



YMCA VOLLEYBALL RULES AND REGULATIONS

The purpose of YMCA Volleyball is to have fun, learn basic skills, and fair play and sportsmanship.

All games will begin with a prayer and end with team shaking hands.

Forfeit Policy:

A team does not have the Minimum number required to play the game. (Exception: The opposing team grants a 5- minute grace period). A Forfeit of this nature will result in an automatic loss.

Players:

- Players need to have non-marking shoes must be worn and players must wear knee pads.
- No jewelry will be worn by any player in order to prevent injury.
- Children are expected to attend practices. No team will have more than 12 players: coaches must strive to provide equal playing time for all players.
- Each team will carry a maximum of 12 players
- Each team will carry a minimum of 5 players.

Games:

- Teams must show up at least 6 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 6 minutes with two minutes each for passing, spiking, and serving.
- Both teams will bump on the sidelines then will warm up on serving. The teams may choose to practice their setting and hitting as well.
- **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 game will rally score up to 25 points for first two games, must win by 2 points.
- Score will be kept, 2 games of 25, third game will be 15 points, must win by 2 points.
- Third game will only occur if first 2 games end on tie OR up to officials discretion.
- Games will be played 6 by 6. Minimum of 5 players to begin games.
- If team is short of players, they may borrow players from the opponent in order to field 6 players.
- Teams will be given 2-time outs per game, 45 seconds in length. Time outs do not carry over.
- There will be 2 minutes between games.

Balls:

- 9U: Will use volley-light balls
- 11U: Will use regular size volleyball

Serve Regulations:

- 9U will serve in 10 feet in from the end line.
- 9U: After five serves no matter the score gives the ball to the other team for the first three games.
- All other players will be required to serve from behind the line.
- Servers may serve either side arm, overhand or underhand.
- The servers may serve from anywhere on the black line. They are not restricted to either side.

Defensive Rules:

- On the serves and first: hard driven ball, players may receive the ball with a bump, set, overhead double fists, or any other manner that is not a lift.
- Only 3 hits are allowed per side.

Substitution Rules:

- All players will play in the game.
- 9U: rotate from middle back and substitute then.
- 11U & 13U: take a sub at ten-foot line when referee allows them to do so. High five and switch in. All subs must go in together.
- No player will substitute for servers. All players will have an attempt to serve.
- Only time player can be substituted for the serve will be when server is injured and can no longer play.
- Substitutions due to injury will be at the referee discretion.

Additional Rules:

- All calls by the referee will be honored.
- If there is questionable, call the coach can confer with the referee. The ultimate decision will be left to the referee.
- Opposing coaches and players will shake hands after each game.

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 / court; 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.**

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 head coach, assistant 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 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.