



STRATFORD RECREATION DEPARTMENT  
COED REC Level A & B VOLLEYBALL RULES  
2022

1. Each team must have 6 and not more than **15** on the roster. Rosters must include each player's name, address, telephone and signature as well as a designated captain. Players may be added up to the third week of play. After the third week, no player may be added unless a player has been dropped from the team.
2. **On the serve the return of the ball may be a bump, set (open hand) or a two hand close grip (hammer). Also a one handed closed fist will now be accepted. You cannot block a serve.**
3. Special rules -
  - A. 3 Women must be on the court all times when playing with 6. When only 5 or 4 players at least 2 women must be on the court or 2 men must be on the court.
  - B. If there are 3 hits on a side, one must be a woman.
  - C. Lines are in, you cannot reach over the net nor can you go into the net or it is a side out or point. If the ball hits the rim of the basketball net it is a do over. If it hits the backboard it is out. If the ball hits the ceiling on your own side, it is in play. A ball hitting the ceiling on the opposite side is out of bounds.
  - D. Call your own obvious carries. If you cannot agree, the captains shall agree to a replay.
  - E. **The only people that should be making any kind of call throughout the game should be the team captain.**
  - F. **NET Height for Co-ed B League will be 7'8 Co-ed A League 7'11 5/8**
  - G. You are required to report scores to the League Director. We will not go after your team if you are missing scores.
  - H. Kicking is not legal in our league
  - I. B- Division only Men cannot spike but woman may spike.
  - J. B- Division only Men cannot overhand serve.
4. No jewelry is to be worn. **No food allowed in gyms. Water is the only liquid-substance allowed! No children are to be left unattended in the gym. No children are to be running around the gym. The Town is not responsible if children left unattended are injured in the gym or hallway.**
5. If teams are not ready to play 10 minutes after scheduled game time the first game is forfeited. The second game will be forfeited 5 minutes later and the third game 5 minutes after that.
6. Teams will play 3 games. Games are to 21-rally scoring, and you must win by 2 points if time permits.

**SCORE REPORTING:**

Captains are responsible for submitting scores to the building supervisor following their games. The Recreation Department will list standings provided these scores as given to the building supervisor.

7. Captains please note if a team forfeits three times they will be removed from the league.
8. If you know your team will not be able to make a game please call the Recreation Dept. 203 385-4052, or email [recreation@townofstratford.com](mailto:recreation@townofstratford.com) so we may inform your opponent.
9. Cancellations will be emailed to Team Captains.
10. Any act, verbal or physical that is deemed unsportsmanlike by Recreation Dept. may result in suspension or expulsion of offending player(s), or team.
11. The Department of Recreation reserves the right to make any decisions it feels to be in best interest of the league and/or Town of Stratford

**I HAVE READ AND UNDERSTOOD THE RULES, REGULATIONS AND POLICIES OF THE STRATFORD RECREATION CO-ED Level A & B VOLLEYBALL LEAUGE**

**SIGNATURE:**

**DATE:**