

YOUTH VOLLEYBALL HANDBOOK 2026

Coaching Information
Rules/Regulations
Policies & Procedures



Dear Coaches, Parents, and Participants,

The Colby Recreation Department welcomes you to the 2026 Youth Volleyball Program! Our goal is for all youth sports participants, as well as parents and other spectators, to have an enjoyable sporting experience. Skill development is the main component of our youth sports programs. Organized games are a part of every season in which each player will receive an equal amount of playing time and opportunity. At this level it is not about winning yet. Learning the fundamentals of the game, making friends, and having fun are the goals we are setting for this season.

This Handbook will describe the 3rd-4th and 5th-6th grade Volleyball Leagues while hopefully answering any questions you may have. Pages 2-5 consist of general information and policies, while the rules begin on page 6. Please take a few minutes and read the information inside this handbook as it may help eliminate confusion in the future.

Youth Sports Programs are only possible through the dedication of Volunteer Parent Coaches. Many volunteers put in several hours of work to make our programs a success and there is no way this would be possible without them. Thank you to all the volunteers who invest time and energy into the lives of young people today. If you are interested in future volunteer opportunities, please contact us.

Thank you for your participation. We look forward to serving you and your child within the city of Colby!

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THINGS TO REMEMBER

TIMELINE FOR SEASON:

Practices: Begin the week of August 24th. Exact time and date is up to the volunteer coach and depends on court availability.

Shirts: Game shirts will be arriving after Labor Day. Teams will be contacted on when shirts are available for pickup via email.

Games: All games and practices will take place at the Colby Event Center (1200 S. Franklin Ave.) Games will take place Sunday afternoons beginning September 13th. Each team receives an 8-match guarantee and will play a double header each Sunday. More than likely you will play four Sundays of double headers.

WEATHER INFORMATION/CANCELATIONS:

We have a procedure that we follow when cancelling/postponing games. Once a decision is made regarding weather an email will be first sent out to all parents registered and coaches. We will then post the update on our social media platforms (Facebook and Twitter). It may be helpful to follow these accounts to stay in tuned not only with weather cancellations but other happenings as well.

Facebook: @ColbyRecDepartment

Twitter: @ColbyRec

If any games are missed due to bad weather we will try everything we can to get it rescheduled, but there are no guarantees due to a limited amount of court space.

Note: Weather is constantly changing, and conditions can vary hour to hour. As soon as we know something, we will communicate it. Please, if you have any questions stay in tuned to your email and our social media platforms.

TOBACCO/ALCOHOL:

Smoking of tobacco products is prohibited in all facilities and locations within a city park or building. Alcohol is prohibited from all youth sporting venues.

COACHING INFORMATION

We appreciate every one of our volunteer coaches and our leagues would not be made possible if it was not for their participation.

Contacting Parents:

It is important to call each of your player's parents individually when you receive your roster. After making individual contact it is also a good idea to send out a follow up group text/email so they each have something in writing to refer to later on. This is crucial because it will help in establishing good communication for your team.

Parent Meeting:

We suggest you schedule a parent meeting before the first practice with your team. This meeting is a good chance for you to go through the handbook with your parents, so it can avoid confusion later on in the season. A drink and snack schedule is also something that this meeting can accomplish. This meeting can be done 15-20 minutes before your first practice, or at a separate location off-site. Whichever is easier for you and your parents.

Practices:

Practices will be held Monday-Thursday in the auxiliary gym. Coaches will receive their teams practice times after the coaches meeting via email on team sideline.

Coaches Agreement: It is required that all coaches fill out a coach's agreement. It is preferred that this is done before the coaches meeting.

Please Remember:

Being a coach, you are now representing yourself, your team, and the Colby Recreation Department. It is crucial that you let your parents know the importance of a positive attitude during games and practices and that the main objective of the league is for the kids to have fun and learn the fundamentals.

If you have a disagreement or an issue with an official, we ask that you do not address the issue during the course of the game. If the issue is still bothering you the following morning, please send our staff an email giving us a detailed explanation of the issue. Asking questions to an official during the course of a game is understandable, as long as it is done in a reasonable and appropriate manor.

