



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

White Rock YMCA Volleyball Rule Book

Volleyball Rules				
	1 st & 2 nd Grade	3 rd & 4 th Grade	5 th & 6 th Grade	7 th and 8 th Grade
Players	6v6	6v6	6v6	6v6
Players needed to start	5	5	5	5
Type of ball	Volleyball Lite	Volleyball Lite	Volleyball Lite	Regulation Ball
Net Height	6'6	6'10	7'4	7'4
Serve Line	1 st and 2 nd attempt 12 ft up	3 rd grader- 1 st and 2 nd attempt 12 ft up 4 th grader- 1 st attempt 6ft up 2 nd attempt 12 ft up	5 th grader- 1 st attempt 3 ft up 2 nd attempt 6 ft up 6 th grader- 1 st regulation 2 nd attempt 3 ft up	Regulation
Court Size	30 x 30	30 x 30	30 x 30	30 x 30
Game Play	Games to 25, 25 & 15; best of 3	Games to 25, 25 & 15; best of 3	Games to 25, 25 & 15; best of 3	Games to 25, 25 & 15; best of 3
Supplies Required	Kneepads	Kneepads	Kneepads	Kneepads
Max Roster	12	12	12	12

YMCA PLEDGE:

**WIN OR LOSE,
I PLEDGE BEFORE GOD,
TO PLAY THE GAME AS WELL AS I KNOW HOW,
TO OBEY THE RULES,
TO BE A GOOD SPORT AT ALL TIMES,
AND TO IMPROVE MYSELF
IN SPIRIT, MIND AND BODY.**

YMCA Mission Statement:

To put Christian values into practice through programs that build healthy spirit, mind, and body for all.

Scheduling:

a) A minimum of 7 games will be scheduled for all divisions

Pre/Post Game Responsibilities

1. Prior to games, team warm-up activities will be conducted off the court where space may be permitted or on the court prior to game time when time is permitted.
2. Home team calls head or tails for flip of coin toss. If home wins the toss, they can elect to serve the ball or choose side of court to play. If home loses the toss, the visitor can elect to serve the ball or choose side of court to play.
 - After game- Collect the garbage from the bench area around the court and the bleachers.

Court Decorum:

The Child First- The Sport Second!

It is our hope that participants, coaches, officials, parents, and spectators will assist us in keeping YMCA sports fun and safe for all. Behavior which does not align with the mission, spirit, values, or rules of the YMCA will be addressed per the YMCA's behavior policy

Zero Tolerance Policy:

The YMCA requires coaches, parents and spectators to abide by our **Zero Tolerance Policy**. Actions that will not be tolerated before, during or after practices or games are: verbal/physical abuse of referees, players, coaches or spectators; charging onto the field; arguing with referees, coaches or spectators; profanity or derogatory names or comments; any comments (other than encouraging or complimentary) or taunting directed at opposing players, coaches or fans. If a coach, parent or spectator does not abide by this policy a referee may give a warning, eject the offending person or penalize the team. If at any point the referee feels threatened, he/she may "abandon the game." If this occurs, the offender's team will suffer a loss by forfeit of the game.

YMCA Behavior Policy

The YMCA reserves the right to warn, suspend, expel, terminate any member, guest, or program participant in the following situations:

- Failure to follow YMCA behavior standards or from violation of any other posted, published or communicated rules or policies at a YMCA branch or program/event.
- If a person has been convicted of any crime involving sexual abuse, is or has been a registered sex offender, has been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics, or intoxicating beverages.
- If a person requires an inordinate amount of attention from the staff thereby causing inadequate levels of supervision for the remainder of the participants or members.
- If a person's behavior is determined to be inappropriate within the scope and spirit of the YMCA values.
- For any reason within the discretion of YMCA management.

Conflict Resolution Policy:

We strongly recommend that everyone abide by the 48 hour rule:

Unless it is an urgent matter of safety; parents, guardians and/or coaches who are upset regarding a situation or circumstance during a game or practice must wait 48 hours after the incident occurred before approaching the head coach, field director or sports director. Give time for emotions to subside, then define the issues thoughtfully and suggest solutions. All discussions and interactions that occur after the 48 hour period must be conducted in a mature, polite, civil, and non-intimidating manner. This includes all forms of communication (face-to-face discussions, emails, etc). If a resolution is not satisfactory, then the incident will be turned over to the sports committee for further review.

