



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# VOLLEYBALL RULES

Youth Sports



**YMCA OF GREATER SAN ANTONIO**

**YMCA Mission:** To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

# **YMCA Pledge:**

## **Players Pledge:**

Win or Lose,  
I pledge before God  
To play the game as well as I know how,  
To obey the rules,  
And to be a good sport at all times,  
And to Improve myself,  
In Spirit, mind, and body.

## **Parents Pledge:**

I pledge before God,  
To always support my team,  
With good sportsmanship and sound  
judgment,  
And to develop my child's self-respect  
And support their participation in the program.  
The child first, the sport second.

# VOLLEYBALL RULES

## TEAM DUTIES

1. Home team will provide a parent to keep score. Each team will provide a parent to be line judge.
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. All spectators must be seated on the sideline opposite of the team and cannot stand or sit on the endline. 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 sports cabinet 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 YMCAs 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 and Parents 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 if approved by officials.
- 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 |
|--------------|---------|------------|------------------------------------|-------------|------------|
| 7 - 8 yrs    | 6 v 6   | 6'2"       | 3 sets Max<br>50 min running clock | Volley Lite | Full       |
| 9 - 10 yrs   | 6 v 6   | 6'2"       |                                    | Volley Lite | Full       |
| 11 - 12 yrs  | 6 v 6   | 6'8"       |                                    | Official    | Full       |
| 13 - 14 yrs  | 6 v 6   | 7'4"       |                                    | Official    | Full       |
| 15 - 18 yrs  | 6 v 6   | 7'4"       |                                    | Official    | Full       |

**\*\* Please note: If the league has an 11-13 age division, the governing rules will be the 11-12 age division.**

## UNIFORM

Each player must wear their YMCA issued jersey.

## EQUIPMENT/NET HEIGHT\*

7-10-year-old age division – 6'2"

11-12-year-old age division – 6'8"

12-18-year-old age division – 7'4"

\*Some heights vary slightly based on the facility.

# VOLLEYBALL RULES

## GENERAL RULES

**\*All rules if not otherwise dictated will default to the USVBA. \***

- It is mandatory to play (2) sets. A third set will be played if time permits. 7 – 8 yrs division is exempt as 3 timed sets will occur.
- Matches will end after 50 minutes.
- The first two sets will be played until one team scores 25 points (win by 2 points) and the third set will be played until one team scores 15 points (can win by 1 point). Teams must win by 2 points in the first two sets, however the game is over when a team reaches a max 30 points for the first two sets. Regardless of the outcome of the first two sets, a third set will be played, time permitting.
- There will be one (30 seconds) time out per team per set. Unused timeouts will not carry over to new sets.
- Rally scoring will be used for every game.
- Centerline: a player can cross the centerline on a return or block if the player does not touch the net or interfere with the opposing player.

## 1. SERVING

| Age Division | Serve Line         | # of Tosses | Can step over the serve line |
|--------------|--------------------|-------------|------------------------------|
| 7/8 yrs      | Attack Line        | 2           | No                           |
| 9/10 yrs     | 12' From Back Line |             | No                           |
| 11/12 yrs    | 10' From Back Line |             | No                           |
| 13/14 yrs    | Back Line          |             | No                           |
| 15/18 yrs    | Back Line          |             | No                           |

- All players should strive to successfully serve from behind the Back Line. 7-12 age division **MAY** move a server forward according to age division. **(See chart above)**. If a player is serving overhand from the Attack Line, 12' line or 10' line, that player must move back to the next serving line.
- The server may not serve until the referee has blown the whistle
- **Any serve** that contacts the ceiling, net, or basketball backboard (and doesn't go over) is an automatic side out. Intentional serves at the ceiling will be a side out.
- After the server has scored five (5) consecutive points for the first two games or three (3) consecutive points for the third game, the ball will automatically belong to the opposing team.

# VOLLEYBALL RULES

- **Serving by age divisions:**

- 7/8 Division:** **May** move up to the Attack Line to serve, for those that need to. If a player is serving overhand from the attack line, they will move back to the 12' line to serve.

- 9/10 Division:** **May** move forward, up to 12' from the back line to serve, for those that need to. If a player is serving overhand from the 12' line, they will move back to the 10' line.

- 11/12 Division:** **May** move forward to the 10' line from the back line to serve, for those that need to. If a player is serving overhand from the 10' line, they will move to the Back Line.

- 7/8 & 9/10 Divisions:** The server will be permitted 2 tosses on your first serve each time you rotate to the serving position to get it over the net, consecutive points will be 1 serve.

- 7/8 & 9/10 Divisions:** If a player contacts the ball on the 1st serve and the ball goes over the net, but out of bounds (with no opponent touch), it will be a side out (no 2nd serve). The player is allowed a 2nd serve if the server makes contact but the ball does not go over the net.

- 7-12 Age Division:** After the server has scored five (5) consecutive points, the ball will automatically belong to the opposing team. Three (3) consecutive points during the 3rd game. This rule does not apply for 13+ age divisions.

- All Divisions:** Players may not step over/on the line when serving (Attack line, 12', 10', or back line). Side out occurs if a player steps on the line. For the first Saturday games only, officials may allow one warning per team for this rule.

- 11/12+ divisions:** The server is permitted two tosses, provided the first toss drops to the floor without contact.

- The server has 10 seconds to serve the ball after the referee blows the whistle. The server must stand in the back left corner or position 1 on the court (13-18 age division, the server can serve from anywhere behind the back line). When attempting an overhand serve, the server will be permitted two tosses and must make contact on the second toss. The ball also must be dropped.
- Each team will have three (3) hits to return the ball.
- **ON A VOLLEY** if the ball contacts the ceiling, hoop, or post, it still may be played as long as the ball came down on the side of the court of the team who caused the contact, and that team still has one or more hits remaining.
- All serves can be received with open hands. Serves may not be blocked or spiked.

## 2. ROTATIONS

- All teams must rotate player positions to ensure players get equal participation.
- Both in and out substitutions will occur **at the middle back position** of each respective side. (7-12 years only). Exceptions: illness, injury.
- The coach has the discretion to change the starting lineup at the start of each game.
- **13+ Age Divisions:** in/out substitutions can be initiated at any position on the court, at any time. However, coaches remain responsible to monitor playing time and play each player at least half of the game.

# VOLLEYBALL RULES

## REFEREES

- The referee shall be the sole judge on the field of play.
- The referee can ask coaches, parents, players, and spectators to leave the field of play or the facilities to maintain a pleasant atmosphere, and control of the game.
- If a coach, player, or spectator, is ejected from a game, that person(s) may be suspended from the next game after review by the Sports Director and Executive Director. Should another incident occur within the same season, the coach, spectator, or player may be suspended from the league permanently.
- The referee may stop, suspend, or terminate the game because of the elements of interference.

## SUBSTITUTIONS

The goal of the YMCA is to provide all children with equal playing time. All players must play a minimum of 50% of the game. If a player is sick or injured, the referee must be notified before the start of the game. If a player ends up becoming ill or injured during a game, he or she can be substituted out. The referee shall be the sole judge on the field of play.