules, and regulations of the governing body. In conjunction with the purpose to develop sportsmanship and promote good will among teams and individuals participating. Although it is a competitive, adult league, all participants must demonstrate good sportsmanship at all times. High School Rules shall govern all procedures in this league except when there is a conflict with the special adopted provisions set forth.

REGISTRATION FEE: \$380.00

REGISTRATION DEADLINE – SEPTEMBER 23, 2025

Dexter Park and Recreation

Women's Volleyball By-Laws

Team:

1. Acceptance of a team registration is interpreted to mean that the team captain and all players are thoroughly familiar with this packet and agree to abide by all rules stipulated within.
2. Acceptance by the Department of Parks and Recreation of any adult sports team registration implies that all participants are specifically granting irrevocable permission to Parks and Recreation and its assigns, both during and anytime after, to use their likeness, name, voice, or words in either television, radio, film, newspapers, magazines, and other media, and in any form, for the purpose of advertising or communicating the purposes and activities of the Department of Parks and Recreation.
3. Teams are required to submit an official roster. You may add players to this roster until the deadline. At that time your roster is final. Any team using a non-rostered player will forfeit any games that player participates in. No player can be on two rosters.
4. In order to be eligible for the end of the season tournament a player must have played in at least **50%** of the regular season games.
5. Any team which forfeits three (3) games during the regular season will automatically be removed from further league competition and no refund will be considered. Any exceptions will be at the discretion of the Department of Parks and Recreation. SEE ATTENDANCE POLICY.
6. All players **MUST** be able to produce positive identification if requested by an official.

Attendance Policy:

1. Non-injury- Players must attend AND participate in a minimum of one set per game in order for their attendance to count for tournament eligibility. One set is defined as an entire 20-minute set. This is specified for players that may need to leave or enter a game late due to life events such as work or family. Attendance will not be recorded if such player does not sign the official attendance roster provided at the score table.
2. Injury/pregnancy- Injured or pregnant players must attend and remain for the entire game, start to finish, that their team is scheduled to play in order for their attendance to count for tournament eligibility. Attendance will not be recorded if such player does not sign the official attendance roster provided at the score table.
3. DPR understands that special circumstances occur and will ultimately have the final decision in player attendance and tournament eligibility. If a special circumstance presents itself, the player whose attendance is in question must contact the park office to present their case. A special request form will be completed and DPR will render its final decision based on the information provided.

Zero Tolerance Policy:

1. All players, teams and spectators are expected to conduct themselves in a civil, respectful and sportsmanlike manner. Players and teams are subject to removal from the league in the event these by-laws are violated and Dexter Parks and Recreation department deems it necessary.
2. Any player or spectator displaying unsportsmanlike conduct may be asked to leave the facility and can be subject to disciplinary actions including but not limited to: warnings, suspensions or legal action.
3. Absolutely no disputing calls during or after a game. All calls made by an official are final. Disputing calls directly to an official or indirectly will be considered unsportsmanlike conduct.
4. Criticism, sarcasm, harassment or intimidation towards an official or park employee will not be tolerated whether displayed directly or indirectly.
5. Dexter Parks and Recreation's Zero Tolerance Policy rules that are applicable to this league will be enforced and are as follows:
 - a. Anyone using alcohol or any other illegal substance within the facility during a game, practice or other league or team event where players are present will be automatically ejected from the game and removed from the facility.
 - b. No criticism, sarcasm, harassment, intimidation or feedback of any kind during or after an event. Anyone displaying these behaviors will be automatically ejected from the event and removed from the facility.
 - c. Anyone allowing or encouraging foul, abusive or threatening language or behavior by players will automatically be ejected from the game and removed from the facility.
 - d. Anyone striking, attempting to strike or causing bodily assault will be automatically ejected from the game and removed from the facility.
 - e. Anyone intimidating, using any kind of language/threatening gesture, and/or public comment towards an official, city employee, player or spectator will not be tolerated and will be automatically ejected from the game and removed from the facility.

The Park Department reserved the right to evaluate any offense on a case-by-case basis and implement necessary warnings, suspensions/bans (individual or team) which could include legal action.

6. Any player or team that would like to submit a formal complaint on an official may do so in writing and submit it to the park office for review.
7. All team captains are encouraged to instruct their players on the importance of proper facility care. By participating in this program every player accepts responsibility for the facilities and equipment involved—A player guilty of careless destruction of property (rims, nets, etc.) is personally responsible for the damages. Any team or individual who intentionally damages park property or facilities being used for Parks and Recreation programs will be billed for the full replacement cost of said property and will be suspended from all Parks and Recreation programs until such restitution is made.
8. Expecting mothers will not be allowed to play after 3-4 months of pregnancy for the wellbeing of everyone involved.
9. We also ask that parents who are taking part in the program to not allow children to run free during games or to play with the balls supplied by DPR. Children must be accompanied by an adult; children must remain seated on the bleachers at all times and are not allowed on the court during warm ups. This is a legitimate concern to Parks and Recreation and offers the possibility of a real tragedy should a child be injured or missing.