However, if you feel immediate attention needs to be called to your field during a game, find a field director or YMCA staff and proceed in a calm and respectful manner.

Referees:

-PLEASE RESPECT THE REFEREES - Referees have the ultimate authority during a game. If you feel attention needs to be called to your field during a game, send someone to find a field director or YMCA staff. If a coach or spectator is offensive in any way to a referee they will be ejected and suspended for a time to be determined by Sports Director. ***Abuse of a referee will not be tolerated! The referee has been trained to be in position to observe the play both on and off the ball. The ref is often in the optimal position to see what is going on and frequently sees things that spectators or even players do not see. Give the referee the benefit of the doubt.*** Yelling at a referee will not change the call. Screaming or going after a referee in front of the players shows disrespect for authority.

Coaches are not allowed to conference/discuss game calls with the referees after the game. Rule interpretations and game feedback should be brought to the field director or YMCA staff.

Volunteer Coaches:

There are three requirements that must be completed to be a volunteer coach for this season:

1. Assignment for 2025 SPRING sport (Step #2)
2. Criminal Background Check (ss# submitted and/or not expired)
3. Athlete Protection training (submitted and/or not expired)

<https://ymcadallas.volunteermatters.org/project-catalog/391>

If the volunteer coach is not compliant, the Sports Director has the right to:

1. Cancel/postpone practice session
2. Cancel/reschedule their next game
3. Forfeit their next game
4. Have one of a sports coordinator step in to coach at the game with the non-compliant coach not at the game or can be a spectator away from the coaching area.
5. Find a replacement compliant volunteer coach

Team Formation

- Teams are formed based on grade, closest school, player and coach request. All requests are honored when possible. Placements based on availability. We cannot guarantee placement on a team by location or school, but we try our best.
- Existing teams new to the YMCA can join as full teams or a partial team.
- Returning teams: Players are guaranteed spots on their previous team only if registered on time. Roster spots will be filled after the registration deadline.
- Returning players can play on the same team or request a new team.
- Players can “play-up” a league. Players can never play down.

How to form a team/re-enter a team in the league:

To Form a new team: Please submit a roster of the players that will be on the team via our sports director and on the signup to coach by going to <https://www.ymcadallas.org/coaching-white-rock-ymca>.

This is located on the White Rock YMCA website under a coaches Tab. From there, please remind parents to register by the registration deadline and to signify the team by team name and coaches name when registering.

When Registering: Please be sure that contact info is accurate and that an email and phone number are provided. When registering in person, please write legibly so we can be sure you are contacted appropriately and in a timely manner.

Players on pre-formed teams: If you are on a pre-formed team, your coach will be in contact with you about practice times, uniforms and the season.

Players (in need of a team): If you are in need of a team...players will first be placed on existing teams that need players. Placement will be based on grade, age, address, school and gender. Once existing teams' rosters are full, new teams will be formed. New teams will need new volunteer coaches.

General Makeup of a Successful team:

Head Coach- *Game day/season leader*

Assistant Coach- *Aide the head coach with practices and games*

Assistant Coach- *Aide the head coach with practices and games*

Team Parent- *Responsible for most communication aide between the head coach and the team, communication between the head coach and the YMCA. Communication of snack schedules, team emails, team texts, team uniforms, game times and practice times.*

Schedule Conflicts:

Once the schedule is live on, no changes will be made and other requests for days off, will not be honored.

- **The YMCA of Dallas is committed to providing a safe and enjoyable experience for all participants.**
- **Team will only be granted one schedule change request**
- **Schedule change request will not be accepted within 7 days of game**

Communication:

It is imperative to provide good contact information when one registers for the league as a player or a coach. The YMCA needs a good email for the participant/coach as well as a good phone number.

INCLIMATE WEATHER

Weather can be very unpredictable (i.e., ice, snow). If there is severe weather, please continue with CAUTION. We are more concerned with safety of all participants than completing a game. Discuss concerns with other coaches/site supervisors/officials

- Cancellations will be made as soon as possible. All cancellation notice will be posted on playerspace and an email will be mailed out. Typical weekend cancellations will be made by 7:30 am / weeknight cancellations will be made at 5:00 pm
- It is not a policy to cancel games because of a little rain, a little cold, or a little snow. Furthermore, parents are encouraged to make individual decisions for their own child when outdoor weather elements become a concern, as to whether to attend any particular game/practice even if the game/practice is not officially canceled.

