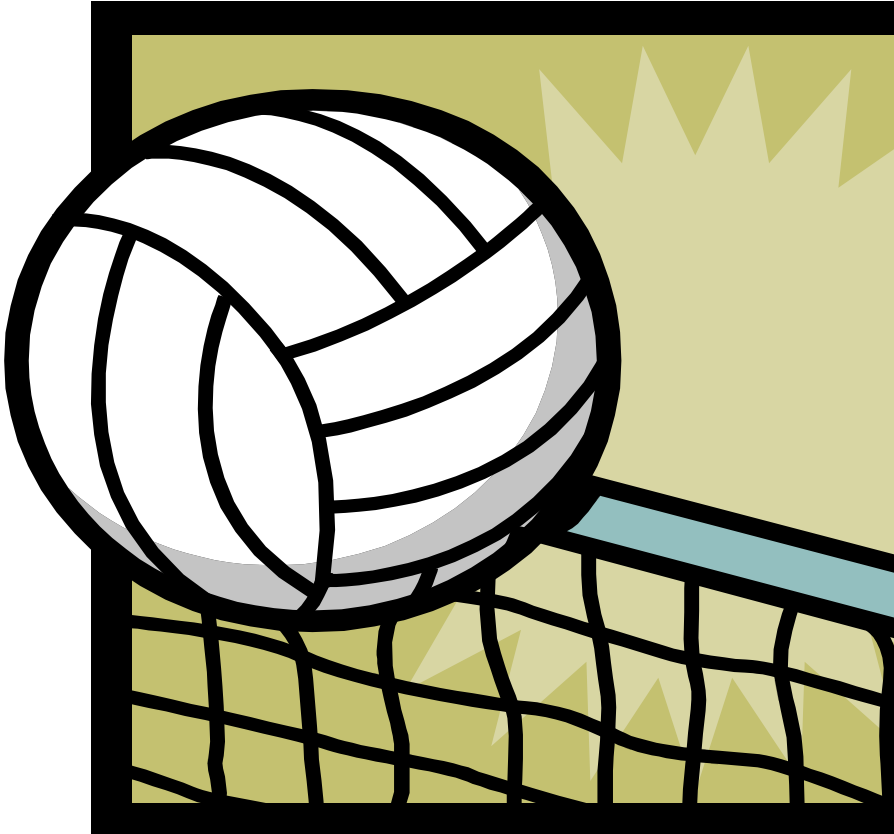


2026

BLUE MOUNTAIN RECREATION COMMISSION



CO-ED VOLLEYBALL LEAGUE Power and Recreation Registration Packet

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Blue Mountain Recreation Commission

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Blue Mountain Recreation Commission
2026 Co-ed Volleyball League

DATES: March 2, 2026, through May 12, 2026.

NOTE: Number of playable dates will be determined by the weather and by how many teams register for each division. Playoffs will be a single-elimination tournament).

DAYS: **MONDAYS & TUESDAYS**

TIMES: **6:00pm, 7:00pm, 8:00pm**

LOCATION: **Blue Mountain Middle School Gymnasium**
Blue Mountain Elementary West Gymnasium

ENTRY FEE: **Early registration discount on or before 2/13/26:**
Paperwork and payment must be handed into the Recreation Office before 4pm on Thursday 2/27/26 to be accepted into the League.

Blue Mountain Resident Team	\$100.00
Non-Resident Team	\$120.00

After 2/13/26 and Before 2/26/26:
Paperwork and payment must be handed into the Recreation Office before 4pm on Thursday, February 27, 2025, to be accepted into the League.

Blue Mountain Resident Team	\$120.00
Non-Resident Team	\$140.00

REGISTRATION: Send completed entry form on the last page with check or money order to:

BLUE MOUNTAIN RECREATION COMMISSION
ATTN: Joshua Semanco
PO Box 188
Orwigsburg, PA 17961

Please make checks payable to: **BLUE MOUNTAIN RECREATION COMMISSION**

Individuals who want to join but do not have a team should contact the Recreation Office.

