



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

YMCA
Birmingham

YMCA Volleyball Rules 51917

Game Over-View

Matches will be played to best of 3 games with rally scoring. Each serve will award a point regardless of which team gains the point. Players will substitute on every clockwise rotation after gaining back the serve. Only YMCA registered players for that team are allowed on the courts during games, otherwise the game will result in a forfeit. First 2 games will be played to 25 points and the tie breaking 3rd game will be played to 15 points, all games must be won by two points. The opposing team with (6) players or more, will be credited with a win.

PLAYERS / TEAMS

Only players registered with the YMCA will be allowed to play, wearing official Y jerseys.

- Already formed teams outside the YMCA, cannot be added to the league, unless approved
Teams who play in another league are allowed to participate with approval only but wins are not counted nor play in tournaments.
- Teams are limited to (ONE HOUR) practice per week. Those teams practicing more than one hour are allowed to play with approval but cannot participate in tournaments, nor be credited with a win.
- Every player will play at least ½ of the game.
- Any violation of the participation requirements will result in a forfeiture of the game.
- Each player must have the proper equipment: gym shoes and kneepads.
- No jewelry is allowed during play. If earrings cannot be removed, they must be covered with athletic tape.
- Hair control devices should be functional only, not decoration. They should be soft, elastic material not secured by buckles.
- Each team will play on court with a maximum of 6 players, each team.
- A maximum of 12 players will be allowed on a roster, to allow for maximum playtime.
- **NO Ghost Rule: Teams with fewer then (6) players may play without getting penalized in points, nor serves.**
- Teams need minimum of (4) players for an official game. Less then (4) players will result in a forfeit in the standings. However, a scrimmage game maybe played for player enjoyment and teams may blend players to better balance the scrimmage.
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PLAYER ROTATION For 9-10yo League

All player rotation is performed in a Clock-wise direction. The lineup at the beginning of the game determines the service order throughout the game. Players of both teams must be in their correct rotational order at the time of the service by either team. The correct position of each player is described as follows:

- In the front line, the middle-front player must be between the right-front and left-front players and in front of the middle-back player.
- In the back line, the middle-back player must be between the right and left-back players and behind the middle-front player.
- The right-front player must be in front of the right-back player, and the left-front player must be in front of the left-back player.

Player Rotation For 11yo and Up leagues

Any player can play any position. Notation: At the start of game, all players on the roster must rotate in a clockwise direction (indicated on the 9-10 yo league) to allow for each and every player on the roster to serves at least ONE time. After each player on the roster has served one time, then open substitution is allowed. Coaches, keep in mind, out of fairness to all players, efforts must be made to play all players equally and strive to allow all players to learn all positions on the court.

TIME-OUTS

In a six-a-side game, each team is allowed two time-outs per game. Time outs last 30 seconds. When a time out is called all players are to return to their original positions for 9-10yo leagues. For the 11uo Up leagues, open substitution is allowed providing that all players have served at least one time.

SERVING

The first serve of game 1 is decided by a coin toss; games 2 and 3 will be started with a serve by the team that did not serve first in the previous game. Players must follow the service order. When the serving team wins the volley, the player who served on that point serves again. When the receiving team wins the volley, it gains a point and the right to serve and rotate clockwise.

The server may move freely in the service zone, which runs the entire width of the court, and must be completely in the service zone and not touching the serve line or the playing surface outside the zone at the moment of contact or takeoff for a jump serve. When the official blows a whistle for the serve, a player **has 8 seconds to serve the ball**. A server may serve overhand or underhand.

*9-10 years old: There is a **(3) serve mercy rule**. Under-skilled players may elect to serve underhand only, (5ft) closer to the net, measured from the regulation base line, as their ability requires. The style of serve must me underhand from this shortened line. As players develop, they may serves underhand or overhand from the regulation (30ft) base-line.

*11 and up years old: There is a **(3) serve mercy rule**. Serve must be from behind the (30) ft baseline either underhand or overhand. In facilities where a wall encroaches too close to the court, a player me move away from the wall, to accommodate a proper serve, even if the feet are over the official baseline- A foul will not be called.