We have zero tolerance with disruptive coaches/parents/spectators. The Colby Recreation Department will handle every situation on a case to case basis and move forward. Please be respectful to others and treat them with the same respect you expect them to give you.

VOLLEYBALL

RULES & REGULATIONS

ADMINISTRATION:

The volleyball league is supervised by the Colby Recreation Department. Decisions rendered by the Recreation Department are final, no exceptions.

Contact:

Robert Fossum
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785-460-4435
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TEAM:

- All teams are formed through the Colby Recreation Department. The number of players per team all depend on the number of total players in the program, as well as the number of volunteer parent coaches.
- All players must be registered through Colby Recreation to play.

UNIFORMS AND EQUIPMENT:

- Required uniform consists of a jersey provided by Colby Recreation. Uniforms shall be the same color. Team colors will be assigned at the coaches meeting.
- Both the 3rd-4th and 5th-6th grade divisions will play with Voli-Lite Volleyballs.
- All players must wear rubber-soled tennis or court shoes at all practices and games. No hard soled or street shoes will be allowed. All players must have shoes, no bare feet or socks.
- No wrist watches or jewelry to be worn during the games. The official will stop the game and have the jewelry removed.
- Knee pads are not required but highly recommended.
- Colby Recreation will provide balls on-site for practices.

GAME TIME:

- Games are scheduled primarily on Sunday afternoon/evenings.
- Games will start promptly as scheduled. A team must have four (4) uniformed players to start or continue a game. The officials watch is official. All will be rally scoring, first two games to 25, the final game to 15 if needed.
- Both coaches, and one captain from each team, will meet 5 minutes prior to game time for the coin toss or rock, paper, scissors. Whoever calls the toss in the air is up to the official. The winner of the toss will decide if they want to serve first or have the other team serve first. If a game three is needed this same process will repeat itself. Coaches and captains will shake hands following the coin toss

GAME PLAY:

1. Net height will be played at 7 feet.
2. The serving line will be 5 feet in front of the normal line for 5th-6th grade games, and 10 feet in front of the normal line for 3rd-4th grade games. This is optional, if you are wanting to you can still serve from the regulation distance line.
3. Games will be Rally Scoring played to 25 points for the first two games, and to 15 points for the 3rd game. All games will have a 45-minute running clock. If at the end of the 45 minutes the score is tied, play will continue until a team is one point ahead.
4. Each team will be allowed one (30 second) timeout per set.
5. Each team will play with 6 players (3 front, 3 back) A team must play with at least four players on the court or they will be subject to forfeit.
6. There will be only one way to substitute and that is when your team receives service and the right front rotates back to serve. The server who served the previous time will then come out of the game.
7. Teams may substitute only one player at a time. Players will enter the game at center back.
8. Underhand or overhand serves are accepted.
9. This is an equal playing time league. All players present must be part of the rotation.
10. The service line may be moved up, this will be discussed at the coaches meeting and may vary depending on age division.
11. Rotations are made in a clock-wise direction.

5 Serve limit in 3rd-4th grade before rotate

5 Serve limit in 5th-6th grade before rotate

SCORING:

1. A point shall be scored by the opponent each time a team commits a fault.
2. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains serve.
3. "Let Serves" will be played.
4. Three hits per side per team. Four hits on one side results in a fault.

SPORTSMANSHIP:

Team members, coaches and spectators shall exhibit appropriate behavior toward other players, coaches, spectators, and officials. Unsportsmanlike conduct from team members and/or associates, including spectators, will result in one or more of the following:

- a) Player, coach or spectator ejection from the game
- b) Player, coach or spectator ejection from the league
- c) Player, coach or spectator suspension
- d) Forfeit of game

During the game, the officials have the authority to eject players, coaches and spectators. The Recreation Department has the final authority on determining the duration of suspension or other penalty. Any player (if he/she has a way home) and/or coach ejected from the game must leave the playing area.

These circumstances will be handled strictly on a case to case basis based on the level of severity.