



City of Milford, Connecticut

Recreation Department

~Founded 1639~

70 West River Street ~ Milford, CT 06460-3317

Tel 203~783~3280 FAX 203~783~3284

www.milfordrecreation.org

COED VOLLEYBALL ELIGIBILITY & HOUSE RULES

Updated: 09/15/17

ELIGIBILITY:

All adult players must be 18 years or older, although each team is allowed 2 players ages 16-17 years old. Any player who has participated in a high school varsity program within the past six months is eligible to participate in the COED A division only.

REGISTRATION/ FEES:

(NEW Fall 2017) All league participants must register as an individual for \$25.00. We no longer register teams. The coach will be responsible for turning in the team roster.

ROSTER ADDITIONS:

Teams may add players any time prior to their sixth game. Late registrations will be subject to a ten dollar late fee. Any new player must sign the team roster prior to participating.

SCHEDULE:

The number of teams who register will determine the regular season. Co-Ed A & B play Mondays. Playoffs will be offered only if time and gym space permits. ***Some divisions may play on alternate days to accommodate the necessary schedule.***

SCORE REPORTING:

Coaches are responsible for submitting scores to the building supervisor following their games. The Recreation Department will list standings provided these scores are given to the building supervisor.

FORFEIT POLICY:

If at least 4 players are not ready to play by scheduled game time (including the first scheduled match) the 1st game of a three game match is automatically forfeited. The 2nd game of a match is forfeited ten minutes after scheduled starting time. The 3rd game is forfeited twenty minutes after scheduled starting time.

GAMES (all divisions) (NEW Fall 2017):

- a. Teams will play five (5) games per match. The first four are to 21 points, the fifth game is to 15 points. All matches carry a 1.5 hour time limit.
- b. **First team to score 21 points**, (win by two, if still tied sudden-death, first to 25) will be the winner.
- c. **RALLY POINT SYSTEM IS IN PLAY FOR ALL MATCHES (do not have to serve to score).**
- d. **90 MINUTE TIME LIMIT WILL BE STRICTLY ENFORCED. IF TIED AFTER 90 MINUTES, NEXT POINT WINS.**

NUMBER OF PLAYERS:

- a. (NEW Fall 2017) Teams must play with a minimum of **two females** at all times.
- b. Minimum players on a roster are four; there is no maximum.
- c. Teams must begin and end games with at least four players but six is the normal number.

BOUNDARIES:

- a. Boundary lines are considered in bounds. If a ball hits any part of the line, it is considered in bounds.
- b. With center lines, player's foot may touch center line but not over.
- c. Touching of volleyball poles is permitted only if touched during normal play. Holding on to pole for better leverage is not allowed.
- d. Any time ball hits an obstruction, it is dead ball and considered out of bounds. **When the ball hits the ceiling it is dead unless both teams agree otherwise prior to the start of the game.**

THE SERVE:

- a. Choice of serve/court before game is decided by coin toss. After each game, teams will switch serve/court.
- b. The score for both teams should be said out loud before each serve. Home team's score first followed by the opposing team's score.
- c. Serve may be overhand, underhand, or sidearm. LET SERVE HAS BEEN ADOPTED – A SERVE THAT HITS THE NET IS STILL IN PLAY, IF UNTOUCHED IT MUST HOWEVER LAND IN BOUNDS FOR AN OFFENSIVE POINT.
- e. Points are NO LONGER scored only on the serve only.
- f. **A League Only – overhand serve receives are permitted.**

HITTING THE BALL:

- a. The ball can be hit by any part of the body above and including waist.
- b. Three hits maximum to each side of the net (one or two hits also allowed).
- c. Ball must be cleanly hit; NO CARRIES OR THROWS (open hand direction of the ball is not allowed, hand must be cupped or closed.) **On returning a serve, the bump rule is mandatory (B & C leagues only, A league exempt).**
- d. When blocking a shot, the same player may hit the ball twice (This constitutes one hit).
- e. If two players hit ball simultaneously, it is considered one hit, either player may then hit the ball a second time.
- f. **SPIKING in the A league is unrestricted. For the B league it is as defined as the intensity must be within the realm of good sportsmanship. Spiking must be on a gentlemen's level.**
- g. Back row may never enter the front row to spike or block a shot. **BACK ROW CAN NEVER SPIKE THE BALL (A Exempt).**
- h. **COED B & C ONLY (A Exempt): When the ball is hit on the same side at least three times, one hit has to be by a female player.**
- i. **COED B & C ONLY (A Exempt): NO SWITCHING POSITIONS IS PERMITTED DURING THE ROTATION.**
- j. ***(A League Only) Players are permitted use of the body below the waist. Feet /knees should be acceptable.***

THE NET:

- a. **PLAYERS CANNOT TOUCH NET AT ANY TIME AND IF INFRACTION IS COMMITTED, THE PLAYER SHOULD RAISE HAND TO DESIGNATE VIOLATION.**
- b. Players cannot reach over the net except in two instances:

“Providing fun for Generations.”

1. On the follow-threw of an offensive shot.
2. In blocking a shot, provided the offense has made contact with the ball and is attempting to hit the ball over net (offense must be given the opportunity to hit the ball first).

PROTESTS:

Since this is a non-refereed league it is partially governed by an honor system. If there is a discrepancy of the rules that cannot be resolved, the game must be played under protest. To play under protest you are to let the Building Supervisor know the game is being played under protest and the protest must be submitted in writing accompanied by a \$50.00 forfeit fee by the end of business the next business day. If the protest is upheld, the fee is returned. If any part of the protest is not followed, the protest will not be heard. Informal complaints will be heard as feedback.

ADDITIONAL RULES:

- a. No timeouts allowed except in case of injury.
- b. Any act, verbal or physical that is deemed unsportsmanlike by Recreation Dept. may result in suspension or expulsion of offending player(s), or team.
- c. The Recreation Dept. and City of Milford are not responsible for loss of personal articles that may occur. All participants play at their own risk.
- d. Any rules not mentioned are in accordance with the **USVBA RULES & Regulations. However, House rules overrule USVBA.**
- e. Players can participate in only one league within the men's or co-ed leagues (Either Coed A, B, or C and must be listed on only one roster.
- f. COED: Teams may never play with more men than women. However, a team may play with more women than men at any time.
- f. The Department of Recreation reserves the right to make any decisions it feels to be in best interest of the league and/or City of Milford.

REMINDER TO ALL PLAYERS & COCHES: NO FOOD OR BEVERAGE IS PERMITTED IN THE PARSONS GYMNASIUM WITH THE EXCEPTION OF WATER.