

**Haddam-Killingworth Recreation Department  
Co-Ed Volleyball League Rules  
2019-2020**

- 1) The league will be comprised of 8 teams this year in B league.
- 2) Team rosters are limited to 15 players including no more than 5 non-residents/non-taxpayers. If a resident player has moved out of town, they count as a resident.
- 3) You may add and drop players up until your 6th week of play is completed.
- 4) All match times will begin at 7:30 pm, unless noted. If matches start late due to the courts not being ready, the HK Rec. Supervisor will extend the start time of matches. **Teams will do rally/speed scoring - where every play is a point. Speed scoring will be mandatory.** This will hold true in playoff games as well.
- 5) Records will be kept according to the percentage of games won/number of games played.
- 6) All team captains are required to go over the basic rules with their team members.
- 7) Teams will referee their own games, as well as keep score. Teams will use the Honor System. If there is a disagreement, captains will toss a coin or simply re-play the shot.
- 8) Each team must have no more than 3 males on the court at all times. If a team is short a woman, they may not replace her slot with a man. They will have to play short-handed that night (5 players rather than 6). If a team has four women and only two men (or 5 and 1) they may play that way. As other team members arrive, they may enter the game on the next dead ball but in the last to serve position. To officially start a game, a team must have four (4) players (but not four men - one must be women) to play a legal game. If *10 minutes* after the scheduled start time a team does not have four (4) players, the first game is forfeited; five minutes after that the second is a forfeit and five more minutes for the third & fourth game to be a forfeit. **A team will be assessed \$5 per game with a maximum of \$15 per match (all 4 games). This money will be deducted from the team's Forfeit Bond and will be given to the team who they forfeited to. If a team forfeits 3 matches, they lose the entire Forfeit Bond & may not be allowed to complete the next season. Fifty-dollar Forfeit Bond checks will be held until the end of the season.**
- 9) Games are to twenty-one (**21**) points with a margin of at least two (2) points to win; or a cap to 23.
- 10) Players are allowed to go over or under the net **on a follow through or an attempt hit only**. Players are not allowed to go over, under or into the net (i.e the entire foot or hand).
- 11) Front line players may contact the ball from any position inside or outside the court except while positioned completely across the centerline or it's out-of-bounds extension.
- 12) Illegal hits will be called which includes carries (hitting the ball upward with open palms or pushing it downward), double-hits (the same person hitting the ball twice in a row or having the ball hit two parts of the body). A block is not considered a hit.

- 13) On a spike or a block, a player's hands must remain on their side of the net as the ball is hit - on the follow through the hands may be over the net (but not touch the net). The ball may be played out of the net. A block is not considered a hit.
- 14) It is LEGAL to hit the ball with any part of the body, the foot and leg included if not intentional.
- 15) The walls are out-of-bounds.
- 16) Players may serve the ball anywhere behind the endline.
- 17) Blocking or spiking of a serve is illegal. After a team's third hit on the ball, the receiving team may make a block of the ball before it crosses the net. If they touch the net with any part of their bodies though, the point is over. On a serve, if the ball is returned on the first hit, it must be hit over the net in an arch, not in a downward motion.
- 18) **Please use the honor system. No protests are allowed - if a question arises check, replay the shot or toss a coin.**
- 19) Each team is allowed two (2) twenty second time-outs during a game - not carried over from one game to another in a match.
- 20) Unsportsmanlike conduct will not be tolerated. A referee can give a warning if a team member displays unsportsmanlike behavior such as profanity. If a warning has already been given, the ref. can award the team a point. Any unnecessary misconduct may also result in a team forfeit.
- 21) Balls hit into the rafters or lights will be in play if it comes back to your side of the net. It will be out-of-bounds if it falls into the opponent's court. On a serve, if the ball hits a glass backboard over the center of court, it is replayed. If it hits one behind court it is out-of-bounds. for a served ball hitting an overhead obstruction, your 1<sup>st</sup> serve is allowed a takeover. After the 2<sup>nd</sup> serve, side out is awarded to the opponents.
- 22) **Let Serve**....in rally scoring any ball that is served, hits the net and goes over is still good.
- 23) Please check the HK Rec. website at [www.hkrec.com](http://www.hkrec.com) or call 860-345-8334, to see if games have been canceled. We should be able to play on every date listed, but snow or special school events may force some cancellations.
- 24) **Team captains should be in control of their players at all times.**
- 25) The HK Recreation Dept. reserves the right to discipline any team that does not abide by the rules.