



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# VOLLEYBALL RULES



**YMCA Mission:** To put Christian principles into practice through programs, services and relationships that build a healthy spirit, mind, and body for all.

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# VOLLEYBALL RULES

Revised 8/2023

## TEAM DUTIES

1. The YMCA will provide a staff member to keep score. **Each team will provide a parent to be line judge.**
2. Both teams are responsible for cleaning up their bench immediately after the game.
3. During the game, there shall be a limit of two (2) coaches on the sideline. Only one coach may be permitted to stand at one time (if seating is available).
4. All spectators must be seated on the sideline opposite of the team and cannot stand or sit on the end line. Only cleared coaches and registered participants are allowed on the bench.
5. Coaches must stay on their sideline/bench area only.

## SPORTSMANSHIP

1. The YMCA keeps official game scores/records for all divisions for playoff seeding purposes.
2. Unsportsmanlike conduct of the players, coaches or spectators is not tolerated. If the behavior persists, the individual will be asked to leave the facility. If an individual is asked to leave and refuses, play on the field will be suspended.
3. **Any player, coach or spectator ejected will be suspended for at least (1) game and will be placed on season probation. If ejected again during a program, then the individual will be permanently removed. The YMCA will review suspensions, removals, and reinstatements.**
4. **If the atmosphere of the game feels unsafe or the YMCAs Values are not being adhered to, the referee or YMCA staff member can end the game.**
5. If a team has less than the number of required players, the opposing team will be asked to share players in order to provide competition. We make every effort to play each scheduled game.
6. Coaches are expected to adhere to YMCA Values and are responsible for team actions. This includes parents and players.

## YMCA YOUTH SPORTS KEY PHILOSOPHIES

1. Everyone must play an equal amount of time.
2. Coaches are volunteers. They are not paid.
3. Our focus is on fun and skill development.
4. Sportsmanship above all.
5. We promote a family atmosphere.

# VOLLEYBALL RULES

## PLAYER SAFETY

1. To protect the safety of all players in the program, any participant wearing a cast will prohibit them from participating in YMCA games or practices. Exceptions can be made with approval from the Sports Department and documented approval from a physician.
2. Soft casts will be permitted if approved by sports administration before game.
3. All types of jewelry (earrings, bracelets, necklaces, etc.) must be removed before the game.
4. Adaptive aids are approved on a case-by-case basis.

## GRADE DIVISIONS

Grade Division	Players	Max Roster	Net Height*	Game Length	Ball Size
3 <sup>rd</sup> & 4 <sup>th</sup>	6 v 6	12	6'6"	Games to 20, 20 & 10; best of 3 or 50 min.	Volley Lite
5 <sup>th</sup> & 6 <sup>th</sup>	6 v 6	12	6'8"	Games to 25, 25 & 15; best of 3 or 50 min.	Volley Lite
7 <sup>th</sup> & 8 <sup>th</sup>	6 v 6	12	6'8"	Games to 25, 25 & 15; best of 3 or 50 min.	Standard
High School	6 v 6	12	7'4"	Games to 25, 25 & 15; best of 3 or 50 min.	Standard

\*Some heights may vary slightly based on facility.

## UNIFORM

Each player must have on their YMCA approved uniform and knee pads.

## GENERAL RULES

- All divisions will be best 2-out-of-3 format
- If first two sets are won by a team, 3<sup>rd</sup> set can be played if time permits. 3<sup>rd</sup> set will not affect game at that point.
- Matches will end after 50 minutes.
- There will be one (30 second) time out per team per set. Unused timeouts will not carry over to new sets.
- Rally scoring will be used for every game.
- Centerline: a player can cross the centerline on a return or block if the player does not touch the net or interfere with the opposing player.
- Teams must win by two (2) points, with a cap of 30 points for the first two sets and 20 for the third set.
- Exceptions for the 2<sup>nd</sup>/3<sup>rd</sup> grade division. A cap of 25 points for the first two sets and 15 for the third set.

