



# ADULT VOLLEYBALL OPEN GYM GUIDELINES

*Cheldelin Middle School | Sundays | 6:00 – 9:00 PM*

## **Respect and Sportsmanship**

- Treat everyone with respect, including fellow players and P&R Staff.
- Practice good sportsmanship: no aggressive behavior, intimidation, or taunting.

## **Inclusivity and Participation**

- Rotate players regularly, ensuring everyone gets a chance to participate.
- Avoid forming exclusive groups; if needed, organize teams based on skill level or use a rotation system. Be patient and inclusive, offering opportunities for everyone to play.

## **Safety First**

- Be mindful of your surroundings and avoid dangerous or reckless plays.
- Communicate with your teammates, particularly when going for the ball, to avoid collisions.
- Proper warm-up is recommended before playing to prevent injuries.

## **Equipment and Facility Usage**

- Use equipment as intended. Treat volleyballs, nets, and other gear with care.
- Keep personal belongings secure and avoid cluttering the court.
- Adhere to all posted facility rules, including check-in procedures, dress codes, and court usage guidelines.

## **Games and Court Etiquette**

- Games should be played to a predetermined number of points (e.g., 25) or on a time limit as agreed by the group.
- If multiple teams are waiting, use a "win-and-stay" or "two-game maximum" rule to ensure everyone gets court time.
- Avoid disruptive behavior such as arguing over calls; when in doubt, replay the point or consult an impartial player.

## **Time Management**

- Be mindful of court time and the facility's hours. Ensure games end promptly to allow others time to play or for the gym to close on schedule.
- Players should clean up after themselves and assist with putting away equipment at the end of the session.

**NO FOOD OR DRINKS (OTHER THAN WATER) IS ALLOWED IN THE GYM**