

# Youth Volleyball

## Rules and Regulations

### I. THE MATCH, COURT AND EQUIPMENT

#### A. The Match

- (1) Each match will start with both teams gathering at the net for a short prayer led by the Home Team (coach or player).
- (2) The match will consist of all 3 games, NOT best 2 out of 3.
- (3) A time limit of 15 minutes will be placed on each game. If a game is not completed when the time expires, the team leading at that point will be declared the winner of that game. If a tie exists, the team that scores the next point wins the game.
- (4) A team which has scored 25 rally points and is at least 2 points ahead is the winner. If the leading team does not have a 2 point advantage, play shall continue until one team has a 2 point advantage – unless time has expired.

#### B. The Ball

- (1) The game ball will be provided by the YMCA.
- (2) **Division 1 will use a Regulation Ball. Divisions 2 & 3 will use a Volley-Lite.**

#### C. The Uniform

- (1) The YMCA will provide each team with jerseys for games. Players are required to wear them during all games. Players must wear tennis shoes. No hard sole shoes or black sole shoes will be allowed on the gym floor.
- (2) Knee pads are required at all games.

### II. OFFICIATING

#### A. YMCA Referee

- (1) A YMCA referee will be assigned to the gym where matches will be played. He/she will be responsible for time, net and foul calls. Volunteer parents will be used to help call lines that the referee cannot see.
- (2) All calls are final and should not be disputed. Remember this is a fun and recreational league.

### III. THE TEAM, PLAYERS, AND SUBSTITUTES

#### A. On the Court

- (1) A team shall consist of 6 players on the court in all matches. A forfeit will be called if a team does not have at least 4 players to play the match.
- (2) Every player must rotate in & out of the game if there are more than 6 players present.
- (3) In all REC leagues, players will rotate out after playing the right, front-line position, and rotate back in at the server's position (right, back-line position).
- (4) In game #2, the players who finished up game #1 on the court will rotate one position and start play. The same goes for game #3. This will help ensure equal playing time among all players in the REC leagues.
- (5) Players who are waiting to play should be seated at least 6 feet off the court line.

#### B. Choice and Change of Sides

- (1) The choice of serving, receiving, or sides shall be determined by a coin toss at the beginning of the match. For subsequent games, teams shall change sides.
- (2) The team that serves 1<sup>st</sup> will receive to start Game 2, then serve 1<sup>st</sup> again in Game 3.

#### IV. PLAYING RULES

##### A. **Out of Bounds Includes:**

- (1) The wall, floor, or objects outside the court dimensions.
- (2) A ball hitting the ceiling (or other suspended object such as a flag) and landing on the opposite side of the net is a dead ball and the point should be replayed. A team should continue play if they hit the ball and it touches the ceiling (or other suspended object) on their own side and comes back down on their own side with less than 3 hits.
- (3) Any serve that hits a suspended object (flag) should be replayed.

##### B. **Scoring:**

- (1) Points are scored regardless of who is serving. Rally scoring.
- (2) A server may serve only five (5) points in a row, after which time a side out will be called and the other team will serve.

C. The service alternates when there is a foul by the serving team and the ball shall be awarded to its opponents who shall rotate clockwise one position.

D. A served ball that touches the net is still live if it goes over the net.

E. **All serves count! There are no 2<sup>nd</sup> chance serves. The server has 10 seconds to serve the ball once the referee's whistle has blown to begin the play.**

F. For serves in ALL REC leagues, players may move up to a predetermined line (the basketball free throw line) in front of the normal service line **only if they need to**. If they can serve from the normal line, they should. Foot faults will not be called unless the server crosses the basketball free throw line. Additional allowances may be given in the 3<sup>rd</sup> - 4<sup>th</sup> grade league to allow servers to move up to the top of the key. Players that move up may serve overhand or underhand.

G. Front line players may contact the ball from any position inside or outside the court except while positioned across the center line or its' out of bounds extension.

H. A back-line player shall not:

- (1) Participate in a block or an attempt to block;
- (2) Come to the front line to spike.

I. A player shall not play the ball twice in succession unless there is simultaneous contact by teammates.

J. A team shall not play the ball more than 3 times before it crosses the net or enters the opponent's side.

K. Contacting the net or any part of it while the ball is in play is prohibited, except by a player's hair, or unless the force of the ball by an opponent pushes the net into the player. In addition, if a player crosses under the net with her entire foot passing the center line, the play should be blown dead and that player's opponent will receive the point. A player stepping on the center line without crossing over should be allowed unless contact is made with the net.

L. Reaching over the net is permitted only:

- (1) To follow through with a hit or an attempted hit
- (2) To block or attempt to block.

M. A serve may not be blocked or attacked (overhand hit). Players may set a serve on the first hit as long as the set is done properly without a lift or obvious double hit.

##### N. **Illegal Hits and Lifts**

This is a recreational league and players, parents and coaches must remember this at all times. Obvious carries, lifts and illegal hits will be called in order to teach the game.

O. If there is a difference of opinion on a point, the point may be played over. The YMCA official is the only one with the power to enforce this.

P. Bad sportsmanship will not be tolerated. Coaches are responsible for their players' and parents' actions. A low key, no pressure, positive attitude is what we demand!!!

Q. **Time-Outs:** Coaches may call ONE time-out per game (max 3 per match). Time outs should never be more than one minute long.

## **Division 1 - Competitive League Rules**

- Regulation Ball will be used.
- All serves from behind the normal service line. Both overhand & underhand serves are allowed. Foot faults will be called.
- 50% playing time is required for each player. Coaches do the best you can.
- Players may sub in/out freely per coach's instruction. REC league rotation rules do NOT have to be followed, but teams cannot skip servers.
- Illegal hits and/or lifts will be called more strictly than the REC league.
- Rally scoring to 25 (same as REC league). Time limit still in effect.