DEADLINE: No additional teams will be accepted after *4:00 p.m. on Thursday, February 26, 2026*, under any circumstances!

NOTE: The Blue Mountain Recreation Commission will not refund registration fees for Commission activities, except under special circumstances. Each team is responsible for contacting our office prior to the deadline to make sure their registration has been received. We will not allow late registration, due to non-receipt of entry forms - if teams do not contact us prior to the deadline. Once the schedule is made - any alterations will be charged to the team causing a need for the changes - the fee is \$50.00.

ELIGIBILITY: All players must at least be in high school or older prior to the start of league play. Registration will be conducted on a first-come first-served basis with resident teams getting first choice.

NOTE: To qualify for a resident team, over 50% of the players on the roster must live in the Blue Mountain School District, regardless of the sponsor's location.

RULES: For any other rules not in this packet, the league will refer to and follow strict **U.S.V.B.A. rules**. Certified officials **will not** be used, teams will call their own games. Copies of the rules are available.

OVERVIEW OF COED LEAGUE

- Teams can have up to twelve (12) players on their rosters but must have **at least three (3) women** per roster.
- We will have 2 divisions this year (Co-Ed Power and Co-Ed Recreation). **The program will take an overall total of 16 teams. Power league with 4 teams & Recreation with 12 teams. Teams are guaranteed on a first-come-first serve basis.**
- Championship memorabilia will be awarded to the winning team of the playoffs in each division.

CANCELLATIONS:

If we must cancel games due to bad weather, etc., we may have to schedule a makeup night, later in the season. We ask that you work with us. You have *four ways* to find out if cancelations have been made.

TeamSnap: Coach and Captain will be asked to download the app and create an account for quick communication. Schedules will be posted in this as well. This will be the first line of communication for general info, changes, and/or cancelations.

Email: I will do my best to email all team captains on Mondays by 1pm if we must cancel for the evening.

Website: Check our website (<https://bluemountainpa.myrec.com/>) or [our Facebook page](#).

Recreation E-News: Sign up by going to the front page of <https://bluemountainpa.myrec.com/> and look for Rec. E-News on the left-hand side of the screen. Enter your email address, then click submit. After you receive your confirming registration email, follow the instructions and you will begin to receive emails with announcements and cancellations.

NOTE: If the Blue Mountain School District is let out early, school is closed or Athletics is canceled due to weather, we **automatically cancel** all recreation programs.