# VOLLEYBALL RULES

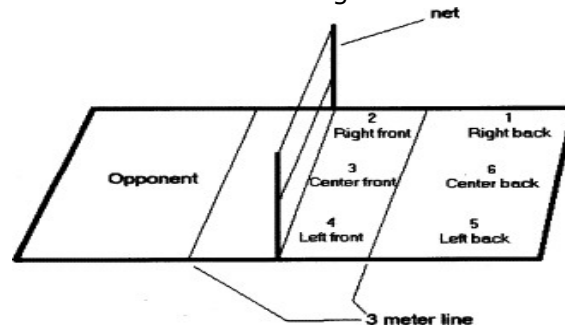
## SERVING

- All players should strive to successfully serve from behind the end line.
- The server may not serve until the referee has blown the whistle
- Overhand and underhand serves are allowed. All serves should be progressive.
- **Any serve** that contacts the ceiling, net, or basketball backboard (and doesn't go over) is an automatic side out. Intentional serves at the ceiling will be a side out.
- **Serving by Grade divisions:**
  - The first serve of the game will be determined by a coin toss; games 2 and 3 will be started with a serve by the team that did not serve first in the previous game.
- In the 2<sup>nd</sup>/3<sup>rd</sup> grade division, players may step 10'- 15' into the court as needed for player success. If a player is able to serve the ball over the net, then 10' in is preferred. The 15' line is for novice players that need the additional help.
- In the 4<sup>th</sup>/5<sup>th</sup> grade divisions players may step no more than 5' into the court.
- 6<sup>th</sup> grade and higher divisions will be serving behind the end line.
- When the serving team wins the rally, the player who served on that point serves again. If the server wins 5 points in row, the opposing team rotates one position and gains the serve.
  - After the whistle, the server has 8 seconds to serve. A player is allowed one service tossing error (letting the ball bounce without hitting it after tossing it up for a serve) per serve.
  - Serve faults happen when the ball touches a player of the serving team, fails to pass over the net, lands out of bounds, or passes over a screen—any player action that hides the server as the ball is being served. Also, when the server's foot crosses the serving line is also a foot fault.
  - 2<sup>nd</sup>/3<sup>rd</sup> grade division is allowed a second service attempt, if their first attempt did not cross over the net. Should first serve clear, or go over the net, it is in play even if going out of bounds. A second attempt will not be allowed.
- Each team will have three (3) hits to return the ball.
- **On a volley** if the ball contacts the ceiling, hoop, or post, it still may be played as long as the ball came down on the side of the court of the team who caused the contact, and that team still has one or more hits remaining.
- All serves can be received with open hands. **Serves may not be blocked or spiked.**

# VOLLEYBALL RULES

## ROTATIONS

- Each team will start the game with six players on the court. The remaining players will rotate into play at the center back position (#6) when a side-out is called. Players who were in the right back position (#1 – just served) will rotate out. New players will rotate into the middle back #6 position.
- The player may not enter the court until the YMCA official signals to come in.



## SUBSTITUTIONS

The goal of the YMCA is to provide all children with equal playing time. In an attempt to ensure that all players get fair and equal playing time coaches will turn in a line up to start the game. Players should rotate in that order for the remainder of the game.

# VOLLEYBALL RULES

## REFEREES

- The referee shall be the sole judge on the field of play.
- **All rules will be enforced by the YMCA officials. All calls will be up to the official's discretion. Please remember that this is a recreational league, and we are all here for the players to learn skills in a fun and motivating atmosphere.**
- The referee can ask coaches, parents, players, and spectators to leave the field of play or the facilities to maintain a pleasant atmosphere, and control of the game.
- If a coach, player, or spectator, is ejected from a game, that person(s) is automatically removed from the next game and will be reviewed by the YMCA. Should another incident occur within the same season, the coach, spectator, or player may be ejected from the league permanently.
- The referee may stop, suspend, or terminate the game because of the elements of interference.

## YMCA PLEDGE

WIN OR LOSE,

I PLEDGE BEFORE GOD

TO PLAY THE GAME

AS WELL AS I KNOW HOW;

TO OBEY ALL THE RULES,

TO BE A GOOD SPORT AT ALL TIMES,

AND TO IMPROVE MYSELF

IN SPIRIT, MIND, AND BODY.