Coach's Shirts

All volunteers must be in a YMCA coach shirt in order to be on the field or team sideline area during games (this includes all assistant coaches). The parent's sidelines will be on the opposite side of the field/court of the player's bench.

Refund Policy

- Refund requests must be made in person at the YMCA front desk
- \$20 processing fee / \$20 uniform fee
- No refunds after first game

Sports Communications-

- Staff will send all communications through our sports management site playerspace. All updates to schedules and events will be posted to your team page. It is essential to download the playerspace app and you will receive push notifications.
- **Notifications from PlayerSpace will be sent to the email address that you provided at registration. Please add noreply@playerspace.com to your safe sender list to ensure that you receive all notifications. If you have concerns about the email address that you provided at registration, contact your YMCA youth sports director.*

Balls: All grades will use the Volley lite ball

Kneepads: Kneepads are mandatory.

Shoes: Black soled shoes are not allowed.

Jewelry: **No jewelry may be worn during games. This includes rings, earrings, bracelets, and "hard" hair accessories.**

The YMCA understands that there may be some circumstances with **newly pierced ears** that may require the earrings to be left in during the initial healing period. Although we still strongly recommend that the earrings be removed in these situations we will allow parents to make the decision for their child and their child's health and well-being. Again, Earrings will only be allowed to remain in if they are newly pierced and the healing phase and then only under the following conditions:

-Earrings must be taped appropriately before each game/practice

-Only stud type earrings will be allowed to remain in ears

-It is highly recommended that if earrings will remain in during play that parents purchase safety backs or plastic earrings for sports; these types of earrings reduce the likelihood of injury to the child wearing them and others.

-Parents making the choice to not remove accept all risk of injury to their own child as well as other children who may be injured due to the presence of the jewelry.

Medical Alert Bracelets may be worn by players as long as the bracelet is fitted to the players arm or covered and does not pose a safety hazard to other players.

******Casts and artificial arm wrappings are not permitted to be worn by players******

RULES FOR COACHES

Each team will have at least one adult coach who will be responsible for the team at games. If the head coach is absent it is his/her responsibility to provide a replacement (Asst) to carry out the duties of head coach.

Team Responsibility:

The Home team will be responsible for:

- Official Scorekeeper/keep track of the scorecard **(Must be an adult)**
- One Line Judge **(Must be an adult)**
- Gym Cleanup after match

The Visiting team will be responsible for:

- Operation of scoreboard or flipchart **(Must be an adult)**
- One Line Judge **(Must be an adult)**
- Gym Cleanup after match

*****No coaching is allowed from the Line Judge position. *****

Rule Interpretation: All interpretations of the rules of play will be the responsibility of the referee in charge. **The referee will inform both head coaches of the ground rules prior to the start of the game (i.e. must serve overhand).** The rules are Official National Federation of High School Associations volleyball rules unless modified by the YMCA in this document. **YMCA modifications prevail when there is a conflict**

Warm-Up Time: A team is assured of no less than five (5) minutes of warm-up time prior to the start of their match, assuming the team is present and ready to play five (5) minutes prior to their posted match time. If the prior match finishes less than five (5) minutes prior to the posted match time, then the next match will be started late in order to assure the team of this minimum warm-up time. The matches will not be started early under any circumstances. This is for the benefit of parents and other spectators who wish to see the entire match. Coaches are responsible for the conduct of their team, parents and spectators during the waiting period while another match is in progress. This includes the containment of all loose balls.

Post Season Tournament: Only 4th, 5th and 6th graders will have a single elimination tournament at the end of the FALL season.

-A coin flip will take place before all Volleyball Tournament games to determine side of the court. We will also have a coin flip if the match goes to 3 games to determine side of court.

-Home teams listed on the score sheet with automatically serve first.

Practices

- (a) Practices may begin after the Coaches’ Meeting.
- (b) Maximum practices per week (a week is defined as Sunday to Saturday):

Prior to the first practice game	2
Once games begin	1

- (c) Practices are limited to one hour.
- (d) Scrimmages with other teams count against the weekly practice limit. The scrimmage may not exceed the practice time limit for one team, not both teams combined.
- (e) There shall be no team assembly to conduct volleyball or training activity other than games or practices. Team meetings to discuss volleyball (e.g., discuss game strategy) count against the weekly practice limit.
- (f) Coaches may not offer “optional” practices that exceed the practice limit rule.
- (g) Coaches are responsible for making sure the gym is clean (pick up trash, water bottles, balls, etc.) before their team leaves the gym

GAME RULES

Each game both teams will recite the YMCA pledge before game

Referees: Official referees are provided for all league games.