Serving errors:

Serve faults happen when the ball:

- Touches a player of the serving team
- Fails to pass over the net or makes contact with the net more than once on the serve
- Lands out of bounds or touches and object out of bounds
- Passes over a screen (A screen occurs when one or more players waves arms, jumps, or moves sideways, hiding the server as the ball is being served)
- Ball hits the antenna
- Player touches or steps past the serving line
- Ball hits the ceiling or any other object hanging above the court
- Serving errors result in a point to the other team and loss of serve

CONTACTING THE BALL DURING PLAY

- Each team may have three successive contacts to return the ball to the opponent's area. If the first touch is on a block, the team may have three additional contacts to return the ball.
- The ball may contact any part of the body and any number of body parts as long as it does so simultaneously. If the ball is hit off a player's foot or leg, then their foot must remain in contact with the floor as the ball is hit.
- When the ball comes to rest momentarily in the hands or arms of a player, it is considered **held**. This is a violation.
- **Double contact** occurs when a player hits the ball more than once with no other player touching it between these contacts. However, a player who blocks the ball may touch it a second time without an intervening touch by another player.
- If the ball is held simultaneously by two opposing players, it is a **double fault** and results in a play-over.
- Back row players may not jump in front of the 10-foot line (attack line) on a serve.
- If two players on the same team contact the ball simultaneously, this is considered as being two contacts for their team.
- A player who places any part of the body above the height of the net is considered to have the intention to block; only front-line players may block.
- If two players contact the ball on a block, it is considered only one hit.
- Blockers may reach over the net to block the ball as long as the opponents have hit the ball in such a manner that the ball would clearly cross the net if not touched by a defending player.
- Only front-line players are allowed to spike or return the ball with their hands in a position higher than the top of the net from in front of the attack line.
- Back-line players may not block and may spike only when they take off from behind the attack line.
- A ball that contacts the ceiling during play is still able to be played unless the offensive team hits the ceiling and the ball passes over the net. If a team has not contacted the ball three times and hits the ceiling they are allowed to continue play of the ball until three hits.
- If a ball touches the wall, stands, or curtain during play it is a dead ball.

NET PLAY

Several rules govern play near the net and at the centerline:

- The ball must pass from one side of the net to the other over the legal portion of the net.
- The ball remains in play if it touches the legal portion of the net in play.
- A player may not touch the net during play; except for insignificant contact by a player not in the act of playing the ball. Teams that contact the net, will result in a opposing team point and serve.
- If the ball is driven into the net with such force that it contacts an opponent, this is not a net fault.
- The hands may legally pass over the net after a spike on the follow-through.
- The only parts of the body allowed to touch the opponent's court are the feet; however, some part of the foot or feet must remain on or above the centerline at the time of contact.
- Players can cross the **vertical plane to hit or defend** (an imaginary continuation of the net above and below its actual limits) as long as they don't interfere with an opponent, nor contact the net.
- A player may not spike the ball until part of the ball is on that player's side of the net.

SPORTSMANSHIP

Officials enforce the rules of the game, and they make sure players participate within the spirit of the rules. Players or coaches who commit any of the following actions will cause their team to be given an individual or team penalty:

- Making rude or vulgar remarks or gestures
- Engaging in disruptive or distracting behavior during the game from outside the court
- Yelling, shouting, or clapping at an opponent (in a disruptive manner) who is playing or attempting to play a ball.

SIDE OUT

- Any ball hit in the net on the serve.
- If the ball does not cross the net on the third hit
- When the ball is passed to the other team outside the boundary lines
- When going over the net it has to be between the net poles.
- When passing the ball to the other team it cannot hit the basketball goals or the ceiling (BUT -if while in play after the first or second hit by a team and it is not hit over the net to the other team, but hits the roof or basketball goals it can be played, but only if it has not already been touched three times).
- Each team can only touch the ball three times by a different person or it is a side-out.

SCORING

In all these scoring methods the team that commits an error (hitting the ball out of bounds, into the net, and so on) forfeits its opportunity to serve.

Rally Scoring:

- Each error results in a point to the opposite team.
- The first two games will play to 25.
- The tiebreaker will play to 15.
- This is the only format in which the non-serving team can score points.
- A point is scored on every serve, no matter which team served.
- The team who wins the point gets to serve the next point.

Example: Team A serves the ball out of bounds, so team B gets the point and the next serve.

Teams change sides after two games are completed. If a third game is needed (tiebreaker to 15 points) a new toss of coin decides who serves. The opposing teams select the court-side.

EQUIPMENT

All players must wear kneepads (not provided). Light colored soles sneakers. Practice balls must be provided by each player at every practice;

Ball sizes: 8-12 year olds: Ultra Lite. Leagues 13 and up: SV-5WS (Indoor Regulation VB)