



ADULT VOLLEYBALL

OPEN GYM GUIDELINES

Cheldelin Middle School | Sundays | 6:00 – 9:00 PM | Must be 18+

Schedule

- **Lower-Level/Open Play (6:00 PM – 7:30 PM)**
 - Details: Open to the public and designed for recreational players and those with beginner to intermediate skills. A welcoming and fun environment for all! **Intended for D & C division level players.**
- **Advanced/League Play (7:30 PM – 9:00 PM)**
 - Details: This session is reserved for experienced players with advanced skills, including current league participants. Expect competitive, high-level play. **Intended for A & B division level players only.**

Note: P&R Staff will not enforce skill levels or ask players to leave. Players are responsible for selecting the appropriate session based on their skill level.

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

- **One Session Per Player:** Due to high demand, players should only attend one session per night—not both. This ensures more people have the opportunity to play.
- 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.

Open gym is funded by donations, and a suggested donation of \$3-\$5 per participant per session helps cover the cost of facility rental and staff. Cash or check only.

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