



Jr. Bronco Volleyball Rules

YMCA GOAL

The YMCA goal is to give every child between the grades of 1st-6th a chance to play volleyball. To teach skills, sportsmanship, working together as a team, promote new friendships, positive family interactions, and have FUN!

YMCA FACILITY POLICIES

All YMCA facilities and game and practice locations are smoke, tobacco, and alcohol-free zones. Pets are allowed but must be kept on a leash at all times, kept close to the owner, and away from kids.

GYM RULES

Parents are to supervise their children while within the facilities to minimize accidents from happening. If players own their own volleyball, players are advised to bring them to practice in case teams are short of volleyballs.

EQUIPMENT

Practice balls will be available but please share if there is another team. Volleyballs must be returned in their entirety after practices. Nets and other necessary equipment will be available at practice facilities. Gym shoes are permitted. Knee pads are recommended.

UNIFORMS

Team jerseys will be given to each player prior to the first game for players to keep.

PRACTICE RESERVATIONS

Teams will practice once/week for an hour. Coaches will pick day/time.
Please sign up for a practice at the coach's meeting and please be consistent.

COURT SIZE

Grades 1st -2nd: 15' x 30' (may vary slightly).
Grades 3rd – 6th: 30' x 60' (regulation size).

BALL SIZE

Grades 1st-2nd: Will use a training volleyball (lighter than a Volley Lite) to help develop skills.
Grades 3rd-6th: Will use Volley Lite volleyballs.

NET HEIGHT

Grades 1st – 2nd: 6' 0" approximately
Grades 3rd - 4th: 6' 6" approximately
Grades 5th - 6th: 7' 0" approximately

NUMBER OF PLAYERS

Grades 1st – 2nd: 4 on each side, 2 in the front row and 2 in the back row (4 v 4).
Grades 3rd – 6th: 6 players on the court on each side. (May play with 5 players).

TIME LIMIT

Grades 1st – 2nd: For the first 25 minutes, teams will practice on one side of the court. Teams will then take a 1-minute break. Following this, both teams will then play a game for 25 total minutes.
Grades 3rd – 4th: Two sets of 22 minutes. 1-minute break. Teams are given one, 30-second timeout per set.

Grades 5th – 6th: Matches are limited to 50 total minutes. Teams may play as many games as the 50 minutes allows. Each game consists of 25 points (team needs to win by 2 points if the game is tied at 24). At the end of 50 minutes, whether the game is tied or a team is ahead by 1 point, the game will end as is. Each team has one, 30-second timeout per game.

SCORING

Grades 1st – 4th: Score will not be kept at these grade levels

Grades 5th – 6th: Rally scoring is used - Any team can score a point when it wins the rally or the opposing team commits a fault. 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 the right to serve.

ROTATION OF PLAYERS

All players present at the game must play in each game equally. Players sit along the sideline in a team rotation order. Players rotate into the game at the right/left front position and rotate out. Rotation occurs after a side out and only the serving team rotates. The team losing the service does not rotate.

OFFICIALS

Grades 1st – 2nd: There will be no official for this age group. Coaches/parents are to officiate and keep the game(s) flowing.

Grades 3rd – 6th: One YMCA official will officiate all games.

SERVING LIMITS

After a team has scored 3 straight points while serving, the ball will be awarded to the opposing team.

SERVING

Play/rally begins with a serve by the serving team. **Players are encouraged to serve overhand to develop shoulder strength over the course of the season.**

Grades 1st – 2nd: The server will be given 2 chances on his/her first serve on every rotation to serve a legal serve. There will be no foot faults. Serving line to be determined by coach (may move in as far as necessary to get the ball over the net).

Grades 3rd – 6th: The server will be given 2 chances on the first serve of every rotation. Serving line to be determined by coach (may move in as far as necessary to get the ball over the net).

Grades 1st – 4th: If a player is unable to get the serve over the net within the first two attempts the coach must toss the ball over the net and act as if that was the serve, to continue the flow of the game and create more action.

BOUNCE RULE

All grades will be given the option to play off the bounce every time the ball is received on their side of the net. Players may let the ball bounce on the serve or at any time during their team's rally, including a pass. Although not required, the bounce rule is encouraged as it will help eliminate fear of the ball, develop proper technique in contacting the ball, force communication, and slow the game down to develop proper fundamentals.

SERVE RECEIVE

Grades 1st – 4th: **The receiving team may either catch the serve or pass it to a teammate.** If a player catches the serve (this is considered 1st contact), he/she must then make a two-handed underhand toss to a teammate. The teammate must then contact the ball (considered 2nd contact) with a forearm pass, a set, or spike. The receiving team must have a minimum of 2 contacts, maximum of 3 contacts, before the ball can legally go over the net, if the first ball is caught. If the first ball is passed, the ball may be played over the net on the first ball; however encourage your team to have more than one contact.

Grades 5th – 6th: The ball may be played over the net on the first ball, however, encourage your team to have more than one contact. The maximum is 3 contacts before the ball goes over the net. No catching allowed.

VIOLATIONS

All violations will be called loosely to encourage gameplay. Officials and coaches are encouraged, when a violation does occur, to help correct a mistake at the proper time. Judgment calls will be made of officials.

Grades 1st – 2nd: A serve may NOT touch the net on a serve. The ball CAN touch the net during play. Judgment of ball-handling skills is loosened to promote the development of skills. The attempt to do the skill right is more important than if the ball was cleanly handled.