



51 High Street, Bristol, CT 06010 | 860-584-6160 | Parksandrecreation@bristolct.gov

## BPRYCS Co-Ed Volleyball League - Player and Team Guidelines

### 1. League Overview

- a. Bristol Parks, Recreation, Youth and Community Services (BPRYCS) offers two Adult Co-Ed Volleyball Leagues on Thursday evenings. Schedule and game times are subject to change based on the number of teams in each division.
  - i. **Co-Ed Requirement:** At least two female players must be on the court at all times.
  - ii. **Age Requirement:** 18+ league. High school players may participate with parental permission and League Coordinator approval.
  - iii. **Participation Waivers:** Must be signed by all players before playing.

### 2. Game Schedules & Divisions

- a. **Indoor – Chippens Hill Middle School (CHMS) | 551 Peacedale St, Bristol, CT 06010**
  - i. Each team plays 1 match (team) per night with 3 sets in each match.
    1. Sets 1 and 2 to 25 points (win by 2), set 3 to 21 (hard cap).
  - ii. Recreation Division: Games start at 6:30 PM.
  - iii. Competitive Division: Games start as close to 7:30 PM and 8:30 PM as possible.
- b. **Outdoor – Stocks Playground | 218 Middle St, Bristol, CT 06010**
  - i. Each team plays 2 matches (teams) per night with 3 sets in each match.
    1. Sets 1 and 2 to 21 points (win by 2), set 3 to 15 (hard cap).
  - ii. Recreation Division: Games start at 6:00 PM and 6:45 PM.
  - iii. Competitive Division: Games start as close to 7:30 PM and 8:15 PM as possible.

### 3. Attendance

- a. **Individuals:** Must notify a teammate or team captain if unable to attend, so a substitute can be arranged.
- b. **Teams:** Must notify the League Coordinator or Recreation Supervisor if unable to attend.
  - i. It is at the discretion of BPRYCS staff to determine if a bye, forfeit, or if a makeup game will occur.

### 4. Team Waiver & Roster Process

- a. **Distribution:** At the beginning of Week 1, the league Coordinator will provide one master waiver form to each team captain.
- b. **Roster & Signatures:** The team captain will write the names of all players on the roster. Each player must sign and date the waiver.
- c. **Absent Players:** Any player not present during Week 1 will sign the waiver on the first week they attend. This will serve as the team's final roster once all players have signed.
- d. **Submission:** Teams must submit the completed waiver to the League Coordinator before their first game.
- e. **Roster Updates:** Teams may request the master waiver to add new players. All new players must sign and date before participating.
- f. **Finalization Deadline:** All rosters must be finalized by Week 7. Only rostered players are eligible for playoffs.



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## 5. League Rules

### a. Scoring & Matches

- i. Rally scoring, let serves. Point totals: see division schedule above.
- ii. All disputes are resolved with a replay.
- iii. Balls striking the center curtain, ceiling support, or truss gaps are replayed.
- iv. Interference from basketball hoops or observes is subject to replay, provided the defender had a legitimate play opportunity.
- v. There is NO replay on serves.

### b. Ball Contact

- i. Any part of the body may be used to hit the ball, no carrying allowed.

### c. Net, & Court Rules

- i. No touching net, antennae, or poles.
- ii. Foot fault: If a whole foot crosses under the net, it is a fault and play is stopped.
- iii. Balls remain in play off the ceiling and light fixtures on a team's own side only.
- iv. Ball must cross the net in bounds. Balls hitting antennae or poles are out.

### d. Rotation and Gender Rules

- i. This is a six-player league. Rotation must occur even if a team has fewer players on the court.
- ii. Co-Ed rule: Teams must have at least two female players on the court at all times.
- iii. Male player limits: Two females are required to use four males; otherwise, a three-male maximum applies. Additional players may rotate in.

### e. Playoffs & Roster

- i. Only roster players are eligible.
- ii. Rosters are finalized by Week 7; changes require League Coordinator approval.

### f. Safety & Equipment

- i. Indoor players must wear non-marking shoes.
- ii. Unsportsmanlike conduct may result in warnings or removal from matches without refund.

## 6. Cancellation & Weather

- a. For inclement weather, call the Bristol Parks, Recreation, Youth and Community Services office at (860) 584-6160.
  - i. League updates and notifications will be sent to team captains via text and/or email. Please ensure you are signed up for text and email notifications through your [BristolRec.com](http://BristolRec.com) account.
- b. If Bristol Public Schools are closed, there will be no volleyball. Missed weeks will be added to the end of the season.

## 7. Staff Discretion

- a. Rules, procedures, and calls are subject to the discretion of BPRYCS staff. Staff may modify or adjust rules as needed to ensure fairness, safety, and the smooth operation of the league.