



ADVANCED OR RECREATIONAL CO-ED ADULT VOLLEYBALL



ADVANCED PROGRAM: Exeter Parks & Recreation sponsors this highly competitive Adult Co-Ed Recreational Volleyball program is for men and women, age 18 years and older. The program format is “Ruler of the Court” with rally scoring. **Participants must be C-level or higher** (or have comparable skills and ability...). Four teams of six will play on two courts. All games are self-refereed. Specific schedules will be handed out the first night of play. In order to maintain a high level of competition and for safety, a tryout process will be held the first two nights during open play. **YOU MUST ATTEND ONE OF THE TWO NIGHTS OF TRYOUTS EITHER October 4th or October 11th. THIS PROGRAM IS NOT FOR BEGINNERS. You must register before attending tryouts. If you do not qualify for the Thursday night program you may transfer to the Tuesday night program. Experience organizers are needed for this program.** Inquire with Parks & Recreation Office.

RECREATIONAL PROGRAM: Exeter Parks & Recreation sponsors this Adult Co-Ed Recreational Volleyball program for men and women, age 18 years and older. The participant must be out of high school. This program is designed to provide adults with an alternative social and fitness outlet. The program is designed for enjoyment, not competition. **Organizers are also needed for Tuesday night session; advanced players please register for the “Advanced Thursday evening” program.**

LOCATION: The program will be held at the Old Exeter High School **Talbot Gym**, Linden St.

REGISTRATION: Registrations are accepted at the Exeter Recreation Office during our business hours, on-line, mail or fax. Registration for this program must be made prior to attending, and the fee must be paid at the time of registration. Our supervisors for this program are not permitted to receipt money. Registrations for this program will be accepted until the program has reached its maximum participants. Unless otherwise determined by the Exeter Parks & Recreation Department.

FEE: Please make your check payable to E.P.R.D. Visa & MasterCard accepted. Sorry, no refunds unless the program is cancelled. There will be a \$20.00 fee charged for each returned check. **Everyone must be registered and paid prior to start date to participate.** Late Registration is on a first-come, first-served basis pending space availability. **The maximum number of participants is 32.**

***New – Early Bird Discount – Register before the deadline and receive a \$10.00 discount.**

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| *Late arrivals will wait for the next game to play. Bad attitudes will be asked to leave. All program participants are kindly asked to be a part of setting up the courts and breaking down when games are over. | | | |
| Advanced - 6:00pm warm-ups and drills. Games are from 6:30pm - 9:30pm | Fee | Deadline | Class Code |
| Session 1: Thursday’s, Oct 3 - Dec. 12, 2013(No volleyball on Nov. 28) | \$57.00* | 9/20/2013 | 542502-1A |
| Session 2: Thursday’s, Jan. 2- May 8, 2014(No volleyball on Feb. 27 & Apr. 24) | \$57.00* | 12/20/2013 | 542502-1B |
| Recreational - 6:00 - 9:30pm | | | |
| | Fee | Deadline | Class Code |
| Session 1: Tuesday’s, Oct 1 - Dec. 10, 2013(*No volleyball Nov. 5) | \$57.00* | 9/20/2013 | 542501-1A |
| Session 2: Tuesday’s, Jan 7 - May 6, 2014(*No volleyball on Feb. 25, & Apr. 22) | \$57.00* | 12/20/2013 | 542501-1B |

Due to school functions, there may be some evenings during the school year when the program will not be held. We will contact you through e-mail with any updates/changes. **REMEMBER: If the school was closed for inclement weather the program will be cancelled for that evening.** Weather cancellations are updated on the following stations: WERZ 107.1, WHEB 100.3, WGIN AM 930,WGIP AM 1540, WMYF-AM 1380, WOKQ-FM 97.5,THE SHARK FM 102.1 or 105.3, WZID 95.7 and WMUR CHANNEL 9 or on our office information line **418-6495**

EQUIPMENT& RULES: Non-marking athletic shoes are required. USVBA RULES APPLY.

The Exeter Parks & Recreation Department sponsors this Co-Ed Volleyball program for the enjoyment of all skill levels. To make sure everyone can enjoy the games equally, please play your own position and let everyone participate in the game.

SAFETY RULES: For the sake of safety and fair play, we ask that you avoid illegal moves. If someone breaks a rule in a way that creates danger or unfair advantage in a play at the net, please feel free to call out and stop the play.

SPIKING: Driving the ball down hard is legal, but we ask you to use your open hand instead of your fist. Also, look at who is across the net to see if it's someone capable of handling a spike. Your hand can cross the net on the follow through, but you cannot touch the net during a spike. You cannot step across the centerline during play.

WHEN BLOCKING A SPIKE: You can reach across the net, but you cannot touch the net. Once blocked, you can hit the ball again; your team gets a total of three hits. The block does not count as a hit. You cannot block a serve.

BACK-ROW PLAYERS: MAY NOT SPIKE OR BLOCK SPIKES. Passing to the front row shares the game with all players, and produces more interesting volleys.

CARRYING: Means visibly holding the ball during the time you touch it. Illegal carries include slings, scoops, lifts and slam-dunks. Every contact with the ball must be momentary.

INTERFERENCE: You should not step past the dividing centerline between courts to make a play. If a ball from the other game comes onto the court, it might trip someone; Stop the play by yelling, "BALL!"

EXETER PARKS AND RECREATION DEPARTMENT GROUND RULES:

GAMES: are played to fifteen (15) points. A team must win by 2 points. If both nets are in use, play best of two out of three, and then switch opponents. If your team keeps losing badly, compliment a better player on the other team by offering to trade places with him or her in order to even the teams up.

REMEMBER: YOU/WE are guests of the Exeter High School. Please Address any Questions to Program Supervisors. They are acting as extensions of our department in order to facilitate the program and rules. They/We appreciate your cooperation.

ENJOY -- THIS PROGRAM IS FOR FUN!!!

EXETER PARKS & RECREATION DEPARTMENT
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Phone: 773-6151, Fax: 773-6152
Website: <http://town.exeter.nh.us/rec>
Business Hours: Monday - Friday, 8:15am – 4:15pm