



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.

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**UIL rules will be followed unless otherwise noted below in YMCA rules.**

# 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 will be suspended for at least (1) game and will be placed on season probation. If ejected again during a program then the individual will be permanently removed. The YMCA sports cabinet will meet to review suspensions and removal. Case 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.

## 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. Max of 30 for the first two sets and a max of 20 for the third set.

Age Division	Players	Net Height	Game Length	Ball Size	Court Size
7 - 8 yrs	6 v 6	6'2"	20 min 1st/2nd set • 10 min 3rd set	Volley Lite	Full
9 - 10 yrs	6 v 6	6'2"	3 sets Max 50 min running clock	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

## 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 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 and the third set will be played until one team scores 15 points.
- 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.
- Teams must win by two (2) points, with a cap of 30 points for the first two sets and 20 for the third set.
- Exceptions for the 7-8-year-old age division.
  - Three (3) timed sets. 8 minutes each.
  - Rallying scoring will not be used.

## 1. SERVING

- All players should strive to successfully serve from behind the end line.
- The server may not serve until the referee has blown the whistle
- Overhand and underhand serves are allowed. All serves should be progressive.
- **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.
- Serving by age divisions:
  - **7-8-year-old division:** Must begin serve from attack line or further, can step over/on the line during a serve if needed.
  - **7-10:** 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.
  - **7-12:** After the server has scored five (5) consecutive points, the ball will automatically belong to the opposing team.
  - **9-10:** The serve line will be moved forward 8 feet, for those who need it. For overhand serves, players will begin to serve at the 6-foot line. Players cannot serve in front of the 10ft attack line.
  - **11-14:** Can step over the serving line if needed. Then add a second line (15 and up)- Must serve behind the line.
  - **11 and up:** The server is permitted two tosses, and they must make contact.
  - **11-18:** The server must stand at the service line but can step over if needed. This is in favor of first-time players and those who are still learning. This also provides an exception for teams who are unable to practice serving in a full-size gym.
  - **13 and up:** 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. 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.

# VOLLEYBALL RULES

- 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 continuously rotate player positions to ensure players get equal participation.
- All players must enter into the serving position (in 7-12 years only).
- At the start of a new set, the rotation should continue from where the previous set finished.
- 13 years and up divisions will be free position substitutions but still must play each player for at least half of the game.

## 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) is automatically removed from the next game and will be reviewed by the Sports Director and Executive Director. Should another incident occur within the same season, the coach, spectator, or player may be ejected 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.