Coin Toss: The coin toss will be conducted by the referee with a captain from each team. The Home will call the toss and the winner of the toss chooses to serve or receive. For the second game, teams change to the opposite court and the serve changes hands from the team that served first. Players stay in their same court position and rotation from the first game’s end. See Substitutions ruling further below. The serving team for the third game, the teams change courts again and the team that served first in game one also serves first in game three. Players stay in their court position place from the second game’s end. See Substitutions ruling further below.

Length of Game/Time:

- **If the 3rd game starts 45 minutes after the original match time, game 3 will be played to 10 points instead of 15.**
- A match shall consist of the best two (2) out of three (3) games.
- The first team to win two games shall be the winner of the match.

- All games in a match will be played using **rally scoring of 25 points with a cap of 30 points (games 1 & 2), 15 points with a cap of 20 points (game 3 only) or 10 points with a cap of 15 points (if game 3 starts 45 minutes after match time)**. Ex: Win by 2 points or first team to cap points.
- **Time between games within a match will be no more than 2 minutes.**

Forfeits: If a team does not have the required “minimum number of players” to begin a match at the scheduled start time, the first game will be declared a forfeit. A five (5) minute grace period will be given for the first match of the day only. The second game will be declared a forfeit ten (10) minutes after the start time of the match. Only the referee can declare a forfeit.

SERVING

1st, 2nd, 3rd, 4th, 5th and 6th Grade Leagues

Let Serve: A serve hitting the top of the net but continuing over within the court’s boundary lines is considered a legal serve.

Tosses: Each player per serve attempt will be allowed 2 tosses to complete the serve. If the player touches the ball on the way down, that counts as an attempt. A player may bounce the ball -this is NOT considered a toss or an attempt.

Attempts: An attempt is defined as an attempt to serve no matter where the ball lands or whether it makes it over the net.

Foot Fault: A foot fault occurs when a server touches or crosses the serving line prior to contacting the ball for the serve. This will be enforced for ALL grades.

1st, 2nd, 3rd and 4th Grade Leagues

- On each player’s service rotation, the player may have **two (2) attempts** to serve and put the ball in play. For example, when a player serves and the ball does not go inside the court until the second attempt, and a point is scored, there are no more failed attempts allowed and a sideout and point is awarded to the other team if the next attempted serve does not make it in.
- A player may serve a maximum of **three (3) successful serves (3 points)** before the serve will rotate to the opposing team.
- **For third graders, their first and second attempts may be from the regulation service line up to 12ft. in front of the stated regulation service line.**
- **For fourth graders, their first attempt must be from the regulation service line up to 6 feet in front of the regulation service line, and their second attempt must be from the regulation service line to 12 feet in front of the regulation service line. If successful, the server must move back to the 6-foot line for all other attempts.**
- For 3rd and 4th grade, overhand serving is not required, but is recommended.
- For 1st and 2nd grade underhand serving

5th and 6th Grade Leagues

- On each player’s service rotation, the player may have **two (2) attempts** to serve and put the ball in play. **The first attempt MUST be an overhand serve, and then the second attempt may be overhand or underhand. This promotes and strengthens the skill of overhand serving.**

- A player may serve a maximum of three **(3) successful serves (3 points)** before the serve will rotate to the opposing team
- **For fifth graders, their first attempt must be from the regulation service line to 3 feet in front of the regulation service line, and their second attempt may be from the regulation service line to 6 feet in front of the regulation service line**
- **For sixth graders, their first attempt must be from the regulation service line and their second attempt may be from the regulation service line to 3 feet in front of the regulation service line**
- **Serves may be received with an underhand bump or an overhand set receive.**

SUBSTITUTIONS

1st - 6th Grade Leagues:

- **Substitutions only occur immediately following the opposite team's final serve, prior to the team's new serving rotation. A new player will rotate in to the middle back position, and the player who last served rotates out, with the right front player rotating to server.**
- **Players who are on the court at the end of the 1st game will change sides and start in the same position at the beginning of the 2nd game with the serving team for the next game rotating 1 position. Proceed in the manner for the 3rd game (Revised 9-17-09).**
- 6 players are on the court at all times with remaining players waiting on the bench to rotate into play. The match will be played with no less than 5 players on the court.
- It is the coaches' responsibility to organize substitutions. As a suggestion, to organize the players' substitutions, have substitutes sit in order of play to help alleviate confusion on who has played and who still needs to play, having each player move one position at the time of each substitution.

