



2020 FALL FRIENDLY PLAYERS' LEAGUE

What Is It?

- A fun player-organized volleyball league taking place this fall during what normally would be high school volleyball season in Minnesota!

Benefits!

- **Players create their own teams and manage their own matches!**
 - Invite players to create your own team, connect with old friends or find new friends!
- **Participants do not need to be affiliated with a volleyball club or school, but all must be current USAV members.**
 - 2019-20 USAV memberships are valid through October 31st.
 - 2020-21 USAV memberships will be available beginning September 1st.
- **Teams self-select their own level of play.**
 - GOLD = "Varsity"
 - SILVER = "JV/B"
 - BRONZE = "C"
 - COPPER = "Middle School" (14 & under)
- **Teams will play one night a week (Tuesday through Friday).**
 - 6 week league - September 8 through October 16 (tbd).
 - Schedule based on age and playing level
 - Two back to back matches per night
 - Session 1 - 5pm and 6pm OR Session 2 - 7:30pm and 8:30pm
 - All matches are limited to 55 minutes
 - Best 2 of 3 - 3rd game played to 15
 - If time remains after the match outcome is determined, teams can keep playing!
 - If the match outcome is NOT determined at the end of the time limit, the official will name the winner based on the play that has taken place
- **No work teams are needed!**
 - A paid R1 referee will officiate and score each match!
- **Playing sites will be in various locations so play is regionalized as much as possible!**
 - Upon league registration, teams will be asked to list the town/city where most of their players reside or travel from.
 - Best efforts will be made to assign teams to a site/facility near their location.
- **Cost is just \$50 per week per team.**
 - Teams do not have to commit to all 6 weeks
 - Pay on a weekly basis - payment due by Thursday of week prior to play day
- **Spectator Admission = \$3-\$4 per person*** - Cash only please! Change may not be available.



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The Rules

- **All participants must be current USAV members.**
- **This is a “player run” fun league!**
 - Coaches are allowed, but not required.
 - Adult coaches must be USAV members, pass a USAV approved background screen and be SafeSport certified
 - Note - high school coaches may NOT coach their teams.
- **Players make up their own rosters!**
 - Age does not matter as long as players on the team are all between the ages of 12 and 18.
 - Due to COVID-19 limitations, rosters are limited to 12 people total (including coaches and players)
 - All roster names must be submitted at team registration.
- **Teams select their own level of play.**
 - NCR reserves the right to combine divisions.
 - Every effort will be made to schedule different ages/levels of play on different nights of the week.
 - NCR also reserves the right to reassign a team to a different division throughout the league season.
- **Teams can design their own uniforms.**
 - Options may include wearing the same color t-shirts, etc.
 - Jersey numbers are not required.
 - Note - high school uniforms **cannot** be worn.
- **A paid R1 referee will officiate each match.**
 - He/she will keep the score - no other work team members are needed!
 - Official will sanitize and switch out game balls between matches
- **First Serves**
 - The visiting team will serve first during match 1 of each session.
 - The home team will serve first during match 2 of each session.



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Registration, Payments and Refunds

Team Registration

- Teams must designate a "team captain".
- The "team captain" will go to North Country Region's website (www.ncrusav.org) and click on the icon for "**FALL FRIENDLY PLAYERS' LEAGUE**".
 - He/she will complete the league registration form which will include team name, age, playing level and roster

Individual Registration

- Rostered team members will be required to complete an individual registration form including proof of USAV membership.

Payments and Refunds

- Teams only pay for the weeks that they choose to participate. Payments may be made in advance, but are due no later than Thursday, the week before the upcoming play date.
- If a team must withdraw from a play date, a full refund will be provided if NCR is notified by Thursday, the week before the upcoming play date. Teams that withdraw after that day will receive no refund.
- In the event that a FFPL play day is cancelled, all teams paid for that event will receive a full refund.

Governing Body Clarifications & High School Association Compliance

- The Fall Friendly Players' League detailed information has been reviewed and supported as being within both the letter and spirit of the guidelines set forth by both the MSHSL Board of Directors and USA Volleyball.
- The Fall Friendly Players' League will consist of friendly competitive volleyball matches. The league is not in any way a practice and is not intended to be required by or to be used for the purpose of physical conditioning or in lieu of a practice by a high school coaching staff or high school team captains. This league is an opportunity to compete on a team comprised of a group of friends/players without roster limitations due to age or location.
- A MSHSL volleyball coach may NOT coach a team comprised of any players who are a part of his/her high school program.
- A MSHSL volleyball coach may not direct, organize, or require participation of any player who is part of his/her high school program.



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COVID-19 Safety Plan

- Separate facility entrances and exits will be set up when possible.
- There will be 2 playing sessions per day.
 - **Session 1**
 - **4:45pm - Teams/Spectators may enter**
 - One person per team should report to the site director to check in
 - 4:50pm - Home team warm-up 4:55pm - Visiting team warm-up
 - 5:00-5:55pm - Match 1 6:00-6:55pm - Match 2
 - **Session 2**
 - **7:15pm - Teams/Spectators may enter**
 - One person per team should report to the site director to check in
 - 7:20pm - Home team warm-up 7:25pm - Visiting team warm-up
 - 7:30-8:25pm - Match 1 8:30-9:25pm - Match 2
- Spectators are allowed but must adhere to all safety guidelines:
 - * NCR reserves the right to limit spectators based on facility capacity allowed
 - ALL spectators must wear masks
 - Social distancing measures will be in place
 - Admission will be charged by the facility - cash only - exact amount appreciated
 - Concessions may be offered based on the facility
 - Chairs/bleachers will not be available - spectators can bring their own
 - Must leave the facility immediately following the match session they are attending
- Team Protocols
 - No team camp areas will be available - items should be kept by the team benches.
 - There will be no team benches set up for players - they may bring their own chairs.
 - Players must wear masks when entering and exiting the facility - not needed during play.
- Warm-ups
 - Teams should provide their own warm-up balls and are responsible for sanitizing them.
 - Prior to the first match of each session, there will be a 10 minute warm-up period (e.g. if scheduled game time is 5 pm, warm-ups will begin at 4:50 pm.) - no 2nd match warm-up
 - Each team will receive 5 minutes to warm up - timed by the official.
 - The first team listed on the schedule will be considered the home team and will take the first 5 minutes of the warm-up period; other team gets the next 5 minutes.
- Match Protocol
 - NCR will provide one sanitized game ball per court per match. Balls will be rotated.
 - No switching sides during a match.
 - No team huddles.
 - Post-game waves only - teams are encouraged to be creative!