



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# YMCA Youth Volleyball Rule Book

## **YMCA PHILOSOPHY**

YMCA youth sports are based on the concept that fair play is the very essence of competition. Everybody should have an equal opportunity to compete and a fair chance to participate.

Fair play implies respect for oneself, one's opponent, and others involved in conducting the competition. Players, coaches, officials, and spectators share a responsibility for fair play. Fair play sets the child above the game. The YMCA believes that its youth sports programs provide an excellent environment for developing sound spirit, mind, and body. As these virtues grow, they will influence behavior in everyday life.

The YMCA also believes that its youth sports program will help families and individuals to grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills, and have fun. It is for the development of such virtues that the YMCA promotes its youth sports programs. At the YMCA, "Everyone is a Winner."

## **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 COACHES CODE OF CONDUCT**

The YMCA believes that sports should offer competitive fun in a learning and healthy environment. All coaches should read and abide by this Code of Conduct. Following the Code of Conduct will make the games more enjoyable for all and help teach children that competition can take place in a friendly and fun atmosphere.

1. I will remember that I am a youth sports coach, and that the youth sports experience should be enjoyable for the players and their families, spectators, officials, and all others concerned.
2. I will place the emotional and physical wellbeing of my players ahead of a personal desire to win.
3. I will not engage in negative discussions with any game official, player, parent, coach, spectator, committee member or YMCA employee.
4. I will do my best to teach the four pillars of character values (trustworthiness, respect, responsibility & caring) to my players with my words and my actions.
5. I will be knowledgeable of the rules and the fundamentals of the game and do my best to teach them to my players.
6. I will abide by all the rules and regulations of the YMCA.
7. I will assure that my players and I recite the YMCA Pledge before each game and shake hands with the opposing team after each game.
8. I will see that any disputes are handled calmly and by the proper procedures and proper authorities.
9. I will not allow my team's parents to act in a way that demonstrates disrespect for the game officials or any member of the opposing team's players, coaches, parents, or spectators.

❖ At no time shall the following be used as a form of discipline by coaches, staff, or other volunteers in youth sports programs:

- Restriction of water or use of bathroom.
- Physical exercise.
- Harsh, demeaning, or negative yelling.
- Physical force (including shaking or striking)

## **Pre-match Procedures & Game Protocol**

Conference: A conference will be conducted by the referee between both coaches from each team 10 minutes before gametime. If a coach is late, conference may continue without them. YMCA officials, use this time to introduce yourselves and introduce both coaches to each other. Ensure both coaches are wearing their YMCA issued green coach shirt. Information on overhead obstructions, non-playable court obstructions, etc. will be given at this time. After this has been done, the official will call over a captain from both teams.

Coin Toss and Service: The referee will conduct a coin toss with captains from each team. The visiting team will call the coin toss. The winner of the coin toss will choose to serve or receive. For the second set, teams will change sides and the team that received in the first set will now serve first. If a third set is needed, a coin toss will again determine which team will serve first. The home team captain will call the coin toss for the third set. The team losing the coin toss will choose what side of the court they want to play on for the final set.

Switching Sides: After the end of the first set, both teams will switch court sides and benches.

Warm Up: Warm up will begin 8 minutes before gametime. For example: if the game starts at 6:00pm, warm up will start at 5:52pm.

Warm-up time will be as follows:

3 minutes of full court access for the visiting team

3 minutes of full court access for the home team

2 minutes of serving for both teams combined

Line-up:

Prior to the match, the coach will submit a line-up to the scorekeeper. The line-up will consist of the names and numbers of the players in the order in which the players will play. The coach will circle their first server. This scorecard will be given back to the coach at the end of the game. This will be required for the 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/12<sup>th</sup> divisions only.

Game Protocol:

At the start of each match, the official will bring all players to the middle of the court to recite the Y Pledge and pray.

## **Game Officials:**

### Referee:

A referee will be provided for each match by the YMCA.

### Linesperson:

Each team will provide linesperson that is 16 years old or older. The linesperson will be positioned off the court on the left-hand back corner opposite the server on both back lines. The linesperson does not change sides during the match. The referee has the right to overrule the linesperson's call at any time without explanation. A linesperson may only address the referee during a dead ball and only signal an out of bounds ball, a foot fault, and a touch. The linesperson may not speak to any of the players during the match.

