

Wellington Recreation Official Youth Volleyball Manual



**Wellington Recreation modifications NFHS rules.
NFHS rules can be found at www.nfhs.org**

Purpose of League Play

The purpose of the league to be sponsored by Wellington Recreation is to provide kids with the opportunity for learning and fun in a safe environment. Friendly competition and clean sportsmanship will be emphasized. Our main goal is for ALL participants to have FUN while building athletic, team, and social skills.

I Players

1. **Rosters:** Only players registered through Wellington Recreation are eligible to play. Participants will be divided into teams according to information gathered during roster assignment drills. Never tell a child or parent there is room on your team. Direct all interested parties to contact the Recreation Office to inquire about participation.
2. **Each player is required to wear a blue and white reversible jersey to participate in games.**

II Game Play

1. Each game must start on time.
2. No forfeits. If a team is short it may borrow players from the other team to play. Lending team may have players back if borrowing team has players show up late.
3. Grades 1-3 will have a thirty (30) minute time limit. Grades 4-6 will have a fifty (50) minute time limit or 3 sets (2 sets to 25 1 set to 15). If time remains after 3 sets teams may play another set to 15. Teams in Grades 4-6 will switch sides once set is complete.
4. Grades 1-3 will use a "no-sting" volleyball. Grades 4-6 will use a volley lite ball.
5. Visiting team may choose first serve or side for the first game.
6. Grades 1-3 will be allowed five hits per side. Grades 4-6 will be allowed three hits per side.
7. The ball may not be contacted by the same player consecutively, except on the first hit in one motion.
8. The ball may not be caught, carried, thrown, or held.
9. Players may not touch the net. They may step on the center line, but may not entirely cross the center line.
10. **Interruptions of Play:** After the serve, the ball remains in play until the referee blows his/her whistle to signal a dead ball. Players must wait for the referees whistle before they serve.
11. **Time Outs:** Each team is allowed two thirty second time-outs per game. They may be requested by the team captain or coach.
12. **Substitutions:** Free and unlimited substitutions will be allowed, however, if in the sole opinion of the game official or gym supervisor that a player is substituted to gain an unfair advantage the official and/or supervisor will make changes to the lineup that is deemed appropriate to the situation.
13. **Rally Scoring:** A team scores a point when they win the rally. No official score will be kept for Grades 1-3. Score will be kept for Grades 4-6. No officials standings will be kept. Points are awarded simply to facilitate which team will be serving.
14. A ball touching a player or any part of the opponent's court, including the lines, is considered good.
15. When the ball touches the ceiling and the ball lands in the same side of the court, it may still be played.
16. Net Height: Grades 1-3 at 5'; Grades 4-6 at 6'6". Net height will only be adjusted where facilities permit.
17. No liberos (defensive specialist).
18. All Jewelry, except medic alert jewelry, is considered illegal equipment.

IV Serve Rules

1. **The Serve:** The serve is the act of putting the ball in play with an underhand or overhead toss or drop. A player may not touch the end line, or any part of the court, until contact has been made with the ball. The serve must be within the antennas, and landing within the opponent's court. The ball may hit the net and then continue over. Players may have one toss letting the ball drop. On the next toss the player must contact the ball. Grades 1-3 will receive one free "do over" per term of service. Grades 1-3 shall serve from the free throw line.
2. Teams shall alternate in the serving rotation. All players will be given an opportunity to serve during the match.
3. A five-serve rule will be in effect for each team, then side-out.

V All official and gym supervisor decisions are final.

Miscellaneous:

- All players have a right to play every game and an equal amount of time if they have attended regular practices.
- Playing Conditions: Field supervisor will determine if games will or will not be played. Games will be called when safety is a concern. Call 970.568.1219 for game cancellation information
- Opposing parents/coaches and players should shake hands after each game.
- Wellington Recreation recommends that this age group should have practices limited to one to two 45-60 minute sessions per week.
- Games called due to inclement weather will not be rescheduled. It will be up to the coaches to set up a time, if any to make up a missed game.
- Home Team wears BLUE.
- Parents/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the youngsters.
- All coaches are volunteers and as such are not employees of the Town of Wellington.
- All coaches will be required to attend a training seminar and will be subject to a background check.
- No alcoholic beverages or tobacco products will be allowed or used at the facility during games or practices.
- Swearing will not be tolerated by fans, participants, or coaches. All adults need to remember that they are role models and need to be positive in their words and actions.
- A parent or fan that is loud, obnoxious, or disrupts the event will be asked to leave the premises and will be expected to comply immediately and quietly.
- Elastic Clause: The league director shall have complete charge of the Youth Sports League. Any and all situations not specifically covered by these rules shall be acted upon by the League Director and all actions by the league director will be final.
- The league director reserves the right to change or amend any of the rules or regulations contained in this manual. Any questions concerning Youth Sports should be directed to:

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