Information Continues onto the next page

COURT PROCEDURE/ADDITIONAL INFORMATION

1. **ON COURT:** A team is composed of a maximum of six (6) players on the court at one time. A minimum of **at least two (2) women MUST** be on the court for each team at any given time. Each team must try to play with six (6) people. A team may play with five (5) individuals only if the sixth person is unavailable to play. (Minimum of two (2) women rule still applies). If only four people are available to play, the games must be forfeited if the other team does not agree to play them (still must have two (2) women). If you only have three players, you will need to forfeit. The only exception to this rule is due to in-game injury. Remember, this is a co-ed sixes league, NOT a quads league.
2. **Teams will call their own games.** Teams shall call all violations, timeouts, and substitutions. Only the team captain, on court, can request time outs. Only the captain has the right to question a call by the other team, but not to the extent of delaying the game. If a question by a team captain gets to the point where it has delayed play, a time out will be charged to that team. If a team has no more time outs, a point shall be awarded to the opposing team.
 - a. If a team has a designated team alternate captain/coach, they may also serve as an individual who may communicate with the other team. If they are not on the court, they must be seated during the match. They may approach the table to request a time out or to substitute only.
3. **SCORING:** Matches will be played on a **rally point** system. **A match consists of three (3) sets with two (2) 25-point sets & one (1) 15-point set, rally scoring.** All three sets are to be played in the regular season and the best of 3 series in playoffs. Each set won credits your team with one (1) win. A set is won when either team reaches 25 points and is at least two (2) points ahead of the opposing team. No cap on scoring.
4. **SPORTSMANSHIP:** Upon completion of the game, players will come to center court to congratulate each other, and a five (5) minute break will be allowed before the next game begins.
5. **FORFEITS:** All teams must be ready to play on schedule. A team will forfeit if more than ten (10) minutes late for the first game. A grace period of ten (10) additional minutes will be awarded for each additional game. If a team does not show up within the half hour period, all games will be forfeited.
 - a. No cancellations will be made unless ordered by the Recreation Director, due to weather or other school-related cancellations. A team that forfeits two consecutive nights (unless approved by the Recreation Director) shall be removed from the league. Teams must make every effort to notify the Recreation Office if they cannot make it to play. **Failure to notify our office and subsequent no shows is a \$25.00 fine, that MUST be paid prior to the next game.** Notification must be given by 12:00 p.m. on the day of the game.
6. **SET UP:** Each team playing the first match of the night must provide at least one (1) person to help set up the nets. In addition, teams playing at the end of the night must help take down and put away the volleyball equipment. The home team (designated on the schedule) must also provide a scorer keeper. Any misunderstanding of the rules should be settled mutually between the teams at the time the match is played.
7. **SUBSTITUTION RULE:** Substitution will be free and open and can be made during a dead ball only. Two women on the court rule still applies. Substitution may take place anytime on the court in the event of a player injury, during the next dead ball. There are no liberos allowed in this league.
8. **TIME OUTS:** There will be **two (2) time outs per game** allowed. (EXCEPTION: Should an injury occur the attendant/league official shall call time out until the injured player can be taken care of and/or substitution can be made).

9. **START OF MATCH:** Teams shall decide amongst themselves for serve, receive or choice of court. Teams will change sides at the end of each set. The opposite team that served the prior set will start the next set by serving.
10. **CO-ED TOUCH RULE (RECREATION DIVISION):** Each team may have three (3) volleys on its side. **AT LEAST ONE** woman **MUST** handle the ball before returning the ball over the net in **EACH SERIES** (more than one volley) of volleys. A ball may be returned on a single volley by a man. This rule does not apply to the Power Division.
11. **PLAYER ROTATION:** The starting service rotation shall be retained throughout the set, although players rotate to different positions. At the beginning of each set, the players may rearrange themselves in any order.
 - a. At the beginning of each set a team must rotate immediately before the second serve and then each serve afterwards.
12. **SERVE INTO NET:** If a ball hits the net and goes over on a serve, it is considered a dead ball and should be given to the other team.
13. **THE SERVE:** The receiving team is not allowed to block or spike the serve. (I.e., contact the ball above the top of the net.) A spiker must contact the ball on his/her own side of the net, but may in the course of the follow through reach over (but not touch) the net.
14. **CONDUCT:** Any player using improper conduct during or after a match may be disqualified from the match or ejected from the premises. A match will be forfeited if players or spectators rooting for that team become unruly and cannot be controlled.
15. **PROTESTS:** Protests must be written and turned into the Rec Office within 24 hours of the match being protested.
16. **DEAD BALL RULE:** Any ball which travels less than three (3) feet into the next court is playable, however if there is another game on the next court the point will be replayed; more than three feet will be considered a dead ball. Also, a ball which is hit into or touches the ceiling, baskets, ropes, etc. is considered a dead ball and not playable. Any player who touches the net will be a dead ball.
17. **PLAYOFFS:** Depending upon the number of teams entered and weeks available, at least the **top four (4)** finishing teams will qualify for the playoffs.
 - a. A player must participate in 50% or more of the regular season games to be eligible for playoff games. This will be strictly enforced.

Proper court protocol will prevail throughout the league. Teams will always follow the instructions of the Recreation Staff. Individuals or teams unable to obey rules and court procedures as printed will forfeit their right to participate in the program!