### Scorekeeper:

The home team will provide the scorekeeper for the book. The scorekeeper will keep the score and notify the referee of any rotation issue. The visiting team will provide a scoreboard keeper. These individuals will only address the referee during a dead-ball and only regarding time, scoring, or rotation problems

## **NET HEIGHT**

<b>GRADE/DIVISION</b>	<b>HEIGHT</b>
1 <sup>ST</sup> -2 <sup>ND</sup>	6'10"
3 <sup>RD</sup> -4 <sup>TH</sup>	6'10"
5 <sup>TH</sup> -6 <sup>TH</sup>	7'4"
7 <sup>TH</sup> -12 <sup>TH</sup>	7'4"

## **GAME BALL**

<b>GRADE/DIVISION</b>	<b>BALL SIZE</b>
1 <sup>ST</sup> -2 <sup>ND</sup>	VOLLEYLITE
3 <sup>RD</sup> -4 <sup>TH</sup>	VOLLEYLITE
5 <sup>TH</sup> -6 <sup>TH</sup>	VOLLEYLITE
7 <sup>TH</sup> -12 <sup>TH</sup>	REGULATION

## **Dead Ball Rules**

### Out of Bounds:

- Touches the wall, or other obstructions noted prior to the match
- Touches the floor outside the boundary lines of the court
- Touches the antennas
- Does not cross the net with the antennas
- Breaks the plane of an adjacent court, goes over, or touches the bleachers, benches, officials stand
- Touches the ceiling then clears the net onto the opponents' side of the court
  - If team A passes the ball and hits the ceiling and the ball stays on Team A's side, Team A may play the ball over the net in 3 contacts or less.
  - If Team A passes the ball and hits the ceiling and the ball goes onto Team B's side, the ball is ruled out of bounds and Team B will be awarded the point.
  - At the Waxahachie YMCA location, If Team A passes the ball through partition without hitting a wire or anything to cause the ball to change direction, then the ball is still live and playable.

### Match Play:

A match will consist of the best of three sets. Set one and two will be played to 25 points with rally scoring, winning by either a point differential of at least 2 points or the first to 30 points. If a third set is necessary, it will be played to 15 points with the same point differential by at least 2 points. There is no point cap. There will be a 3-minute break in between the end of a set and the beginning of another.

### Forfeit Policy:

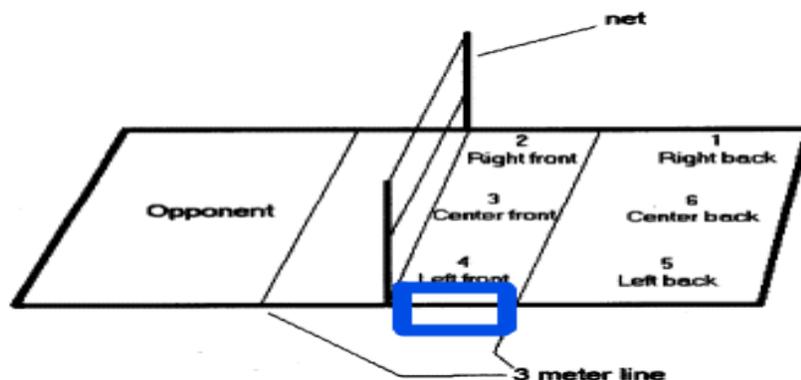
A match shall be considered a forfeit if the opposing team is not present on the court within 10 minutes of the initial game time. If the opposing team shows up after either warmup time or after the start time has passed, they will not be awarded any warmup time and must start play immediately.

A match shall be considered a forfeit if a team has less than 4 players present on the court within 10 minutes of the initial game time

In case of a double forfeit where both teams are not present, a loss will be recorded for both teams.

All players must be in their official YMCA uniform at the beginning of the set, or they will not be considered eligible players for the set.

Substitution:



In case of injury, the next player in the rotation may be substituted in. The injured player must remain out for the game.

**Rotational Substitution:** Each team will start the game with six players on the court. When a side-out is called, players who were in the right back position (#1) will rotate out to the bench. A new player currently on the bench will rotate into the #6 position. A new player **MUST** rotate in after each side-out.

**Player for Player Substitution:** Regardless of what position a player is currently occupying on the court, a coach may substitute a player on the bench for that player. Once a player for player substitution is made, those two players may only sub in and out for each other for that set. They must meet along the side of the out of bounds line in front of the 3-meter line and wait for the approval of the official before switching. See blue box on diagram for substitution box.

GRADE/DIVISION	SUBSTITUTION TYPE ALLOWED
1 <sup>ST</sup> /2 <sup>ND</sup>	Rotational Only
3 <sup>RD</sup> /4 <sup>TH</sup>	Rotational Only
5 <sup>TH</sup> /6 <sup>TH</sup>	Rotational or Player for Player Only
7 <sup>TH</sup> -12 <sup>TH</sup>	Rotational or Player for Player Only

For **5<sup>TH</sup>-12<sup>TH</sup>** grade play, a team can either substitute rotationally or player for player. Once a team chooses one of those methods, they may not switch during that set. They are eligible to switch methods for the following set. In the case that a team attempts to use both methods and is discovered after both methods have been used, the official will correct the lineup according to the first method used. No punishment will be awarded. However, the team not at fault will be awarded the serve and play will continue.

