
Enfield Adult Coed Volleyball Rules

The Enfield Co-Ed Volleyball League provides players with an opportunity to develop an understanding of basic rules and techniques of the game and a chance to enjoy the game at a competitive level.

In case of inclement weather, **Volleyball will be cancelled if Enfield schools are cancelled.**
You may call 253-6420 for information about snow cancellations.

Gym Rules

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

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

- ✦ do not play with the volleyballs during the match
- ✦ do not run around the gym during the match
- ✦ stay in the gym. It is okay to use the bathroom facilities, but we can not roam the halls.

Payment of \$15 per team is to be paid to the referee at the start of the match.

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

1. **Conduct: Absolutely no fighting or arguing!!!** Any player who is considered rude, unsportsmanlike or abusive to an official 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. **Referee.** The Referee will have complete control of a match. The team captain or designated team representative **are the only individuals** who may address the official for substitutions, time-outs, questioning a call, etc.
Any mistaken or unresolved calls as well as opposing simultaneous fouls, will result in replay.
There is to be No Arguing with the referee!
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.
 - 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 forfeit. The following games are 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.

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8. Team size/rosters

- No player may be on more than one roster in a division, however players can play on both A & B teams.
- The minimum team size is **2 players** (1 male + 1 female). However, if it is the consensus of the referee and the opposing captain that the game is unfair (one team "slaughtering" the other), then the games will be forfeit and all players may use the time for 'pick up' games. Basically, "If a team can play "well enough" with two or three players, then it's okay."
{commentary} We don't want to force a forfeit if other players are showing up late or something.
- 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).

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 after the referee whistles for service. 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. Commentary: 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.

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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 or 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 team 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.

Backboards - 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 league organizer.

22. **Game Cancellations**

- Any games cancelled without at least one-day notice are considered forfeits.
- Any team that causes a forfeit without a day's notice is responsible for paying the referee for both teams that night.
- If you need to cancel a game, you must:
 - Contact the other team captain.
 - Contact the referee.
 - Contact the Town of Enfield Recreation Coordinator
 - Contact the Town of Enfield Recreation Volleyball Supervisor

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, feel free to switch!!

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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.
- Play-offs for the top four teams in each division. 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 15, cap at 17, 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 11, cap at 13, win by 2. A new game can not start after 7:20pm for the 1st match, and 8:50pm for the 2nd 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.
- {Comment}: Basically, it's the location of big toes for back-front overlap and little toes for right-left overlap. Forget about the other foot, as long as those big & little toes are in the right place, you're legal.
- 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:

```
----- NET
      FL  FM   FR
      BL  BM   BR
```

(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:

```
----- NET
          FM
          BM
      FL      FR
      BL      BR
```

Fig 3. LEGAL non-overlapped player positioning:

```
----- NET
      FL      FR
      BL      BR
          FM
          BM
```

Fig 4. LEGAL non-overlapped player positioning:

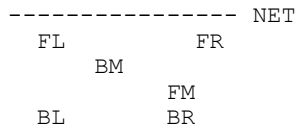
```
----- NET
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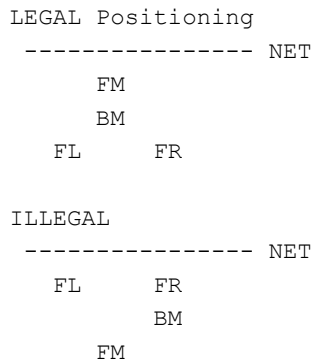
Fig 5. ILLEGAL player positioning: (illegal because BM is closer to net than FM is)

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.



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