OUT-OF-BOUNDS/OVERHEAD OBSTRUCTIONS

A ball will be considered out-of-bounds if it:

- Touches the wall, objects mounted to the wall (i.e. basketball goal), or objects on the floor outside the court.
- Touches the floor outside the courts boundary lines regardless of objects overhanging the court.
- Touches the net antennas or does not cross the net within the court boundary lines.
- Breaks the plane of an adjacent court, if a game is going on, or bleachers, benches, official's tables, etc.

A ball hitting the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net that is occupied by the team that last played the ball, and the ball is legally hit next by the same team. An obstruction, which is directly above the net line, will be considered an un-successful serve attempt if a ball hits it or goes over it on a serve (i.e. ball is considered out of bounds). Other than serve attempts, it will be considered a part of the ceiling during the game and the previous rule will apply.

****Because of the differences in various gym facilities (i.e. ceilings and obstructions), occasionally it will be necessary to implement certain rule changes to accommodate. Please be patient with the YMCA staff and referees and rest assured that any changes will be uniformly applied to both teams and implemented as fairly as possible. Thank you in advance for your help in explaining this to your players and parents****

Time Outs: For all leagues, two (2) 60 second time outs are allowed per game.

Coach's Code of Conduct-Youth Sports

The YMCA believes that youth sports should offer competitive fun in a values-oriented, healthy and fair play environment. All YMCA volunteer and contracted representatives are expected to follow this code of conduct and ensure that behavior is always consistent with the YMCA mission and values.

I WILL:

- Provide a playing environment for my players that is safe from physical and emotional harm
- Do my best to be knowledgeable of the rules and fundamentals of the game and teach them to my players
- Complete required child abuse prevention training and attend a YMCA Coaches meeting to familiarize myself with YMCA policies, procedures and emergency response plans
- Treat each player as an individual, keeping in mind the wide range of physical and emotional development within the same age group
- Treat all children equally without respect to gender, race, religion, culture, or ability
- Be a positive role model by maintaining an attitude of respect, loyalty, patience, courtesy, tact, and maturity
- Place the emotional and physical well-being of my players ahead of any personal or parental desires to win
- Lead by example, demonstrating fair play and sportsmanship in my on- and off- field actions
- Help reinforce the mission and core values of the YMCA (caring, honesty, respect and responsibility) through my coaching and interactions with others
- Ensure my team recites the Sports Pledge before each game and shake hands with the opposing team after each game.
- Use coaching techniques that are appropriate for all the ages and skill levels present
- Seek and encourage parental participation at practices, games, and any other activities
- Respectfully control the behavior of players and parents by asking them to leave the field or sidelines should they become unruly or create an atmosphere that is not appropriate for the development of good sportsmanship
- Ensure that behavior issues and/or disputes are handled calmly
- I will encourage the use of and honor the 48 hour calming down period and I will engage YMCA staff to resolve any behavior issues with other coaches, parents, participants, officials or spectators in accordance with the YMCA's disciplinary policies and procedures.
- Refrain from the use of tobacco, alcohol, and drugs at all youth sports practices, games, and other events and I will remind others to do the same

- As a coach, know, abide share and monitor others for compliance of the following YMCA's Child Abuse Prevention standards.
- Utilize positive guidance techniques
- Refrain from profanity, inappropriate jokes, and sharing of intimate details of my personnel life
- **I WILL NOT:**
- Subject any child to neglect or to mental, verbal, physical, or sexual abuse
- Leave any child unsupervised
- Be alone with any child where we cannot be observed by others
- Transport any children in my vehicle (unless my own child is involved in a neighborhood carpool)
- Attempt to contact or foster a relationship outside of the YMCA program with any child
- Give any child gifts or special favors
- Hold extra or special practices that are not sanctioned by the YMCA.

The above code of conduct has been established for the safety and wellbeing of each participant. Failure to adhere to this code of conduct could result in termination of program privileges at all branches.