Smoking/Alcohol Policy:

1. Smoking is not permitted in any part of the gym. If you must smoke you are asked to smoke outside away from the gym doors and not to throw your butts on the ground.
2. Alcoholic beverages may not be consumed on the premises, including parking lots, or any area around gym facility. Players or spectators under the influence will be asked to leave the premises.

Uniforms:

1. We recommend that game shoes be carried into the gym. No wet or muddy shoes will be allowed in any game.
2. The player's shirts do not have to be the same style and color but do have to have a number on the back and no players on the same team can have the same number. This rule will be enforced by the officials. If a logo appears on the front of the uniform, it must be approved through the department of Parks and Recreation. Any number will be allowed but players will not be allowed to participate with three-digit numbers. Players must also wear shorts or sweat pants, which need not be uniform.
3. All players must wear volleyball or tennis shoes while participating in Parks and Recreation play. Soft-soled Street shoes are not acceptable.
4. Jewelry may be worn and is at player discretion.
5. Players not adhering to these requirements will not be permitted to play.

Game Procedure:

1. All games will be played according to the **official rules of high school volleyball** except as stipulated herein.
2. A coin toss will determine 1st for serve. Then the alternate possession rule applies. There will be free substitutes at all dead balls. However, a team may choose to play by mandatory rotation. After choosing free substitution or mandatory rotation it will remain that way for the set. No liberos.
3. Games will be played in two 20-minute sets with rally scoring. If a third set is needed, it will be rally scoring to 15 points. Must win by 2 points. The official or park employee may call a side out and award a point to the opposite if a team is purposely trying to run time off the clock. It will be the official's judgment—which cannot be argued. Teams will get a maximum of 2 minutes between sets. The only time the time clock will stop will be for team timeouts, official's timeout and the two minutes between sets.
4. Game set up will be: 6:00pm game- 6:00-6:10pm will be warm up, you will have a 20-minute set, 2 minutes between sets then another 20-minute set and if a third set must be played it will be to 15 points. Games will run consecutively meaning as soon as one game ends, the warm-up clock will be started and the game will begin promptly after time expires. Some games could begin earlier or later than the scheduled time so all teams are expected to be ready to play when the game before finishes. In the event games are running behind schedule, warm-up time will be reduced to a time TBD by the official.
5. Each team is entitled to one 45-second timeout per set.
6. At the end of the 10-minute warm up all teams must have at least 4 players to start a game. If a team shows up with 3 players and one is on the way (running late) the first set is forfeit. The forfeit team will receive a 20-minute grace period in which the player has the opportunity to show up. As soon as the late player arrives, the clock will be reset and the second set will start immediately. If the player does not make

it by the end of the 20 minutes, the entire game will be a forfeit. Teams with less than four players will constitute as a forfeit. Only two forfeits allowed per season. A third forfeit will result in removal from the schedule.

7. Players arriving late must check into the game immediately upon arrival. Late players entering the game must enter the rotation in the empty spot. Teams are not allowed to change rotation to accommodate late players. Late arrivals may enter the game immediately up to 6 players. If a team already has 6 players on the court, additional late players must wait until the next set to enter the game. If playing with 4 players, teams must play with two players on the front row and two players on the back row.
8. Kicking the ball will not be allowed. Players may play the ball off of their foot but the foot must be on the ground.
9. Any ball touching side and end basketball goals will be considered out of play, side-out.
10. When any program participant is bleeding, has blood on his or her person or clothing, or has an open wound, he or she must leave the activity for appropriate treatment including bandaging as necessary to prevent recurrence. In all adult sports each team should be equipped with first aid supplies including rubber gloves and bandages for treatment or wounds, and 70% isopropyl alcohol for disinfecting skin and uniforms. Parks and Recreation will not supply any of these items.
11. In all adult volleyball leagues a substitute shall replace a player leaving the game per #10 or any other injury. The original player may return at the next opportunity for substitution. If a team does not have an available or legal substitute it may play with less players under these circumstances only.
12. There are no restrictions on team sponsorship. —Other than approval of logo by department of Parks and Recreation
13. All game officials will be assigned and approved by the DPR and will have authority to enforce all rules and regulations. They will have authority to order a player, captain, fan, to do or refrain from doing, any act which, in their judgment, is necessary to give force and effect to one or all rules and regulations.
14. A DPR official will keep the official score and operate the official game clock.

Tournament Play:

1. Teams must have at least 6 eligible players, per rule #4 under Team) to enter the tournament.
2. During tournament play, teams will have a 10-minute warm-up time. If a team does not have at least 4 players by the end of the 10-minute warm-up the entire game will be considered a forfeit. In the event that there is a tournament game forfeit the two teams scheduled to play the next match will receive an additional 20 minutes before their official game time will begin.
3. League standing will be kept (win/loss record)—for seeding in tournament play. Should a tie occur between teams the team with the best 2 out of 3 games will be used to determine the higher seed.
4. During tournament play games will be played to 25 points, must win by 2 with a 27-point cap. If needed, 3rd sets will be played to 15 points, must win by 2 with a 17-point cap. Teams must still win by 2 points.
5. If the tie breaker “IF” game is needed at the end of the tournament, one set to 25 will be played to determine the winner. Must win by 2 with a 17-point cap.

