



RECREATIONAL CO-ED ADULT VOLLEYBALL *For Intermediate to Advanced Players*



RECREATIONAL PROGRAM: Exeter Parks & Recreation offers Adult Co-Ed Recreational Volleyball for men and women age 18 years and older. This program is designed to provide adults with an alternative social and fitness outlet. The program is designed for enjoyment, not competition. Instruction included to help players develop understanding of the game and improve their playing. **Skill level is intermediate to advanced.** We recommend new players try the drop-in option to see if they are comfortable with the higher level of play.

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, or by phone. 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.

FEE: Please make your check payable to E.P.R.D. Visa & MasterCard, Discover, Apple Pay & Google Pay 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 16.**

Dates: March 18 – May 20, 2024	Time	Fee	Drop-in
Mondays	5:30 – 8:30PM	\$60.00	\$10/night

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 intermediate-advanced players. 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!"

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.

EXETER PARKS AND RECREATION DEPARTMENT
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Phone: (603) 773-6151
Website: www.exeternh.gov/recreation
Business Hours: Monday - Friday, 8:15am - 4:15pm