2026 BMRC Co-Ed Volleyball League

TEAM NAME _____

Sponsor: ☐ Yes ☐ No

TEAM REPRESENTATIVE _____

COACH ☐ CAPTAIN ☐

EMAIL _____ CELL # _____ HOME # _____

ADDRESS _____

ALTERNATE REPRESENTATIVE _____

COACH ☐ CAPTAIN ☐

EMAIL _____ CELL # _____ HOME # _____

ADDRESS _____

PLEASE CHECK ONE: ☐ Resident Team ☐ Non-Resident Team

**Resident teams must have more than 50% of your players residing in the Blue Mountain School District. **

Please indicate which division your team will be participating in: Power ☐ Recreation ☐

Each individual player must sign the following Agreement to Participate and Release prior to being permitted to participate in the league.

AGREEMENT TO PARTICIPATE

I am aware that participating in any physical activity can be dangerous, involving MANY RISKS OF INJURY. Because of the dangers of participating in the above-mentioned activity, I recognize the importance of following proper techniques, training, and other rules, etc. and do agree to obey the program rules and gym rules as set by the Blue Mountain Recreation Commission. I also acknowledge that I am aware that the Blue Mountain Recreation Commission carries no medical insurance on participants and that any injury must be covered by my personal medical insurance policy.

HOLD HARMLESS/RELEASE

In participating in any physical activity, I recognize that certain risks and dangers exist. These include loss or damage to personal property, injury or fatality due to accident, illness or collision with a vehicle while traveling to and from the activity site. I understand that the Blue Mountain Recreation Commission shall assume no responsibility or liability for accidents, illness, or loss or damage of personal property, and I acknowledge and do hereby assume all risks in connection with this activity, and I hereby hold the Blue Mountain Recreation Commission or agents harmless from any and all liability, action, claims and damage of every kind and nature whatsoever.

My signature on this document is also intended to bind my heirs, representatives, executors, administrators, and assigns.

TEAM ROSTER

Players Name SIZE	RES. / N/R	AGE	SIGNATURE	DATE	SHIRT
1. _____ _____	<input type="checkbox"/> Res. <input type="checkbox"/> N/R	_____	_____	_____	
2. _____ _____	<input type="checkbox"/> Res. <input type="checkbox"/> N/R	_____	_____	_____	
3. _____ _____	<input type="checkbox"/> Res. <input type="checkbox"/> N/R	_____	_____	_____	
4. _____ _____	<input type="checkbox"/> Res. <input type="checkbox"/> N/R	_____	_____	_____	
5. _____ _____	<input type="checkbox"/> Res. <input type="checkbox"/> N/R	_____	_____	_____	
6. _____ _____	<input type="checkbox"/> Res. <input type="checkbox"/> N/R	_____	_____	_____	
7. _____ _____	<input type="checkbox"/> Res. <input type="checkbox"/> N/R	_____	_____	_____	

8. _____ _____	<input type="checkbox"/> Res. <input type="checkbox"/> N/R	_____	_____	_____
9. _____ _____	<input type="checkbox"/> Res. <input type="checkbox"/> N/R	_____	_____	_____
10. _____ _____	<input type="checkbox"/> Res. <input type="checkbox"/> N/R	_____	_____	_____
11. _____ _____	<input type="checkbox"/> Res. <input type="checkbox"/> N/R	_____	_____	_____
12. _____ _____	<input type="checkbox"/> Res. <input type="checkbox"/> N/R	_____	_____	_____

ROSTER NOTES:

- (1) **REGISTRATION DEADLINE: Thursday, February 26, 2026**
- (2) **NO ADDITIONS AFTER YOUR TEAM HAS PLAYED ITS THIRD MATCH**
- (3) **12 PLAYERS MAXIMUM**
- (4) **PLAYERS MUST AT LEAST BE IN HIGH SCHOOL TO PLAY**
- (5) **Parent/Guardian must sign for those under 18**
- (6) **Individuals who want to join but do not have a team should contact the Recreation Office.**
- (7) **ALL REGISTRATIONS & PAYEMENT SHOULD BE TURNED INTO THE RECREATION OFFICE BY FEBRUARY 26, 2026**