## **Playing Rules**

### Serving:

The player in right back position (#1 position–server) shall hit the ball with one hand, fist, or arm, from behind the service line.

The ball must cross the net and stay between the antennas. The serve may hit the nets within the antennas and go over.

All players except the server must be inside the court at the serve.

All players must wait for the whistle and signal from the official before serving the ball. After one warning per server, a side out will be called. The receiving team will be awarded a point and the serve.

Teams do not rotate before the first serve.

The receiving team may not hit, attack, or block the serve.

Maximum Points for 1<sup>ST</sup>-4<sup>TH</sup> grade: a player can serve and score 5 points in a row. After that, the referee will call side-out. No rally point will be given to the receiving team receiving the side-out and serve.

## **SERVING TOSSES**

In order to toss again, the player must first let the initial toss drop to the ground. They are not allowed to catch or make contact in any wall. Players will be given one warning. Failure to do so after being warned results in a missed serve.

<b>GRADE/DIVISION</b>	<b># OF TOSSES FOR OVERHAND</b>	<b># OF SERVES ALLOWED IN A ROW</b>
1 <sup>ST</sup> /2 <sup>ND</sup>	4 Tosses, side-out awarded if 4 <sup>th</sup> toss is not served over	5 Serves
3 <sup>RD</sup> /4 <sup>TH</sup>	4 Tosses, side-out awarded if 4 <sup>th</sup> toss is not served	5 Serves
5 <sup>TH</sup> /6 <sup>TH</sup>	3 Tosses, side-out awarded if 3 <sup>RD</sup> toss is not served	Unlimited
7 <sup>TH</sup> -12 <sup>TH</sup>	2 Tosses, side-out awarded if 2 <sup>ND</sup> toss is not served	Unlimited

## FOOT FAULT

A foot fault occurs when a server crosses any part of the serving line prior to the serve.

GRADE/DIVISION	# OF WARNING	RESULT
1 <sup>ST</sup> -2 <sup>ND</sup>	Unlimited	The official will blow the ball dead and issue a replay after moving the server behind the line.
3 <sup>RD</sup> -4 <sup>TH</sup>	2	At the third foot-fault of a player's turn, the ball will be ruled dead, and the receiving team will be awarded the point and serve.
5 <sup>TH</sup> -6 <sup>TH</sup>	1	At the second foot-fault of a player's turn, the ball will be ruled dead, and the receiving team will be awarded the point and serve.
7 <sup>TH</sup> -12 <sup>TH</sup>	None	The ball will be ruled dead, and the receiving team will be awarded the point and serve.

## SERVING LINES AND ATTEMPTS

GRADE/DIVISION	DISTANCE FROM NET	# OF ATTEMPTS TO GET OVER
1 <sup>ST</sup> -2 <sup>ND</sup>	15' from the Net	Allowed 2 attempts for first point scored only. After they have successfully made a serve over, they are not given another chance to serve again during that turn if they miss.
3 <sup>RD</sup> -4 <sup>TH</sup>	21' from the Net	Allowed 2 attempts for first point scored only. After they have successfully made a serve over, they are not given another chance to serve again during that turn if they miss.
5 <sup>TH</sup> -6 <sup>TH</sup>	30' Regulation	Allowed 2 attempts if the 1 <sup>st</sup> attempt is an overhand serve. After they have successfully made a serve over, they are not given any chances to serve again during that turn if they miss, regardless of it being an over or an underhand serve.
7 <sup>TH</sup> -12 <sup>TH</sup>	Regulation	Allowed 1 attempt.

### Hitting the Ball During Play:

The serve may be received with either an over or underhand pass. The receiver must contact the ball cleanly and with both hands/arms simultaneously. Illegal service receive is the judgement of the referee.

After the initial return of the serve, the ball may be played with an overhand or underhand pass, a one hand dig, a block, spike, or with any part of the body.

Playing the ball back to the opponent on the first touch is allowed. It is suggested that players be encouraged to learn how to return the ball with more than one touch.

A maximum of three touches are permitted.

The ball may not be contacted by the same player twice consecutively except for a block and to save a hard-driven spike, provided there has been no setting action.

A ball may not be caught, pushed, carried, or held.

### Simultaneous Contact:

If a player touches the ball simultaneously with another player, it be considered one touch and any other player not involved in the simultaneous contact may touch the ball on the next touch provided there is another touch allowed.

### Play at the Net:

Players are not allowed to touch the net. They may not step on or have a foot partially across the center line. No other body part may cross the center line. If their foot or any body part crosses the center line a violation occurs. The ball may touch the net.