

YMCA of Greater St. Louis Volleyball Rules

Players

- Six players per team.

Net Height

- 7' 6 ¾" below line – 3rd-4th Grade may be lower

Scoring

- We will be using **rally scoring**. This means that there is a point given on every serve. Example: The server serves the ball in to the net – that will be a side out and a point awarded to the other team.

Matches

- We will play three games. The first two will be played to 25 and the third will be played to 15. There will be no time limit on matches. Regardless of who wins the first two games, we will play the third.

Starting Time

- A match will begin at a designated starting time or 5 minutes after the completion of the preceding match if there is less than 5 minutes before the designated starting time. In youth play, there will be time allowed for bumping/passing and time for both teams to practice serving.

Playing Time

- In youth play, ALL PLAYERS MUST PLAY AT LEAST HALF, IF NOT MORE OF ALL GAMES. If this rule is not followed, coaches and or teams will be penalized.

Maximum Number of Serves

- In youth play, the following maximum number of serves are to be followed. After one player reaches the maximum number of serves teams are to side out.
 - 3rd-4th Grade League: Maximum of 3 serves
 - 5th-6th Grade League: Maximum of 5 serves
 - 7th-8th Grade League: Unlimited Serves

Serving Lines

- In youth play, the following serving lines are to be used to put the ball into play.
 - 3rd-4th Grade League: Red 10 foot spiking line.
 - 5th-6th Grade League: Marked area (*We would like for all 5th-6th graders to work up to serving behind the regular play line*)
 - 7th-8th Grade League: Regulation Serve Line

Service Rotation

- Teams may rotate players in any position during a dead ball situation. This rule should reflect the YMCA sports philosophy of 'Everybody plays, Everybody wins' and should not be abused to gain a victory.

Time Outs:

- All teams will receive 1 – 30 second time outs per game.

Conduct

- Team coaches are responsible for the conduct of themselves, their fans, and their players. The YMCA strives to create a positive learning experience for all participants. Coaches should always encourage and never discourage. They should be positive and stay away from negative comments and/or remarks.

Sportsmanship

- Sportsmanlike behavior is expected from all coaches, players, and spectators at all times. If an individual is asked to stop their unsportsmanlike conduct and they fail to comply, a technical foul will be given. Examples of unsportsmanlike conduct include, but are not limited to: intimidating officials, players, and/or coaches, arguing, taunting, swearing, pushing, and fighting.

CLARIFICATION OF SELECT RULES

- A. The ball hitting the line is in-bounds.
- B. The ball hitting any overhead obstacles such as the ceiling/basketball supports and returns to the same side is still in play. If the ball hits any overhead obstacle and goes into the opponent's side is out of play.
- C. The server may serve anywhere behind the serving line.
- D. Teams will rotate clockwise when it is their turn to serve.
- E. Contact with the ball must be a 'clear' hit. No palming, lifting, pushing, or carrying the ball.
- F. The teams will change courts and the serve at the end of the first game. A coin toss call by a team captain will determine what team serves first and what court each team will be in for the first and third games of the match.
- G. When the ball is served, all players must be in their rotation order and within their respective playing area. Once the ball is in play, players may switch positions.
- H. The ball may be contacted by any part of the body and will be played if it is a clean hit. Kicking the serve is not allowed, nor is setting, spiking, or blocking the serve.
- I. The ball cannot be contacted two times in succession by the same player. Simultaneous contacts by more than one player on the same team are allowed and considered as two hits. Players from the same team participating in simultaneous contact may participate in the next play.
- J. Touching the net at any time is a foul unless a hard driven spike forces the net into a player while they are on their side of the court.
- K. A player may reach over the net while blocking or following through. Players cannot reach over the net in attempt to intercept the ball until their opponent has completed their attack.
- L. The serve may not be set, kicked, or spiked – it must be bumped.
- M. Any part of the side of the basketball courts (located on the ends of the volleyball court) will be considered out. When the ball touches any part of the basketball rim it will be out. The curtain and the walls are also out.
- N. A player may step on the centerline but not on the court in their opponent's side. Any part of a player's body may be in the air below the net and beyond the center line, as long as they do not touch the net, and as long as they do not interfere with their opponent's play by either touching their opponent of the ball.