



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VOLLEYBALL

RULES

Youth Sports



YMCA OF METROPOLITAN FORT WORTH

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

Table of Contents

Team Duties	3
Sportsmanship	3
Key Philosophies	3
Player Safety	4
Age Divisions	4
Uniform.....	4
General Rules	4
Referees	6
Substitutions	6

VOLLEYBALL RULES

TEAM DUTIES

1. Home team will provide a parent 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 does not keep official game records.
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 officials.
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.

AGE DIVISIONS

Age Division	Players	Max Roster	Net Height*	Game Length	Ball Size
7-8 yrs	6 v 6	12	6'6"	Games to 20, 20 & 10; best of 3 or 50 min.	Volley Lite
9-10 yrs	6 v 6	12	6'8"	Games to 25, 25 & 15; best of 3 or 50 min.	Volley Lite
11-12 yrs	6 v 6	12	6'8"	Games to 25, 25 & 15; best of 3 or 50 min.	Standard
13-15 yrs	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 issued uniform and knee pads.

GENERAL RULES

- Teams will play (2) sets. A third set will be played if time permits.
- 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 7-8-year-old age division. A cap of 25 points for the first two sets and 15 for the third set.

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.

VOLLEYBALL RULES

- **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 age 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 7-8 age 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 9-10 divisions players may step no more than 5' into the court.
 - 11-15 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.
 - 7-8 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.

ROTATIONS

- In an effort for players to have as close as possible to equal amount of playing time, after a set is complete, the players must start the next set in the same positions they left off from in the previous set.
- Player substitution will occur using the "rotation" method. Players will enter the court at the same position following a change of possession and the player previously at that position will rotate out. Substitutions must be made at the Middle Back position.
- The player may not enter the court until the YMCA official signals to come in.

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.

SUBSTITUTIONS

The goal of the YMCA is to provide all children with equal playing time. All players must play a minimum of 50% of the game. If a player is sick or injured, the referee must be notified before the start of the game. If a player ends up becoming ill or injured during a game, he or she can be substituted out.

VOLLEYBALL RULES