

# YMCA Youth Volleyball rules and regulations

All intramural participants are responsible for their own medical expenses as signed on registration waiver. Any child unsure of their physical condition should check with their family physician or healthcare provider before participating in intramural sports.

## Forfeit Policy:

A team does not have the Minimum number required to play the game. (Exception: The opposing team grants a 10 minute grace period). A Forfeit of this nature will result in an automatic loss.

**The officiating will be done by officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a technical foul, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules.**

## 1.0 Teams

1.1 Teams can be made of two, three, or four players per side.

1.2 Teams can be all one gender or coed at any percentage

1.3 Spirit of the Rule: Substitutions are unlimited, and often should be done by “circulation.”

Circulation is where the players rotate from playing to waiting out in a consistent pattern, even when the ball is in play.

## 2.0 Nets and balls

2.1 The official ball for kids under 12, is a “light” version of the adult ball. These are adult size volleyballs which are constructed of lighter materials.

2.2 When possible, a net should be used, so the players can learn to play out of the net.

2.3 Spirit of the Rule: When making two youth courts on one adult net (indoor or portable outdoor nets), putting an antenna or some marker on the top of the net, so the edge of that court is seen is also helpful. If no such markers exist, the pole is the out of bounds court marker on one side, while the line below the net is the other marker. Regarding balls, beach balls, outdoor volleyballs, oversized volleyballs, “market” balls, and balloon balls are options, as some of these balls move slower. Both sides use the same ball.

## 3.0 Uniforms

3.1 Uniforms must be matching colors or t-shirt must match team color

3.2 Jewelry must be removed, except for medical alert and religious reasons.

*For any further clarification or questions, contact [Louie.rivera@elpasoyymca.org](mailto:Louie.rivera@elpasoyymca.org) or your local Sports Director*

## 4.0 Warm up

4.1 Teams warming up should have an equal amount of time on the court. During this time, serve or side is determined, either by a coin toss or a rock-paper-scissors game. The team winning the toss can elect to serve first or pick a side and the other team then gets to pick the other option. The warm up can be shared on the same court, or one team can warm up for a short set time, two to four minutes, while the other team is off the court.

## 5.0 Playing Format

5.1 here are three ways to score a point

- a. The opponents make an error.
- b. The opponents get a penalty for poor conduct.
- c. The team puts the ball down on their opponent's court. \*If an error occurs simultaneously, a replay is called, otherwise, the first fault made is the one called and errors that occur afterwards, unless a conduct violation, do not matter.

## 6.0 To Win a Set

6.1 Sets, or games are played to 25 points with the winning team having to have at least a two point lead.

## 7.0 To Win a Match

7.1 A match is best two out of three, with the deciding third set, if needed, being played to 15 points.

## 8.0 Rotation and Position Faults

8.1 At the moment of the serve, all starting players must be on the court or court lines, not standing outside the court. Rotation for service moves in a clockwise direction. A player may not touch any part of the opponent's side of the court, except for with their foot or feet. As there is no center line on many courts, err in this case in keeping/teaching the players to stay away from the other team's side, by making sure their feet are certainly partially on their own side of the court. You can unintentionally touch the net poles and guy wires.

## 9.0 States of Play Ball In

9.1 The ball touches the surface of the playing court, including the boundary lines.

## 10.0 Ball Out

10.1 The ball touches completely outside the playing court; passes completely under the net; or touches the support lines, antenna, posts, or the net outside of the antenna.

## 11.0 Playing the Ball

11.1 The ball may not be thrown or carried. The ball cannot be double hit, except on the first contact of your three possible hits. Unintentional double hits are allowed. The ball must be hit over the net with a maximum of three contacts. The ball can hit any part of the player's body, including feet.

## 12.0 Ball Handling Faults

12.1 Hitting the ball more than four times.

12.2 Lifting/carrying/throwing the ball.

## 13.0 Net Play

13.1 Players may not touch the net, unless the ball drives the net into them. The ball may hit the net and continue over at any time, as long as it passes fully between the antennas.

## 14.0 Skill Specific Play Serving

14.1 this can be done by overhead action, jump/spike action, underhanded, or windmill (roundhouse). Youth players can hit the ball out of their hand, but should work towards a low and consistent toss in time. A youth player gets two chances at serve tossing, letting the ball drop to the ground if their first toss is not good. Serves can take place anywhere on the end line of your side of the court and up to five meters behind the line if space permits. The server must hit the ball before stepping on the end line or into the court. However, you may not kick the ball for a serve. If a child cannot reach or hit the ball over the net they are allowed to step forward to the designated serving line.

## 15.0 Reception/Defense

15.1 Normal ball handling rules apply, just remember that the first ball reception can be done overhead, like a set, or with a forearm pass. The ball can rebound off any surface of your body, so heading the ball, like in soccer, or even kicking up a save is allowed. The ball can be touched on or two handed as well.

## 16.0 Setting

16.1 This is the second contact by the team, most frequently placing the ball up to be spiked, by using two hands. The set does not have to go the way a player is facing and can even be set behind the setting player, called a back set. This second contact is, of course, also legal if done with a forearm pass/dig. The main desire is to make the ball able to be hit.

## 17.0 Attacking

17.1 This is the act of directing the ball towards the opponent's side. A player can jump and spike or tip, stand and set it over, forearm pass it over, etc. The tip action (one or two handed) cannot be caught or thrown over. Any one of the two to four players on a youth team may jump and attack the ball from above the top of the net.

## 18.0 Blocking

18.1 A ball blocked counts as a touch, but does not count as one of the team's three hits and can be played by a blocker without being called for a double hit. A team cannot block the serve, nor block a ball that is completely on the other side of the net.

## 19.0 Injury

19.1 If an injury occurs, stop the game immediately and tend to the injured player. A replay is called. A player with a hard cast on, should not be allowed to play volleyball, even if they pad the cast. Only a small finger splint or cast, padded, which does not gain the player an advantage in contacting the ball, is allowed.