



# Wheaton Park District Youth Volleyball Rules & Regulations

WHEATON PARK DISTRICT  
SUPPORTS  
**CHARACTER**  
RESPECT  
responsibility  
CITIZENSHIP CARING  
trustworthiness  
**FAIRNESS**  
**COUNTS!**

## General

- This program is a recreational experience. **The intensity on the court should not be high.** In an effort to continue this we ask you to keep your comments to yourself, there is no need to comment on a bad play, bad hit, or even a bad call.
- There is no publicity regarding win/loss records or games since this is a developmental league. **Our main purpose is to teach the skills of volleyball and provide a safe and fun environment, all while exemplifying sportsmanship.**
- Every child present for a game must play. Maximum exposure to game play is desired for each child.
- There will be no forfeits. A team must pick up players from the team they are playing against. Coaches providing players for this purpose must rotate players.
- Only registered players may be used during games.
- Black-soled shoes are not allowed in the gym
- **The Referee's decision is final.** The Wheaton Park District Code of Conduct will be followed.
- Any rule not specified will be referred to in the current IHSA Rule Book.

League	Format	Ball	Court Size	Court Color CC	Net Height	Games	Games Up To	Time Outs/ Game
3 <sup>rd</sup> -4 <sup>th</sup>	6 v 6	Light Weight	26' x 55'	Green	7'	3	25	2
5 <sup>th</sup> -6 <sup>th</sup>	6 v 6	Light Weight	30' x 60'	Red	7'	3	25	2
7 <sup>th</sup> -8 <sup>th</sup>	6 v 6	SV 18 S	30' x 60'	Red	7'	3	25	2

## Serving

- In the beginning of the first game, the team first to serve will be determined by a coin flip. In the second game, the other team will serve first. A coin flip will also determine who will serve to begin the third and final game.
- A team continues serving until it loses the rally or the game ends.
- The server can choose to underhand serve the ball from the end line or can choose to overhead serve from anywhere on the servers side of the court in order to serve the ball over the net. This rule is in effect to get players comfortable in overhead serving, not to give a team an advantage. **If the referee thinks in his/her judgment that a player is gaining an advantage, the referee will ask the server to move back and re-serve at a position that is more challenging.**

## Scoring

- Games will be scored using the rally scoring method. Rally scoring is when a point is scored on every serve, no matter which team served. The team who wins the point gets to serve the next point. For example, team A serves the ball out of bounds, so team B gets the point and the next serve.
- The reason for the score being kept is **NOT** meant to be for a competitive purpose. The score is only kept to keep a flow to the match, since volleyball is not a timed sport.

## Coaches

- Coaches are responsible for their players in the facility before, during and after games and practices. Please instruct your players to go directly to the gym and to remain in the gym until practice or the game is completed. ***Roaming the building is prohibited.***
- Only coaches are allowed in the coaching area. All coaches must remain on their team bench during the course of the game, except during time-out periods.
- **MAIN OBJECTIVES: SAFETY, FUN, SPORTSMANSHIP, AND SKILL DEVELOPMENT.**



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#### Sportsmanship

- Coaches, players and spectators are expected to demonstrate good sportsmanship at all times.
- A coach or player will be ejected from the game automatically on his/her second infraction for un-sportsmanlike conduct. Coaches may be suspended from coaching if behavior is deemed unacceptable by Referee and/or Athletic Manager.  
**COACHES GOAL:** *No un-sportsmanlike conduct penalties for the entire season.*
- All un-sportsmanlike penalties will result in loss of serve and a point added to the other teams score.
- At the end of the match no matter the outcome, congratulations shall be extended to all players, coaches, and referee.
- Please show good sportsmanship and offer only positive comments and reinforcement.

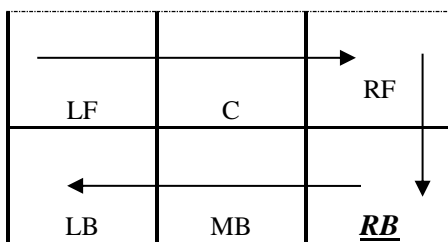
#### Parents

- Parents and spectators must be on the bleachers.
- Youth 13 & under must be supervised by an adult.
- Unsupervised youth will be asked to leave the facility.
- Spectators are not allowed to stand on the running track.

#### Substitution and Rotation

- In this league, we will use continuous substitution. Continuous substitution is when players rotate into the game when their team is the new serving team.
- **Every child must play in the same position of the rotation throughout the entire match.**
- **Each player must be a starter on the court for at least one game each week.** *Note:* This depends on attendance.
- The first server of the game is the right back position. Thereafter, when a team is awarded a loss of rally, the player in the right front position rotates to the serving area.

#### Rotation



Position	Rotation 1	Rotation 2	Rotation 3	Rotation 4	Rotation 5
<b>Left Forward</b>	1	9	8	7	6
<b>Center</b>	2	1	9	8	7
<b>Right Forward</b>	3	2	1	9	8
<b>Right Back</b>	4	3	2	1	9
<b>Middle Back</b>	5	4	3	2	1
<b>Left Back</b>	6	5	4	3	2
<b>Sub1</b>	7	6	5	4	3
<b>Sub2</b>	8	7	6	5	4
<b>Sub3</b>	9	8	7	6	5