

**Enfield Recreation Department**  
**2016-2017 Adult Coed Volleyball League**

<p>League Information</p>	<p>The Enfield Recreation Department hosts an 18 and over adult coed recreational volleyball league. Players must meet the age requirement of the league as of January 1, 2017. Space is limited in the league. The twenty-five week season includes play-offs and championship games. Season must be completed by <b>April 6, 2017</b>.</p> <p><b>Resident Team Fee:</b> \$ 278.51 per team.  <b>Non-Resident Team Fee:</b> \$348.13 per team.</p> <p>All fees must be paid in full by the team registration deadline. Resident teams will be accepted first. If space permits, non-resident teams will be accepted. All team registrations are on a first come, first served basis. Limit 8 teams.</p> <p><b>Schedule:</b> Games will be played on Tuesdays and/or Thursday Nights between 5:00-9:00 PM dependent on the number of teams in the league. All teams will get an equal number of game time slots.</p>														
<p>How to Register</p>	<p>All interested teams must complete a team packet and submit the completed packet with payment by <b>September 26, 2016</b>.</p> <ul style="list-style-type: none"> <li>• A designated team manager should be selected for each team. The designated team manager is responsible for the team's registration, participation and compliance with league guidelines.</li> <li>• The team manager should review the league rules so they know what it takes to put together a legal team and what is required to remain eligible all season. <i>It is the responsibility of each manager to obtain league rules and registration materials from the Recreation Department and inform all team participants of the rules to ensure that every team member follows those rules.</i></li> <li>• Complete a team roster form with up to 12 players. The roster must be completed according to league rules.</li> <li>• Each player must complete and sign the Individual Liability Release Form and attach to the form a legible copy of a photo ID or driver's license for proof of residency and age. <b>Note: this must be done regardless of if the player has participated in the league in the past.</b></li> <li>• Submit to the Recreation Department Office: the Individual Liability Release Forms with proof of residency for each player, Team Roster and League Registration Fee by <b>September 26, 2016</b>. Remember there are a limited number of spots in the league. <b>Please Note: Incomplete paperwork will not be accepted.</b></li> <li>• No changes can be made to rosters after the third game. All changes must be submitted to the Recreation Office accompanied by all the required paperwork</li> </ul> <p>After following these steps, the Enfield Recreation Department will review your team's registration packet for completeness and compliance with league guidelines. We will notify the team manager of approval or disapproval as soon as possible.</p> <p>Game schedules will be issued via email to the team manager before <b>September 29, 2016</b>. Paper copies will also be available at the first week of games. The season will start on <b>October 4, 2016</b>.</p>														
<p>Residency Policy</p>	<p>The Town of Enfield will give preference to Enfield residents participating in Recreation Division activities. An Enfield resident is defined as a citizen whose primary residence is in Enfield. Enfield residents will be allowed to register for all programs and Recreation Division sponsored sports leagues at the initial registration date for all seasonal offerings. Proof of residency will be required at the time of registration. Acceptable forms of ID are: valid driver's license, tax bill, utility bill, renter's/homeowner's agreement. Team rosters will be required to follow the membership chart listed below:</p> <table style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th style="text-align: center;">Number of Players</th> <th style="text-align: center;">Number of Non-Residents</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">1-4</td> <td style="text-align: center;">0</td> </tr> <tr> <td style="text-align: center;">5-9</td> <td style="text-align: center;">1</td> </tr> <tr> <td style="text-align: center;">10-14</td> <td style="text-align: center;">2</td> </tr> <tr> <td style="text-align: center;">15-19</td> <td style="text-align: center;">3</td> </tr> <tr> <td style="text-align: center;">20-24</td> <td style="text-align: center;">4</td> </tr> <tr> <td style="text-align: center;">25+</td> <td style="text-align: center;">5</td> </tr> </tbody> </table>	Number of Players	Number of Non-Residents	1-4	0	5-9	1	10-14	2	15-19	3	20-24	4	25+	5
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	<p>Maximum number of 5 non-residents per team roster</p> <p>Enfield businesses will be allowed to sponsor a team but players must be Enfield Residents or work full time for that Enfield business (primary location of work). Proof of full time employment with a company will be required for those who do not live in town.</p>
Non-Residents	<p>Teams that do not meet the residency requirement may submit an application for a team. Non-resident team applications will not be considered until the deadline and all resident teams have been accommodated that met the deadline requirements. <b>An additional 25% fee will be assessed to all non-resident teams.</b></p>
Application Deadline	<p><b>Friday, September 26, 2016 at 5:00 PM.</b></p>
Contact Information	<p>Mail or drop off completed application packets with payment to: <b>Enfield Recreation Department</b>  <b>19 North Main Street, Enfield, CT 06082</b></p> <p>Phone: 860.253.6420 Website: <a href="http://www.enfield-ct.gov">www.enfield-ct.gov</a></p> <p>The Recreation Office is open Monday – Friday, 9:00am-5:00pm</p>

***Players cannot participate in any game until all their paperwork is cleared by the Recreation Department.***

**Gym Rules**

- No Food, drink or water is permitted in the gym.
- Balls that hit the lights on the ceiling are out of play.
  - No hitting the balls against the walls.
- Sneakers must be worn – no shoes permitted in the gym.

