



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# VOLLEYBALL

# RULES

Youth Sports



## **VOLLEYBALL RULES**

### **TEAM DUTIES**

1. A volunteer may be asked to take score. Each team may be asked to provide a volunteer line judge if a second official or YMCA staff is not available.
2. Both teams are responsible for cleaning up their bench immediately after the game.
3. During the game, there shall be a limit of two (2) coaches on the sideline. Only one coach may be permitted to stand at one time (if seating is available).
4. Only cleared coaches and registered participants are allowed on the bench.
5. Coaches must stay on their sideline/bench area only.

### **SPORTSMANSHIP**

1. The YMCA does not keep official game scores or records. However, the score is documented during the game to promote a learning environment.
2. Unsportsmanlike conduct of the players or coaches is not tolerated. If the behavior persists, the individual will be asked to leave the facility.
3. Any player, coach or spectator ejected may be suspended for at least (1) game and/or may be placed on season probation. If ejected again during a program, the individual will be permanently removed. The YMCA leadership will meet to review suspensions and removal. Cases will also be reviewed by the sports cabinet for reinstatement.
4. If the atmosphere of the game feels unsafe or the YMCA Values are not being adhered to, the referee or YMCA staff member can end the game.
5. If a team has less than the number of required players, the opposing team will be asked to share players in order to provide competition. We make every effort to play each scheduled game.
6. Coaches are expected to adhere to YMCA Values and are responsible for team actions. This includes parents and players.
7. The YMCA Players Pledge is required prior to the start of each game. A YMCA Staff will lead the pledge, however in the event a staff member is unavailable, the coach, a parent or player can administer the pledge.

### **YMCA YOUTH SPORTS KEY PHILOSOPHIES**

1. Everyone must play at least half the game.
2. Coaches are volunteers. They are not paid.
3. Our focus is on fun and skill development.
4. Sportsmanship above all.
5. We promote a family atmosphere.

## VOLLEYBALL RULES

### PLAYER SAFETY

1. To protect the safety of all players in the program, any participant wearing a cast will prohibit them from participating in YMCA games or practices. Exceptions can be made with approval from the Sports Director and documented approval from a physician.
2. Soft casts will be permitted is approved by a physician.
3. All types of jewelry (earrings, bracelets, necklaces, etc.) must be removed before the game.
4. Adaptive aids are approved on a case-by-case basis.

### AGE DIVISIONS

Each game must be won by 2 points. Close games will max at 30 points for the first two sets.

Age Division	Players	Net Height	Game Length	Ball Size	Court Size
9U (8 - 9 yrs)	6 v 6	6'7"	3 sets Max	Official	Full
11U (10 - 11 yrs)	6 v 6	7'		Official	Full
13U (12 - 13 yrs)	6 v 6	7'		Official	Full
15U (14 - 15 yrs)	6 v 6	7'		Official	Full

### UNIFORM

Each player must wear their YMCA issued team shirt.

### GENERAL RULES

- Team must show up at least 10 minutes prior to game start time if they wish to warm-up. If teams do not arrive early the game will commence without a warm-up session.
- Warm up should be no longer than 10 minutes with 2 minutes each for passing and serving.
- The referee will monitor the warm-up session and once the time is up, he/she will blow the whistle to start the game.
- When the whistle blows the game will begin, no exceptions.
- Each set will rally score up to 25 points for the first two sets, must win by 2 points.
- Score will be kept, 2 sets of 25, third set will be 15 points, must win by 2 points.
- Third set will only occur if the first 2 sets end on tie OR up to officials discretion.
- 11U, 13U & 15U ONLY: After the first set teams will switch sides.
- If a game goes into a third set, teams will play a game of rock, paper, scissors. Winner of the game gets possession of the ball and loser gets to pick what side of the court they want to play on.
- Sets will be played 6 v 6.
- If team is short of players, they may loan players from the opposing team in order to field 6 players.
- Team will be given 2-time outs per set, 45 seconds in length. There will be 2 minutes in between sets.

## **VOLLEYBALL RULES**

### **SERVE REGULATIONS**

- 9U will serve 10 feet in from the end line.
- 9U: After five consecutive point serves no matter the score the ball is given to the opposing team.
- 11U will serve 25 feet from the net.
- 13U & 15U ONLY: serve from behind the back line and must serve within 10 seconds.
- 9U – 13U: Servers may serve either side arm, overhand or underhand. They are not restricted to either side.
- 15U ONLY: serves must be overhand. They are not restricted to either side.
- A two-hand toss is only allowed on a jump serve.
- For the respect of the server, ALL spectators, players and coaches must be quiet when the whistle is blown.

### **DEFENSIVE RULES**

- On the serves and first: hard driven ball, players may receive the ball with a bump, set, or any other manner that is not a lift.
- Only 3 hits are allowed per side.
- 15U ONLY: Doubles will be called.

### **SUBSTITUTION RULES**

- 9U & 11U: All Teams must continuously rotate player positions to ensure players get equal participation. All players must enter into the serving position.
- 9U & 11U: At the start of a new set, the rotation should continue from where the previous set finished.
- 13U & 15U: Division will be free position substitutions but still must play each player.
- No player substitute for servers. All players will have an attempt to serve.
- The only time a player can be substituted for the serve will be when a server is injured and can no longer play. Substitutions due to injury will be at the referee's discretion.

### **REFEREE**

All calls by the referee will be honored. If there is a questionable call, the coach can confer with the referee. The ultimate decision will be left to the referee.

#### **Resolution Policy (48-hour rule):**

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