



**ARLINGTON-MANSFIELD AREA**

# **VOLLEYBALL RULEBOOK**

# Arlington-Mansfield Area YMCA

## Volleyball Rulebook & Coaches Manual

### Purpose of YMCA Sports

The YMCA Sports Program is designed to aid in the development and growth of young people. The YMCA is more than facilities or athletic programs—it is an association of people united by loyalty to Jesus Christ, working together to build character and a positive society.

While athletics are an important program area, our ultimate goal is **physical, mental, and spiritual growth**. Developing athletic skills and winning games, though valuable, are secondary to our mission of **molding future men and women**.

### AMA YMCA Mission Statement

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

### Purpose of YMCA Volleyball

1. Build self-esteem
2. Teach physical skills, fitness, and health
3. Develop social skills and peer relationships
4. Strengthen and support family life
5. Encourage responsibility, decision-making, and leadership
6. Provide a fun and enjoyable family activity

### YMCA Pledge & Game Procedures

#### Pre-Game Protocol

- Teams warm up prior to the match.
- Referee signals for players to line up shoulder-to-shoulder at mid-court.
- Teams face each other and recite the YMCA Pledge.

#### 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."*

After the pledge, referees provide instructions. Teams then proceed to their benches and prepare for play.

# Role of the Coach

Coaches are the most important leaders for players. Their role is to ensure fun, skill development, sportsmanship, and values-based learning.

## Coaching Responsibilities

### Parent/Player Communication

- Contact parents and players regularly
- Hold a parent/player meeting
- Assist with player recruitment if needed

### Practice Setup

- Establish practice day, time, and location.
- Explain discipline procedures (serious matters require Sports Director approval)
- Ensure players bring required equipment (knee pads, water, volleyball, shoes)

### Player Engagement

- Encourage academic success
- Ensure uniforms are clean for every game
- Involve parents as volunteers (line judges, team parents)
- Confirm roster accuracy and report corrections to YMCA Sports Department

### Practice Conduct

- Build relationships with players
- Help players set and achieve goals
- Teach skills, fitness, and teamwork
- Maintain a fun and encouraging environment

### Game Day Responsibilities

- Confirm player attendance and readiness
- Lead warmups
- Introduce yourself to the official and opposing coach
- Manage your own, your players', and your parents' behavior
- Encourage your team without arguing calls or officiating from the sideline

# YMCA Coaching Philosophy

Youth coaching is about teaching fundamentals, teamwork, and fair play—not just winning.

### Key Principles

- **Keep it simple:** Focus on fun and skill-building, not overcomplicated strategies.  
**Fundamentals first:** Especially at younger ages.
- **Coach all players:** Skilled and less experienced athletes deserve equal attention.
- **Teach fair play:** Respect teammates, opponents, rules, and officials.
- **Promote individual growth:** Set and celebrate personal goals.

- **Keep winning in perspective:** Growth, fitness, leadership, and fun come first.

## **Parent & Spectator Code of Conduct**

1. Children play for their own enjoyment, not yours.
2. Be respectful—no profanity or harassment of players, coaches, or officials.
3. Applaud good plays from both teams.
4. Respect opponents—without them, there is no game.
5. Never ridicule a child for mistakes.
6. Respect all officials' decisions.
7. Condemn violence in all forms.
8. Encourage fair play and adherence to the rules.

## **Coaches Information**

Every player deserves the chance to learn, be challenged appropriately, and experience success.

### **Player Organization**

- Teams are formed by age and, when possible, specific requests.
- Returning players are placed on a first-come, first-served basis during regular registration.

### **Practice**

- Coaches select a practice day/time/location at the coaches' meeting.
- One practice per week may be reserved at YMCA facilities.
- Teams may hold a second practice at a coach-arranged location (school, church, etc.).

### **Games**

- Played primarily on Saturdays.
- Refer to the schedule for exact dates, times, and locations.

### **Weather Policy**

- Assume games will be played unless otherwise notified by YMCA staff.
- Officials or site coordinators may cancel games once started.
- If half the game is completed before cancellation, the game counts as official.
- Only one rescheduled game per season is guaranteed.

## **Age Group Guidelines**

### **7–8 Year Olds**

- Introduce ball and net play.
- Focus on serving, passing, and basic rules.
- Encourage communication (“calling” for the ball).

### 9–10 Year Olds

- Emphasize technique in passing and setting.
- Develop ball control and consistent serving.
- Reinforce three-hit offensive play.

### 11–12 Year Olds

- Focus on bump, set, spike fundamentals.
- Encourage overhand serving.
- Teach offensive/defensive strategies.

### 13–16 Year Olds

- Emphasize attendance and team commitment.
- Work on setting, hitting, and consistent overhand serving.

## Fair Play Principles

- **Respect Opponents** – Treat them as partners, not enemies.
- **Self-Respect** – Believe in your role and play positively.
- **Work with Officials** – Respect rules and decisions.
- **Help Others Play** – Support teammates and foster a positive environment.

## YMCA Volleyball Rules

### Team Composition

- 8–12 players per team.
- Minimum number to start the game: 4
- All divisions play 6 vs. 6.

### Boys Participation Policy

- To ensure fair and equal competition, **only two (2) boys may be on the court at one time.**
- Boys may **not** be positioned next to each other in the rotation.
- At least one girl must be positioned between them at all times (“female sandwiching rule”).

### Equipment

- 7–12 Divisions: Volley-Lite ball
- 13–16 Division: Regulation ball
- Court Size: 20'x30' (7–8), 30'x30' (9–16)
- Net Height: 6'6" (7–10), 7'0" (11–12), 7'4" (13–16)

### Match Format

- Best of 3 sets OR 45 minutes of play (whichever comes first)
- Rally scoring, win by 2 (27 max in sets 1 & 2, 18 max in set 3)

- 2 timeouts per set (30 seconds)

### **Serving & Rotation**

- 7–8: May step 10 ft. into court; rotation method for subs.
- 9–10: Serve from 23' line.
- Max 5 serves in a row per player (no limit in 13–16).
- Teams rotate clockwise after gaining serve.

### **Gameplay**

- 3 contacts per side (4 if the first is a block).
- Lifts and double hits are violations.
- Rally scoring applies to every serve.

### **Libero Rules (11–16 Divisions)**

- Must wear a contrasting jersey.
- Back row only—no blocking/attacking above the net.
- May serve in full rotation.

### **Playoff Overtime Rules**

- Sets 1 & 2 to 25, set 3 to 15 (win by 2).
- If time expires, team with most points wins.
- Next point wins if tied at time expiration.
- No timeouts with under 2 minutes left.

## **Discipline & Conduct**

### **Disciplinary Actions**

- Must have Sports Director approval.
- Parents notified.
- Applies to one game only.

### **Ejections**

- Head Coach must notify Sports Director within 48 hours.
- First ejection: probation + 1-game suspension.
- Second ejection: possible season suspension.]
- No refunds issued for ejections.

### **Unsportsmanlike Conduct**

- Not tolerated from players, coaches, or spectators.
- May result in point/serve loss or ejection.
- Coaches are responsible for their team and spectators.

## **First Aid Policy**

- Parents/coaches are responsible for the initial care of their players.
- YMCA staff trained in First Aid will assist if needed.
- Open wounds must be treated and covered before participation.
- Officials determine whether the treatment time is “reasonable” for return