



City of Milford, Connecticut

Recreation Department

~Founded 1639~

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www.milfordrecreation.org

ELIGIBILITY;

COED VOLLEYBALL ELIGIBILITY & HOUSE RULES

All players must be full-time residents of the City of Milford. 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. In order to qualify as an industrial team, **All** team members must be employed full-time for a Milford-based company. All Industrial team rosters must be verified and signed by the personnel manager. Nonresidents are eligible for an additional \$10.00 per player. Non-residents may not participate on any industrial team unless they meet the eligibility criteria through employment.

ROSTERS;

Roster forms must have at least four players but not more than twelve. Name, address, phone, age and signatures must be specified for all players. The original must be turned into the Recreation Department by the League Director's established deadline. **SIGNING YOUR ROSTER AT THE GYM ON THE NOT OF YOUR FIRST GAME IS NOT ACCEPTABLE.** All rosters must be turned in the Recreation Department office by 5:00pm the day of your first scheduled game. **FAILURE TO DO SO WILL RESULT IN A FORFEIT.** New rosters are required every calendar year.

FEES:

A \$50.00 per team entry fee must be paid at time of submitting roster. Check or cash is acceptable with checks being made to the City of Milford. Non-residents pay \$10.00 each not to exceed \$50.00 per team.

REGISTRATION DEADLINE;

Registration is on a first-come-first-serve basis until league maximums are met. Teams will be placed in a league with similar talent based upon previous records. New teams will be placed where space permits.

ROSTER CHANGES;

Roster additions may be made by having the new participant sign the roster on file with the Recreation Department 24 hours prior to your scheduled game. Deletions may be made via phone at anytime. **THE DEADLINE FOR ROSTER ADDITIONS IS PRIOR TO YOUR FOURTH GAME OF REGULAR SEASON.**

SCHEDULE:

The number of teams who register will determine the regular season. Co-Ed A & B play Monday while the COED C League play Wednesdays. ***Some divisions may play on alternate days to accommodate the necessary schedule.***

PUBLICITY;

Coaches are responsible for submitting scores to the building supervisor following their games. The Recreation Dept. 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);

- a. Teams will play three (3) games per match. All matches carry a one-hour time limit
- b. **First team to score 25points**, (win by two, if still tied sudden-death, first to 30) will be the winner.
- c. **RALLY POINT SYSTEM IS IN PLAY FOR ALL MATCHES (do not have to serve to score).**
- d. **55 MINUTE TIME LIMIT WILL BE STRICTLY ENFORCED. IF TIED AFTER 55 MINUTES, NEXT POINT WINS. Games are running too late so do your best to keep games on time so you avoid this situation!**

NUMBER OF PLAYERS;

- a. Minimum players on a roster are four; there is no maximum.
- b. 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.
- e. 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.**
- f. Points are NO LONGER scored only on the serve only.
- g. **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 and C leagues 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. **NEW 2014 –(A 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:
 - 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).

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. Updated: 03/27/14