**If you bring children with you to the match, please make sure they:**

- Do not play with the volleyballs during the match.
- Do not run around in the gym during the match.
- Stay in the gym. It is okay to use the bathroom facilities, but they cannot roam the hallways.

**Cancellations:** In case of inclement weather, volleyball is cancelled if Enfield schools are cancelled or closes early. For more information call 860.253.6420.

# Enfield Adult Coed Volleyball Rules

The league will follow the official USA Volleyball Indoor Rules unless otherwise stated below.

**1. Conduct:** Any player who is considered rude, unsportsmanlike or abusive will be given a verbal warning on the first offense. On the second offense, the player shall be ejected from the match. The player must then leave the premises. If the player fails to leave the premises, the team he/she belongs to shall forfeit all remaining games in the match. If a player is ejected twice in the season, that player shall be removed from the team for the remainder of the season.

**2. Minimum Age.** All players must be at least 18 years old.

**3. Self Referee.** The teams will self referee their games. In the event of a conflict, the Coordinator will make a final decision to settle the matter. Any mistaken or unresolved calls as well as opposing simultaneous fouls will result in replay.

**4. Standings.** Standings will be based on the number of games won & lost - not the matches. Standings will be posted each week. If all games have been played and time is left, teams may continue to play on their own. Note: standings will only reflect the actual games completed in a match.

**5. Coin toss** will determine choice of first service or side. Teams will alternate service & sides after each game.

**6. Time-outs.** Each team is entitled to two 30-second time-outs per game. Time-outs may be called at any time - even in the last five minutes left of play.

## 7. Matches/Games:

- Each match will consist of 5 rally-point matches to 25 points; win by 2 points, with a 27 point cap.
- **Teams are not allowed in the gym before 5:45 PM.**
- 1st match start time is 6:00pm (there's a grace period for the first game up to 6:10pm. After 6:10, the first game is forfeited. The following games will forfeit every 20 minutes until match is over).
- 2nd match start time is 7:30pm (no grace period)
- A new game cannot start after 7:20pm for the 1st match
- A new game cannot start after 8:50pm for the 2nd match.
- All games must end by 9:00pm.
- If a game is still in progress when play is called, the team which is 2 points ahead will be the winner. If either team is not 2 points ahead, then that game will not count towards the standings. **A two minute warning will be provided by the league coordinator. This will happen at 7:28 PM and 8:58 PM.**

## 8. Team size/rosters

- No player may be on more than one roster.
- The minimum team size is 2 players (1 male + 1 female). However, if it is the consensus of the coordinator and the opposing team captain that the game is unfair, then the games will be forfeited and all players may use the time for 'pick up' games.
- If a team plays with only 1 female, the team may not have more than 4 male players on the court (at no time can 5 male players be on the court).
- Each roster may have a maximum of 12 players and no less than 8.
- The maximum number of players allowed on the court at one given time is 6.
- If a team starts a game with fewer than 6 players, players arriving later may join the game at any time.
- If a team is playing with 4 players, the normal Enfield League 6-person rules will be followed. "4-person" rules will not apply - everyone can NOT both hit and block. When a team has only 4 players, 3 are considered front row players and the 4th is considered the back row player. The 4th back row player is the server. Overlap rules are followed as if the 4th back row player is the middle back row player and so the only overlap on front-back is with the front middle player (there are no side to side faults).
- Teams have 3 weeks to finalize their rosters after the season begins. Only players on the finalized roster are allowed to play on a team. There is NO sub list for the league.

**9. Rotation.** When the receiving team has gained the right to serve, its players must rotate one position clockwise. This includes the 1st play of a game. There are no restrictions on the rotation or positions of alternating genders.

**10. The serve.** The service zone is the area behind the end line between the extensions of the right & left sidelines. The serve may not be hit directly out of the hand. Service reception may not be blocked or attacked. The server must contact the ball within 5 seconds. One tossing error is allowed. A service tossing error is a tossed released ball that falls to the floor without touching the server. The serve may hit the net while crossing - i.e. "let-serves" are legal.

