



Milford Recreation Department
Parsons Government Complex
70 West River Street
Milford, CT 06460
phone: 203-783-3280

COED INDOOR VOLLEYBALL ELIGIBILITY & HOUSE RULES

ELIGIBILITY:

All adult players must be 18 years or older. 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.

SCHEDULE:

10 Match regular season plus playoffs.
Co-Ed A & B play on Mondays.

SCORE REPORTING:

Coaches are responsible for submitting scores to the building supervisor following their games.

FORFEIT POLICY:

Teams are given a five-minute grace period, only for the start of their first scheduled game. After the grace period, if at least four players are not ready to play, teams will forfeit two points per minute. After 10 minutes the first game will be forfeited. Following the first forfeited game, teams will forfeit 2 points per minute for games 2 and 3.

GAMEPLAY:

- Teams will play three (3) games per match. All matches carry a (1) one-hour time limit.
- First team to score 21 points, (win by two, if still tied sudden-death, first to 25) will be the winner.
- Scoring - Rally Point.

NUMBER OF PLAYERS:

- Teams must always play with a minimum of two females.
- Minimum players on a roster are four; there is no maximum.
- Teams must begin and end games with at least four players but six is the normal number.
- Teams can add players up until the 6th match of the season then Rosters Lock.

BOUNDARIES:

- Boundary lines are in bounds. If a ball hits any part of the line, it is considered in bounds.
- With center lines, the player's foot may touch the center line but not over.
- Touching of volleyball poles is permitted only if touched during normal play. Holding on to pole for better leverage is not allowed.
- Any time the ball hits an obstruction, it is a dead ball and considered out of bounds. When the ball hits the ceiling it is in play. If the ball hits the ceiling on the opponent's side, or hits the ceiling and travels to the opponent's side, it is considered out of bounds.
- Teams cannot play the ball on other courts. If the ball travels into another court, it is considered out of bounds.

THE SERVE:

- Choice of serve/court before game is decided by coin toss. After each game, teams will switch serve/court.
- The score for both teams should be said out loud before each serve. The home team's score first followed by the opposing team's score.
- 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 the offensive point to count.
- A League Only - overhand serve receives are permitted.

HITTING THE BALL:

- The ball can be hit by any part of the body above and including waist.
- Three hit max per side.
- Ball must be cleanly hit; No carries or throws (open hand direction of the ball is not allowed, hand must be cupped or closed.)
- Returning a serve, the bump rule is mandatory in B leagues only (A league exempt).
- When blocking a shot, the same player may hit the ball twice (This constitutes one hit).
- If two players hit ball simultaneously, it is considered one hit, either player may then hit the ball a second time.
- 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.
- The Back row may never enter the front row to spike or block a shot. (A league exempt).
- COED B League only (A league Exempt): When the ball is hit on the same side at least three times, one hit must be by a female player.
- COED B League only (A league Exempt): No switching positions during the rotation.
- COED A league only: Players are permitted use of the body below the waist. Feet /knees should be acceptable.
- COED A league: No double-touching when hand setting.

THE NET:

- Players cannot touch the net at any time and if infraction is committed, the player should raise hand to designate violation.
- Players cannot reach over the net except in two instances:
 1. On the follow-threw of an offensive shot.
 2. Blocking a shot, provided the offense has contacted 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 particularly 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 need 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 the next business day. If the protest is upheld, the fee is returned.

ADDITIONAL RULES:

- No timeouts allowed except in case of injury.
- Any act, verbal or physical, that is deemed unsportsmanlike by the Recreation Dept. may result in suspension or expulsion.
- Milford Recreation reserves the right to make any decisions it feels to be in the best interest of the league and/or City of Milford.