



# TRUMBULL ADULT CO-ED VOLLEYBALL LEAGUE

## Rules and Regulations Winter 2019-2020

Trumbull Dept of Recreation – 203-452-5060

### PART 1

**Statement of Intent:** Welcome to the adult co-ed volleyball leagues! The following pages outline the rules and regulations for the 2019-2020 season. These rules and regulations are set up for your safety, and in order that there be no misunderstanding among captains, players, and supervisors. These rules and regulations will be enforced in their entirety. Any rule and/or regulation changes must be approved, in writing, by the Trumbull Parks and Recreation Department.

Each team will play 1 match consisting of 3 games. The number of games won and lost will be recorded, and team standings will be kept.

All fees paid are non-refundable - no exceptions.

**League:** There are 2 league divisions – Recreation and Power. Please indicate on your roster which you would like to join. Recreation is for less competitive play.

- The Department of Recreation has final authority as to the conduct of the league, use of the facilities and any other league issues.

**Eligibility:** Eligible teams must be comprised of;

1. 50% Trumbull residents (Including sponsored teams). Any person who graduated from Trumbull High School is a lifetime resident.

2. 100% Employees of a Trumbull-based company.

- All participants must be 18 years of age or older.

- Individual sign-ups may be available.

\*Teams/individuals may be 'grandfathered' in with approval from the Recreation Manager\*

**Fees:** Fees will be set after the number of teams have been determined. Once league fees are determined the Parks and Recreation Office the teams will be contact with the amount and deadline for payment. League fees must be paid in full to the Parks and Recreation Office by the date listed. Teams that have not paid the full amount by that date will forfeit all games until payment is received. \*\*Fees may be paid online at <https://recreation.trumbull-ct.gov> or by credit card, check or cash at our office located at 5892 Main Street.\*\*

2019-2020 Fees:

Rec League- \$185 per team- due by 12/31/19

Power League- \$185 per team- due by 12/31/19

**Team Composition:** Maximum 6 players on the court; two females minimum; maximum 4 males. To play with 1 female you may only have 3 males.

**Equipment:** Each team must bring an indoor volleyball to each game. Captains from both teams will decide which ball they will use as the game ball. Teams are responsible for setting up and taking down the nets. All property belonging to the school must be properly returned to its storage location at the end of evening.

**Registration:** Players must register either in person at the Parks and Recreation Office or online at <https://recreation.trumbull-ct.gov>. During the registration process the player will be able to list what team they are with. Only players who have registered at the Parks and Rec office or online will be eligible to participate in the playoffs.

Individuals who have not registered with the Parks and Recreation Office may still play however they will not be an official team roster. These individuals will complete a single-day program waiver each night they participate.

**Roster:** Rosters will be generated by the Parks and Recreation Office using the names of individuals who registered.

- Additions to and deletions from the roster may not be made after the first 4 games of the regular league schedule.
- Exceptions may be made due to player injuries or other extenuating circumstances at the sole discretion of the Park and Recreation Department.
- All roster changes must be registered with the Parks and Recreation Department.
- Any team that knowingly plays a person who has not signed the roster or individual waiver will be ejected from the league.
- Companies entering two teams may not make lateral changes from one of the company's team roster to the other during playoffs. Recreation League teams may have no more than 2 Power League players on their roster and only 1 on the court at a time. Power player subs may only sub in for other power players. All players must check in on the team's roster before a match to track playoff eligibility.

**Playoff Eligibility:** In order to be eligible for the playoff roster, players must have played in a minimum of 3 matches during the course of the regular season; otherwise they will be deemed ineligible. Players must also have registered in person at the Parks and Recreation Office or online at <https://recreation.trumbull-ct.gov>.

**Forfeits and Defaults:** A default is the act of notifying the Department of Recreation of the inability to field a team for any given match. A default must be called in before 12:00 noon of the day of the game, or it will be considered a forfeit. Defaults will not be rescheduled, and the defaulting team will incur a loss.

There is no grace period and teams are expected to have at least 4 players, minimum 1 female and 1 male player, on the court at game start time. If a team does not have enough players at game start time, they will lose one point per minute until 15 minutes, at which time they will forfeit the match.

- If a team forfeits 3 games, they will be dropped out of the league for the rest of the season. Efforts will be made to fill the slot, and all wins and losses will be counted in the standings. If the team slot cannot be filled, all wins and losses will be dropped from the standings. All fees

paid will be forfeited, and the team may be ineligible to participate in the league for one year. This is per discretion of league coordinator only.

**Drop-Out:** If a team drops out of the league during the season, efforts will be made to fill the slot, and all wins and losses will be counted in the standings. If the team slot cannot be filled, all wins and losses will be dropped from the standings. All fees paid will be forfeited, and the team may be ineligible to participate in the league for one year.

**Waiver:** Each player is required to sign an injury waiver. The waiver must be submitted before the player can participate in any game, including practice games.

**Cancellation of Games:** The Board of Education reserves the right to deny or “bump” any activity held in one of its schools. Should this affect any scheduled games, the Recreation Department will notify all team captains.

-If the schools are closed due to inclement weather, the game will be cancelled. If the weather becomes inclement after schools let out the games will be cancelled via email.

**Referees:** Both the Power and Recreation Leagues will be self-refereed this season. Team captains are expected to ensure their teams are following the rules and regulations. If a conflict cannot be resolved by the team captains they may seek mediation by the gym attendant or Recreation Program Manager.

**Score Keeping:** Teams will keep score on their own and report set/match results to the gym attendant. The gym attendant will record the results and report them to the Parks and Recreation Office.

**Regulations on Use of School Building and Property:** All games are played at Madison Middle School, Madison Avenue, Trumbull.