### 11. Simultaneous Contacts

- If two opponents simultaneously contact the ball and it remains in play, the team receiving the ball is entitled to another 3 hits. If such a ball goes "out" it is the fault of the team on the opposite side. If a simultaneous contact leads to a "held ball", the rally will be replayed.
- If two or more teammates simultaneously contact the ball, it is counted as one contact. Any player may play the ball next if this is not the third contact.

**12. Penetration under the net.** A player may reach or penetrate into the opponent's court and/or space under the net, provided this does not interfere with the opponent's play. Penetration into the opponent's court, beyond the center line to touch the opponent's court with (a) hand(s), foot or feet is permitted, provided some part of the penetrating hand(s)/foot/feet remains either in contact with or directly above the center line. Contact the opponent's court with any other part of the body (except hair) is a fault.

### 13. Contact of the ball.

- A female player must make one play of the ball for every three successful plays on a given side. If only two contacts are made, the rule will not apply.
- The ball may contact any part of the body (intention is irrelevant). [Any part of the body (this includes feet) may be used to contact the ball]
- "Attack Hits" are any hits which return the ball over the net. They are not always "spikes." All actions directing the ball toward the opponent, except a serve or block, are attack-hits.
- The ball must be hit, not caught or thrown. The ball may touch various parts of the body, provided that the contacts take place simultaneously.

#### EXCEPTIONS:

- During the first hit of the team (not blocking), the ball may contact various parts of the body consecutively, provided that the contacts occur during one action. [This includes the serve. "Beach" digs are not legal].
- During blocking, consecutive contacts may occur by one or more blockers provided that the contacts occur in one action.
- During blocking, a player need not have his hands above the net for a legal block. Blocking is the action that deflects the ball coming from the opponent by (a) player(s) close to the net reaching higher than the net. To be considered a blocker, the player(s) must reach above the net sometime during the effort. A blocker ceases to be a blocker only when he/she returns to the floor or makes a subsequent attempt to play the ball.

### 14. Back Row Players

- Back row players may attack the ball above the height of the net as long as at the moment of take-off, their foot (feet) must neither have touched nor crossed the attack line. Any ball attacked by a back row player above the height of the net on or in front of the ten foot line, will result in a point or side out.
- When only one male player is in the front row at service, one male back row player may be forward of the attack line for the purpose of blocking.

**15. Contact with the net.** It is a fault to touch any part of the net or the antennas, except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball. A player may touch a post, rope, or any other object outside the total length of the net provided this contact does not interfere with the play.

### 16. Reaching beyond the net.

- In blocking, a blocker may contact the ball beyond the plane of the net inside the antennas, provided the blocker does not interfere with the opponents play. The blocker may only block an opponent's attack hit (any hit causing the ball to cross the plane of the net). Any third ball hit by the opponents may be blocked at any time after the contact.
- A player making an attack hit is permitted to pass hand(s) beyond the plane of the net after the attack hit, provided the ball is contacted within his/her own playing space or within the plane of the net.
- A player is permitted to pass hand(s) beyond the plane of the net inside the antennas may and contact the ball over the opponent's court on his or her team's first or second hit, provided the ball has not completely crossed the plane of the net and is directed back into the player's own playing space.

**17. Screening.** Players of the serving team may not screen the opponents from seeing the server or the path of the ball. A player of the serving team may not wave arms, jump, or move sideways when the service is being executed and the ball is served over that player. If a player(s) bend(s) over during the serve they are not considered a screen.

### 18. Overhead Objects: *Per Eli Whitney's request, balls that hit the lights or ceiling are out of play.*

The ball is out of play and a replay directed if it contacts overhead object(s) or the supports (e.g. basketball backboard) less than 15 feet above the playing area and would have remained playable if the object had not been present. *Commentary: The basketball hoops are not continued play since they are under 15 feet. i.e. when the ball hits the backboards - play stops. If the ball would have continued out of play had the backboard not been*

there, then the ball is out & dead. If the basketball hoop was hit and the referee thinks the play could have continued, a replay is called. Basically stated: If the ball hits a basketball hoop and the ball would have remained playable, it is a replay.

**19. Foreign objects.** When playing the ball near the wall, players may not use the wall to gain a height advantage. If the wall is contacted by the foot of a player prior to contact of the ball at least one foot must be on the floor at the time the ball is contacted.

