

## **WOMENS RECREATION VOLLEYBALL RULES 2024**

### **ELIGIBILITY:**

1. Players must be at least 18 years of age or out of high school.
2. Open roster
3. Team fee is \$595.00

### **GENERAL:**

All games are played at Center 375 Gymnasium (375 Hartford Turnpike, Vernon) on Tuesday evenings. Game times are 6:10pm, 7:10pm, and 8:10pm. NOTE: make ups may be on another night and time. All rules must be followed. All program and game operations are under the discretion of the official or facility supervisor.

**Matches shall begin promptly at their scheduled time.** You must have 4 players by game time, If you do not have enough players by 6:20/7:20/8:20pm, your team will forfeit the first game. If at 6:30/7:30/8:30pm you do not have your 4th player, your team will forfeit the match.

If both teams fail to field a team, both teams shall be penalized three games. If a team loses a player, you can go down to 4.

Each match shall consist of three games to 25 points. However, a team must win by two points with a cap at 27. Last serve will be at 55 minutes after the established start time. At 50 minutes after the established start time, a 5-minute warning will be announced. At this time, no time outs will be granted. There will be no more than 2 minutes between games.

Team listed first on schedule will serve the first game.

The losing team will have the advantage of serving first in the next game.

Teams will exchange sides at the end of each game.

Players can bump or set off the serve. No block or spiking off a serve.

The server must wait for official's signal to serve. Failure to do so will result in cancellation of play and repeat of serve.

On an overhand or underhand serve, the server must let it bounce if he/she doesn't hit it - if he/she catches it in the air, they lose the serve.

It is legal to play the ball off the net, provided your body does not hit the net. The penalty for hitting the net will be loss of point.

The ceiling is out of bounds except on your own side.

Once the ball crosses the center line between courts, the play is dead. Be cautious and respectful of the game in session on the other court before retrieving the ball.

Spiking is allowed.

The ball must be clearly hit. No catching, hesitation, pushing, carrying or slinging of the ball.

You cannot step over the centerline - you may step on it, but not over it.

Postponed games will be played at the discretion of the Recreation Department after the league schedule is complete. Captains will be notified by 4:00pm in the event games are postponed due to inclement weather. Captains please call the office 860-870-3520.

Teams may use the gym if a forfeit is declared. However, the teams must be off the court by 10 minutes before the scheduled start time of the following game.

After three forfeits, the team will be dismissed from the league. If a team is dismissed the schedule will not change; all their future opponents will be given a win.

Any part of the backboard by the referee stand is out of bounds, the rim and net is a replay, unless official rules differently. Any part of the backboards on the end-lines of each court is under the discretion of the official.

Each team is allowed one time out per game. Time outs are one minute. Between games, both teams have three minutes. Time outs will not be granted after 5-minute warning.

Only team captains can ask the official questions.

There will be single substitution. The substitution comes in at the center back position.

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Rosters are due by the first practice. There shall be a limit of 15 players on your roster. Rosters are closed after a team has played 50 percent of their games. A player may not be listed on multiple rosters. A player may be transferred to another team if mutually agreeable to the teams involved and to the individual. Players cannot play for two different teams in the same week.

If a player is injured, the next person in the rotation line would go into play. The injured player does not get to choose their substitute. An injured player may not re-enter the current game.

**LEAGUE CHAMPIONSHIP:**

The team completing the schedule with the best won-loss record will be named #1 seed. Ties for other than the last spot will be determined according to how they did against each other during the season. If the outcome of the games doesn't decide the place, the differential of scores, against the team you are tied with, would.

**PLAYOFFS:**

The playoffs will include all teams. Best of Three, Championship is Best of Five.

1. Playoffs will be held at the end of the regular season. The number of teams will determine the format will be used.
2. To be eligible for the playoffs, a player's name must be on the roster and they must have appeared in four games during the regular season.
3. Each team must submit a list of players that participated that night.

**GYM RULES:**

Spectators are expected to stay off the court during the games. If you are going to bring children to the gym, they must be supervised at all times. If the supervisor or referee observes or receives any complaints, the following actions will be taken:

1. First complaint - warning
2. Second complaint - you will not be allowed to bring children/spectators to the gym.
3. Third complaint – The player will be suspended for the duration of the season and your team will forfeit their next match.

There is absolutely no smoking or alcohol use on Town of Vernon property. Any player caught will be suspended. If the person is not a player, they will be asked to leave.

Absolutely no food or drink is allowed to be brought into the gymnasium.

**SPORTSMANSHIP:**

1. If a player(s) exhibits unsportsmanlike behavior, a warning will be give to the player or the captain.
2. On the second offense, the player will be ejected from the game. Any player ejected will be suspended for the next scheduled match.
3. If this player is ejected again, he or she will be expelled from the league.

Any type of loud, or disruptive profanity will be subject to automatic suspension. The league supervisor has the authority to recommend suspension of player(s) disregarding these rules.

The Town of Vernon accepts NO responsibility for injuries incurred by players as a result of participation in this program.

The Recreation Department reserves the right to make decisions in the best interest of the league.

I, the team captain, \_\_\_\_\_ understand the rules and will promise to distribute the rules to all of my players listed on the roster.

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Signature

Date