

The City of Longmont Recreation Services youth sports programs strive to develop a sense of team play where participation, skills, sportsmanship and FUN are emphasized and winning is secondary.

Our youth team sports programs are dependent upon volunteer coaches. The requirements of coaching are passing an on-line background check and taking a FREE concussion awareness course. Please call 303-651-8398 if you are interested in being a volunteer coach.

**Youth Volleyball**

For 3rd through 8th grade boys and girls – play is coed. Two seasons offered, spring and fall.

**Registration** begins –

Spring - the first week of December, deadline March 14

Fall - the first week of April, deadline August 16

**Teams** are formed by school attended – coach and/or player requests are not guaranteed. Coaches will contact parents regarding practices –

Spring - during spring break

Fall - before Labor Day

**Practice** is two hours per week at SVVSD schools Monday-Friday evening and begin –

Spring - after SVVSD spring break

Fall - after Labor Day.

**Games** are played on Saturdays at the Longmont Recreation Center beginning

Spring – mid-April – weekend before Memorial Day (6 games)

Fall – mid-September – end of October (7 games)

**Practice Time**

Teams are limited to two hours of practice time per week. Practice time will be reserved at local

school sites. However, due to available times and coach's availability, Recreation Services

cannot guarantee that adequate practice time will be available at every school site. Teams cannot

practice on “no school” days nor days indicated by the school as “no-use” due to conferences or

events in their gym. These practices will not be rescheduled by the City of Longmont or the St.

Vrain Valley School District. Teams CANNOT hold practice before their scheduled game at the Longmont Recreation Center.

**Player Equipment and Uniform**

**NO JEWELRY –***absolutely no earrings, facial jewelry, bracelets, necklaces, pins, watches, rings or other exposed items(including hair jewelry) that are judged to be hazardous or potentially dangerous by the game officials or supervisors can be worn during practices or games.* Medical alert medals are not considered jewelry and must be taped to the body – the alert may be visible. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.

**Legal Uniform:** All teammates shall wear like colored shirts with the following restrictions:

* The uniform top must hang below or be tucked into the waistband of the uniform bottom when the player is standing upright.
* Players may use a soft hairtie to shorten their uniform.
* Players must wear athletic shoes.

**Equipment:**

* A guard, cast or brace made of unyielding leather, plaster, pliable (soft) plastic, metal or any other had substance shall not be worn on the hand, finger, wrist or forearm, even though covered with soft padding. Knee and ankle braces, which are unaltered from the manufacturer’s design, do not require any additional padding. Any equipment that in the judgment of the referee increases a player’s advantage or presents a safety concern is prohibited.
* Hair devices made of soft material and no more than 2 inches wide may be worn. Bobby pins, flat clips and flat barrettes, unadorned and no longer than 2 inches, are also allowed.
* Players shall not wear body paint or glitter on their hair, face, uniform or body.

**Individual Playing Times** – a team must have at least five (5) registered players present at the scheduled game time or a forfeit is called. Every player on the roster must play at least half of the game. Issues regarding missed practices and discipline may be handled by the coaches; however, they must be discussed with the players and parents prior to the season. Violations of this rule may result in technical fouls and disciplinary action against offending coach.

**Blood Rule:** Any player who has an open wound must:

* be removed from the game
* stop all blood flow
* cover the open wound
* change any clothing that has blood on it before re-entering the game.

Recreation Services will have bandages and ice on site on game days. Coaches should have a first aid kit and a clean shirt/jersey on hand at games as well as at practices.

**Sportsmanship**

*Recreation Services will not tolerate unsportsmanlike conduct by any player, coach, or spectator.* Players and coaches violating this rule will be given an unsportsmanlike technical foul and could be escorted from the facility. Spectators violating this rule will be escorted from the gym and could be asked to leave the facility. Any official or gym/facility supervisor can give an unsportsmanlike technical foul. Unsportsmanlike conduct includes, but is not limited to:

● Taunting (“trash talking")

● Using unnecessarily rough tactics in the play of the game

● Shoving, striking or threatening an official, player or spectator

● Refusing to abide by an official’s decision

● Using obscene gestures

● Using abusive verbal language

Coaches are allowed to stand unless they are given a warning to sit – the warning can be from a game official or the gym supervisor. Effect: A technical foul will be called on the coach. Only registered players and two (2) coaches are allowed in the bench area. All other spectators must sit in the stands.

All City of Longmont employees have the authority to remove anyone demonstrating negative behavior, using foul language or actions judged to be detrimental to the goals of the program and its operations.