



## RECREATIONAL CO-ED ADULT VOLLEYBALL



**RECREATIONAL PROGRAM:** Exeter Parks & Recreation’s Adult Co-Ed Recreational Volleyball for men and women aged 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 and is designed for enjoyment, not competition. **Skill level is intermediate to advanced.** If you sign up and determine the level of play is not to your liking, we will issue a prorated refund. All participants are required to sign a participant waiver.

**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, online, over the phone or by mail. 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 receive money. Registrations for this program will be accepted until the program has reached its maximum participants.

**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 the start date to participate.** Late Registration is on a first-come, first-served basis pending space availability. **The maximum number of participants is 32.**

Dates: Sept. 23 – December 9, 2024 Does not meet 10/14 or 11/11	Time	Fee
Mondays	7:00 – 9:00PM	\$60/resident or \$70/NR

Due to school functions and holidays, there may be some evenings during the year when the program will not be held. We will contact you by 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**

**EXETER PARKS AND RECREATION DEPARTMENT**

32 Court Street, Exeter, NH 03833

Phone: (603) 773-6151

Website: [www.exeternh.gov/recreation](http://www.exeternh.gov/recreation)

Business Hours: Monday - Friday, 8:15am - 4:15pm

**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 intermediate-advanced players. We recommend new players try the drop-in option to see if they are comfortable with the higher level of play. 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.

**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:** Games are played to 25, a team must win by 2 points. If both nets are in use, play best of two out of three, and then switch opponents.