Rescheduling:

1. When games are canceled due to inclement weather, scheduling difficulties, etc. the team captain will be notified by phone. It will also be posted on our Dexter Parks and Recreation Facebook page. Ultimately, the team captain will be responsible for notifying their team of any cancellations and rescheduling.
2. If a team captain has not been notified about the rescheduling within 24 hours of the cancellation, he/she should contact the Parks and Recreation office.
3. The Parks and Recreation Department reserves the right to reschedule for any day, gym, or time when it becomes necessary to do so in order to complete the league schedule. If a team is unable to play at the rescheduled time, the game will count as a forfeit loss on their record.

Final Decisions:

Dexter Parks and Recreation will make the final decision in all matters concerning the league governed by these by-laws. No refunds will be issued for violation of the by-laws or excessive team forfeiture.

**TEAM MEETING (TBD) WILL BE HELD IN THE PARK OFFICE MEETING ROOM
ONE TEAM MEMBER MUST BE PRESENT AT THE MEETING**

ENTRY FEE, TEAM ROSTER SHEET, AND ALL PLAYER WAIVERS MUST BE SUBMITTED BY DEADLINE. IF REGISTERING ONLINE, YOU MUST NOTIFY OUR OFFICE HOW YOU WILL BE SENDING IN YOUR PLAYER WAIVERS. CONTACT INFORMATION BELOW.

**Dexter Parks and Recreation
500 Fairground Dr, Dexter, MO 63841
573-624-8244 office
573-624-5298 fax
brooke@dexterpark-rec.com**

DEXTER PARKS AND RECREATION PLAYER AGREEMENT WOMENS VOLLEYBALL LEAGUE

INJURY/PRECAUTION FACTS: I understand volleyball is a game played within a confined space in an indoor environment that requires skill and ability to run, jump, and dribble a ball. Anyone playing volleyball should be aware of these conditions and the fact that a ball, playing surface, or another player may inflict injury. The force of bodily contact or a hit ball may cause severe bruising and/or broken skin, bones, and/or teeth. A blow to the head may cause a concussion and/or cranial fracture which may lead to a terminal injury as well as less severe injuries. A ball striking an eye may cause irreparable damage or result in a total loss of vision. Because players are playing in a confined area, misjudgment of distance may result in a collision with equipment or other players. Collisions between two or more players may cause injury to all parts of the body including concussion, cranial fracture, broken bones, teeth, eye injury, cuts, bruises, and skin abrasion.

CATASTROPHIC INJURIES RELATED TO VOLLEYBALL INCLUDE BUT ARE NOT LIMITED TO: 1) Loss of vision as a result of collision with another person, equipment, ball, and /or wall; 2) Fatal and/or brain injury as a result of a collision with another person, equipment, ball and/or playing surface; 3) Neck or spinal injury as a result of collision with a person, wall, equipment, and/or ball.

SEVERE INJURIES RELATED TO VOLLEYBALL INCLUDE BUT ARE NOT LIMITED TO: 1) Broken bones, broken teeth, concussion, severe bruises, tissue injury related to a collision with a person, partition, wall, ball, and/or court surface or equipment. 2) Broken bones, broken teeth, severe bruises, damage to tendons, ligaments, and muscles as a result of falling or contact with another person.

EXEMPTION FROM LIABILITY: I recognize the activity, volleyball, for which I am registering involves risk of damage, loss and personal injury, and in consideration of you accepting this registration, I waive, release and indemnify the City and the Dexter Parks and Recreation Department, its officers, agents, servants, employees and lessors from any and all liability, claims, demands, actions or causes of actions whatsoever arising out of or resulting from any and all of the activities contemplated by this Agreement, whether or not such loss, damage or personal injury results from the negligence of the City and/or the Dexter Parks and Recreation Department or any of its agents, employees, servants, or representatives.

I agree to play for this team in accordance with the regulations of the Dexter Parks and Recreation Department. I certify, I am eligible under the current Parks and Recreation League rules. I have read and understand the by-laws pertaining to this league. In signing this player agreement, I agree to abide by all rules and regulations specified for this league.

I hereby certify that I have read, understand, and agree to the above statement.

Print name: _____

Address: _____

Cell Phone: _____ **Home Phone:** _____

Team Name: _____

Signature: _____ **Date:** _____

WOMEN'S VOLLEYBALL LEAGUE 2025-2026 TEAM ROSTER

TEAM NAME: _____

TEAM CONTACT NAME: _____ PHONE: _____

TEAM PLAYERS:

1. _____

7. _____

2. _____

8. _____

3. _____

9. _____

4. _____

10. _____

5. _____

11. _____

6. _____

12. _____

Level played in last season: Level 1 Level 2

Office Use:

Level 1 Level 2

All Player Waivers: YES NO Logo Approval: YES NO NA

Registration Fee: \$380.00 Cash Credit/Debit Check # _____

Amount Paid: _____ Date Paid: _____ Initials: _____