



Youth Volleyball

Wellington 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 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 Recreation are eligible to play.
 - ii. Participants will be divided into teams according to information gathered during registration.
 - iii. 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 is allowed. Exceptions: medical IDs must be taped and approved by match officials.
2. 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 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. 9U is allowed five hits per side. 12U is allowed three hits per side.
 - g. The ball may not be contacted by the same player consecutively, except on the first hit in one motion.
 - h. The ball may not be caught, carried, thrown, or held.
 - i. Players may not touch the net. They may step on the center line, but may not entirely cross the center line.
 - j. 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.

- k. Time Outs:
 - i. Each team is allowed two (2) thirty (30) second time-outs per game.
 - ii. They may be requested by the team captain or coach.
 - l. 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.
- Rally Scoring:
- iii. A team scores a point when they win a rally.
 - iv. No official score will be kept for 9U.
 - v. Score will be kept for 12U.
 - vi. No official standings will be kept for the league.
 - vii. Points are awarded simply to facilitate which team will be serving.
- m. A ball touching a player or any part of the opponent's court, including the lines, is considered good.
 - n. If the ball touches the ceiling and lands in the same side of the court, it may still be played.
 - o. Net Height:
 - i. 9U is five (5) feet.
 - ii. 12U is six (6) feet, six (6) inches.
 - p. Net height will only be adjusted where facilities permit.
 - q. No liberos (defensive specialist).
3. 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.
 - iii. The serve must be within the antennas and landing 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. On the next toss the player must contact the ball.
 - vi. 9U receives one free "do over" per term of service.
 - vii. 9U serves from the free throw line.
 - b. A five-serve rule will be in effect for each team, then side-out.
4. All official and site supervisor decisions are final.



Miscellaneous:

- Parents and spectators are encouraged to retrieve balls that go out of play to restart game quickly.
- 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. Game will be called when there is a safety concern.
- Opposing coaches and players should shake hands after each game.
- The Recreation Staff will make every effort to reschedule missed games. Make up games may not be played at the same time or days as regularly scheduled games.
- Participation awards, when given, must be given to ALL players.
- Parents, coaches, non-playing players, and spectators should be there to enjoy and encourage the activity of the youngsters.
- All coaches and officials are volunteers and as such are not employees of the Town of Wellington.
- No alcoholic beverages or tobacco products will be allowed or used in the parks or schools during games and practices.
- Foul language will not be tolerated by fans, participants, or coaches. All adults need to remember 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.
- Elastic Clause: The League Director has complete charge of the Youth Sports League. Any and all situations not specifically covered by these rules are acted upon by the League Director and all actions by the League Director are 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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