



Youth Volleyball

General Information

All participants are responsible for the information contained in this manual.

Rules and regulations not contained in this manual or in any handout materials will be governed by the NFHS rules manual. When possible officials will be NFHS certified.

Elastic Clause: The League Manager 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 Manager, and all actions by the League Manager will be FINAL.

If there are any further questions or ideas regarding the Youth Volleyball League, please contact the league manager.

Amendments

1. This manual or any section thereof, may be amended by the Town of Wellington Parks and Recreation through evaluation by, and with the feedback from, coaches, referees, etcetera, as deemed necessary.
2. If you have questions, ideas, or need information on the Youth Volleyball League, please call our office at (970) 568-7410 Monday through Thursday 7:30 AM – 5:00 PM and Friday 8:00 AM – 12:00 PM.



Wellington Parks and Recreation modifications to the National Federation of High Schools Volleyball rules. Visit www.nfhs.org to purchase a rulebook.

Purpose

The purpose of the league run by Wellington Parks and Recreation is to provide kids with the opportunity for learning and fun in a safe environment. Friendly competition and sportsmanship will be emphasized. Our main goal is for all participants (players, coaches, parents, etc.) to have fun while building athletic, team, and social skills.

1. Players:

- a. Rosters
 - i. Only players registered through Wellington Parks and Recreation are eligible to play.
 - ii. Games will be played 6V6 players.
 - iii. Participants will be divided into teams according to information gathered during registration.
 - iv. **Never tell a child or parent there is a room on your team. Direct all interested parties to contact the Recreation Office to inquire about participation.**
- b. Each player is required to wear a blue and white reversible jersey to participate in games. White will be the home team and blue will be the away team.
- c. No jewelry allowed. Exceptions will be made for medical ID bracelets and religious medals which must be taped and approved by the referee or official. In addition, taping over any other jewelry is not permitted.

2. Equipment:

- a. Net Height:
 - i. 9U will be at six (6) feet, and 12U seven (7) feet and 15U will be at seven feet four inches (7'4").
 - ii. Net height will only be adjusted where facilities permit.
- b. Ball size:
 - i. 9U and 12U will use official size but lightweight balls
 - ii. 15U will use official size and weight balls

3. Game Play:

- a. All games must start on time.
- b. There are no forfeits. If a team is short the number of players needed they may borrow players from the other team to play. The lending team may have players back if the borrowing teams players show up late.
- c. 9U has a thirty (30) minute time limit.
- d. 12U and 15U plays three (3) sets to twenty five (25) or forty five (45) minutes. If all sets are complete before 45 minutes, teams may play friendlies until the forty five (45) minutes are expired.



- e. The visiting team chooses between serving first or which side they will play on for the first game.
 - f. There will be no switching sides for either 9U or 12U.
 - g. 15U will switch sides after each set
 - h. 9U is allowed five hits per side. 12U and 15U is allowed three hits per side.
 - i. The ball may not be contacted by the same player consecutively, except on the first hit in one motion.
 - j. The ball may not be caught, carried, thrown, or held.
 - k. Players may not touch the net. They may step on the center line, but may not entirely cross the center line.
 - l. Interruptions of Play:
 - i. After the serve, the ball remains in play until the referee blows their whistle to signal a dead ball.
 - ii. Players must wait for the referee's whistle before they serve.
 - m. Time Outs:
 - i. Each team is allowed one (1) thirty (30) second time-out per game.
 - ii. They may be requested by the team captain or coach.
 - n. Substitutions:
 - i. A substitution **must** be made at every rotation unless the team has no subs available.
 - ii. The person subbing in will first be in the serving position. This means the person coming off the bench will serve and then rotate and play each position before subbing out.
 - o. Rally Scoring:
 - i. A team scores a point when they win a rally.
 - ii. No official score will be kept for 9U.
 - iii. Score will be kept for 12U and 15U.
 - iv. No official standings will be kept for the league.
 - v. Points are awarded simply to determine which team will be serving.
 - p. A ball touching a player or any part of the opponent's court, including the lines, is considered good.
 - q. If the ball touches the ceiling and lands on the same side of the court, it may still be played.
 - r. No play on a bounce for 9U, 12U, and 15U.
 - s. No liberos (defensive specialist).
4. **Serving Rules:**
- a. The Serve:
 - i. The serve is the act of putting the ball in play with an underhand or overhead toss or drop.
 - ii. While serving, a player may not touch the end line, or any part of the court, until contact has been made with the ball.



1. *If a player is having a hard time getting it over the net and the ref is ok with them moving up to serve, they certainly can.
 - a. Players should be able to progressively move back to the service line by mid-season.
 - iii. The serve must be within the antennas and land within the opponent's court.
 - iv. The ball may hit the net and then continue over.
 - v. Players may have one toss letting the ball drop to the ground. On the next toss the player must contact the ball.
 - vi. 9U receives one free "do overs" per term of service.
 1. If the ball does not go over the net after the first contacted serve, they get one additional "do-over".
 - vii. 9U serves from the free throw line.
 1. If players are able to serve from the end line, they may do so.
 - viii. 12U and 15U may have one toss letting the ball drop to the ground. On the next toss the player must contact the ball.
 1. No do-overs in 12U and 15U after making contact
 - b. A five-serve rule will be in effect for each team, then side-out.
- 5. All official and site supervisor decisions are final.**

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