**20. Substitutions.** Substitutions must maintain an established rotation.

**21. Forfeits.**

- Any games cancelled without at least one-day notice are considered forfeits.
- Any team that forfeits 2 matches shall be disqualified from the league and all subsequent matches shall be forfeited. Appeals may be discussed with the Enfield Recreation Department

**22. Game Cancellations**

- Any games cancelled by a team without at least one-day notice are considered forfeits. Games cancelled by the Recreation Department will not count as a forfeit.
- If you need to cancel a game, you must:
  - Contact the other team captain.
  - Contact the Town of Enfield Recreation Department
  - Contact the Town of Enfield Recreation Volleyball Coordinator

**23. Schedule Changes:** If your team cannot make a game, please try to arrange a switch for another date. We have no "open" time to make up any games, so to switch, 4 teams will need to be involved. It is up to the captains to contact the other affected captains and if they ALL agree a switch may be made. Please contact the Volleyball Coordinator to confirm the switch.

**24. Playoffs/Championship.**

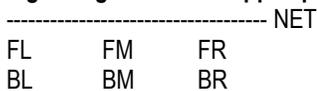
- Only players who have competed in at least 50% of regular season games will be eligible to compete in the play-offs. Exception: players missing games due to injuries, illness or health conditions are exempted from this requirement.
- Regular season games will determine play-off standings. Tie will be "broken" by head-to-head results, then highest point total.
- All playoff and championship matches will be played "best of 5" games to 25, cap at 27, win by two points.
- If it looks like time will run out, the later matches (last 1 or 2 of the 5) will be played to 15, cap at 17, win by 2. A new game can't start after 7:20pm for the 1<sup>st</sup> match and 8:50pm for the 2<sup>nd</sup> match. If a game is still in progress when play is called, the team which is 2 points ahead will be the winner. There will be a 10 minute grace period for the first game of the 6:00 match for a team to field a full squad.

**25. Positioning:**

- No player shall completely overlap his adjacent teammate's position, either front to back or side to side. The right player must have at least part of a foot closer to the right sideline than the feet of the center player... (same for left).
- Likewise, each front-row player must have at least part of a foot closer to the center line than the corresponding back-row player.
- A player's position/overlap is determined by the position of their feet in contact with the floor.
- Players may change from their service order only after the server contacts the ball.
- Service order must remain the same until the game is completed.
- The server cannot be considered overlapping while serving. Server may be positioned anywhere in the service zone.

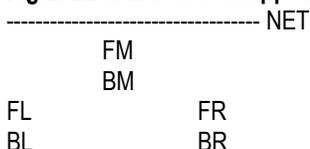
Examples of positioning:

**Fig 1. Legal non-overlapped player positioning:**

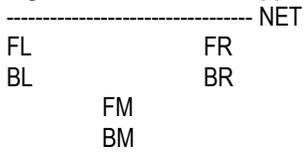


(Front Left, Front Middle, Front Right, Back Left etc..) Consider player BM - the only players (s)he needs to worry about are FM, **BL** and BR (i.e. the players directly in front of and to the sides of him/her). Notice that it does no matter where FL and FR are positioned at all.

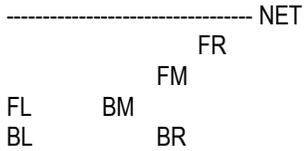
**Fig 2. LEGAL non-overlapped player positioning:**



**Fig 3. LEGAL non-overlapped player positioning:**

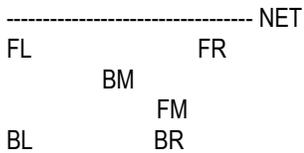


**Fig 4. LEGAL non-overlapped player positioning:**



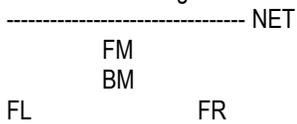
**Fig 5. ILLEGAL player positioning:** (illegal because BM is closer to net than FM is)

**This is usually the one that "gets you."** Usually happens when the female setter is in the front left or right position and will be switching into the middle.

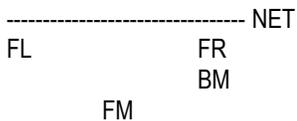


**Positioning with only 4 players:** The ECVL does not follow 4-person rules. We stick with 6 person rules (mostly) even with only 4 players. When there are only 4 players, the server is considered the middle back row player (i.e. the two back "wings" are the absent players). Positional restrictions are that the back row player can not overlap the front middle player. There are no side to side faults.

LEGAL Positioning



ILLEGAL



**Positioning with only 5 players:** When there are only 5 players, the omitted player (absent) is the middle back row player.

Rules may be revised during the season at the discretion of the Recreation Department.  
Any rule changes will be given to team managers.



**Enfield Recreation Department  
2016-2017 Coed Volleyball League**

Name of Team: \_\_\_\_\_

Team Manager: \_\_\_\_\_

Assistant Team Manager: \_\_\_\_\_

Address : \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Player's Name	Home Address <i>(street address, city, state &amp; zip code)</i>	Best Contact Phone Number
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Player information must be printed legibly & filled out completely or roster will be returned to team manager.