- A. Smoking is prohibited inside the gym, locker rooms, restrooms and hallways of the school.
- B. Alcoholic beverages and illegal substances are prohibited from all areas of the school building and property. Teams or players violating this rule will be automatically expelled from the league.
- C. No street shoes are allowed on gym floor – gym shoes or sneakers only.
- D. No food or beverages are allowed in the gym.
- E. Please do not litter – use trash receptacles.
- F. Spectators are welcome at all games, however the Recreation Department reserves the right to deny this privilege if abused. Spectators will not be allowed on the court, and are not to be disruptive during the game. Any team whose captain fails to resolve a situation of an unruly spectator in a reasonable amount of time will receive a forfeit for all games of the match. Players and spectators should not wander to any part of the school building, and must stay in the gymnasium area. Spectators, including children, shall not be allowed to run or play in the gym area during game play.
- G. Any player or spectator involved in a fight, punching, pushing, shoving or physically abusing any other player or spectator, will be automatically expelled from the league.
- H. No cars may be left on school property and picked up at a later time unless a breakdown occurs. The school custodian must be notified, otherwise the car will be towed at owner’s expense.

- I. Please remember that other school activities are in progress, especially those involving children, and players' conduct should be respectful of the gatherings of these children throughout the school.
- J. State law prohibits the entering of lavatory facilities of the opposite sex. Anyone found to be in the lavatory facilities of the opposite sex will be removed from the league and reported to the Trumbull Police Department.
- K. Teams or players violating any of these rules may be suspended or expelled from the league.

## **PART 2**

League games will be governed by USA Volleyball rules with the adaptation of local rules contained herein. The USA Volleyball rules can be found [www.teamusa.org](http://www.teamusa.org) and are also available at the Parks and Rec Office.

### **Rules of Play**

**Kicking:** Will be allowed in Power League ONLY and when executed in a safe manner. There will be no below the waist contact in the Recreation League. If the team captains decide that the kick was executed in an unsafe or unsportsmanlike manner it will be treated as unsportsman like conduct.

“9.2.1 The ball may touch any part of the body.”

### **Game:**

1. A coin toss will determine first serve. The winner of the coin toss shall choose either to serve or designate area of play. The loser of the toss shall be given the remaining choice.
2. Teams must rotate upon each side out. Service will alternate each game to the other team, and teams will change playing areas after each game.
3. Games are played to 25 points, rally scoring, and must be won by at least 2 points. Let serves are allowed. A team can have a maximum of 6 players on the court at any time, consisting of a maximum of 4 male players. At minimum, 4 players must be present and on the court at match start time, one of which must be a female and one of which must be male. If a player is injured during the game, play can continue with less than 4 players.
4. The match will begin at scheduled game start time, and the team that does not have the minimum number of players present at game start time will lose one point per minute. If at the end of 15 minutes the team still does not have the minimum number of players, all three games are forfeited. Games will not exceed 1 hour, and the score is final at the end of 1 hour.

**1 of 3 Hits Rule:** This rule states that of the 3 hits on a side, one hit must be made by a female player; a block is not counted as a hit. In the 2019-2020 season this rule is strongly encouraged but not enforced. It is up to the team captains to ensure their team follows this rule to the best of their ability. If the team captain is not addressing issues regarding this rule,

the gym attendant and/or other teams may approach the team captain and/or the Trumbull Parks and Recreation Department.

**Blocking:** Blocking a ball that is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the attacking team has completed its 3 allowable hits, when the attacking team has had the opportunity to spike the ball or direct it with intent to return it to the opponent's court.

**Net Rules:** For safety reasons no one may touch the net at any time. Crossing the plane below the net to the other team's side is also prohibited.

**Substitutions:** Substitutions may only be made from the center back position and only while the ball is dead. Although the new player must go into the center back position, any player may be taken out and his position filled by rotating the other players.

**Time Limit:** Each match is scheduled for one hour, with the maximum time on the court intended to not exceed one hour. If, at the end of the hour, the third game is still in play, the score is final. Games will not exceed 1 hour. If the one hour time limit is exceeded the gym attendant call the game- if the game is tied then the gym attendant will call last serve and the next point wins.

**Time Outs:** Two 1-minute time outs may be allowed for each team per game, if time permits. A team who is winning the 3<sup>rd</sup> game of a match may not have a time out within 5 minutes of the top of the hour. Time outs may be taken consecutively, without play between them.

**Overhead Obstructions:** A ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the same side of the net extended that is occupied by the team that last played the ball. The same team must legally play the ball next. The ball is out of play if it hits the center gym divider or basketball backboards at the ends of the courts, since the angle of these objects will deflect the ball unfairly. The ball is out of play and becomes dead when the ball contacts the ceiling or obstruction on the opposite side of the net extended that is occupied by the team that last played the ball.

**Improper Server:** All players shall be in correct serving order. When an improper server is discovered, all points earned by the improper server shall be cancelled, and the opposing team is awarded the serve.

**Screening, Unsportsmanlike Conduct & Flagrant Fouls:**

- Players on the serving team shall not take action to prevent receivers from seeing the contact of the serve and/or the path of the served ball. Potential screens include waving arms, moving sideways, making disconcerting or distracting motions and noises, standing in front of the server, jumping and grouping two or more teammates close together so that the ball is served over them.

- Unsportsmanlike conduct includes actions which are unbecoming to an ethical, fair and honorable individual. It consists of acts of deceit, disrespect, taunting or vulgarity. Players on either team shall not take action to make disconcerting or distracting motions and noises when an opponent is about to serve or play the ball; shall not disrespectfully address an opponent or

