



ROGUE VALLEY FAMILY YMCA YOUTH VOLLEYBALL RULES

This league was designed for the benefit of the player, the “intent of the rule” shall carry stronger weight than the “letter of the law” in all decisions rendered by the Officials and the Sports Director.

PURPOSE

The purpose of this league is to be instructional; all decisions will be made from the standpoint of asking if one team gained an advantage because of breaking a rule. If no advantage is gained and if safety is not an issue, then play will continue without a whistle. In hopes of correcting any issues, Officials and coaches are encouraged to talk with any rule violators.

When an issue arises that is not covered by the rules listed below, it will be governed in accordance with the National Federation of High School Associations rules.

THE GAME

- The net shall be approximately 6’ 6” high.
- Court size may vary. Most courts will be 20’ x 40’ or larger.
- A team shall consist of a minimum of 6 players and a maximum of 12 players; during play, 6 players per team are allowed on the court. Other players must be at least 3 feet away from the sideline.
- A match consists of three games. A team wins the match when it wins two games.
- Each game shall consist of rally scoring to 25 points (the third game of the match may be played to only 15 points if necessary to keep games on schedule). A team must win by 2 points.
- All teams will use a V-Lite or Volley Lite 12 & under official game ball.

TIME

- Three time outs per team per game.

SCORING

- Rally scoring will be used to keep score. No score will be tracked for these games (i.e. team standings, season wins vs. losses, etc).
- Exception: Score will be tracked for tournaments.

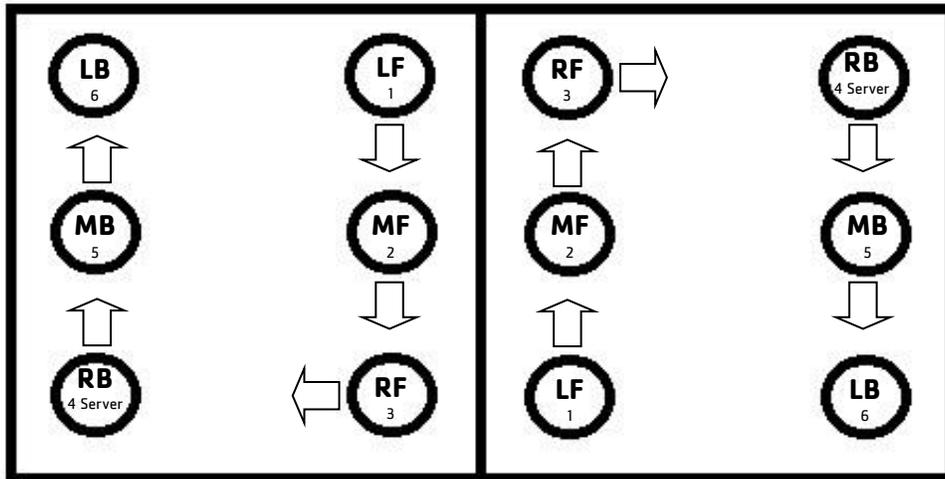
CLOTHING

- Players must wear athletic pants or shorts without any belts, belt loops, or exposed drawstrings.
- Headwear containing any hard, unyielding, or stiff material, including billed hats, is not allowed.
- All loose jewelry should be taken off (small stud earrings may be allowed at the discretion of the referee).
- Players should wear athletic shoes that are non-marking and appropriate for use on the court.

- Knee pads may be used. But plastic reinforced knee pads are not allowed.

ROTATIONS

- When a player is entering the game they will rotate in from the Left Front (LF), to Middle Front (MF), to Right Front (RF), to Right Back (RB) or Server, to Middle Back (MB), to Left Back (LB). Player must rotate through all six positions, no substitutions. Reason – this allows a player to be in a non-serving position when entering the game.



- If a server scores five consecutive points, the serving team shall rotate and the next player shall begin serving. The rotation remains the same throughout the entire match, unless there is an injury or other circumstance. The last person to serve in the previous game will be the first server in the next game.

GENERAL RULES

- Players may not touch the net. The ball may be played off the net, including on the serve. Players may not break the plane (reach over or under the net).
- If the ball hits the ceiling on its way over the net, a side out is called. If the ball hits the ceiling and comes down on the same side it originated from, it is considered a playable ball. Any folded up basketball backboard and/or other apparatus are considered part of the ceiling.
- A serve is used to start play. The referee will whistle the ball into play.
- Players must attempt an over-hand serve at the start of each service, if they are unsuccessful with this serve, they may switch to an under-hand serve. This is to help give players a chance to practice the proper serving technique.
 - Players will be allowed 2 attempts to serve (even if the first one is unsuccessful).
 - 5th-6th grade players will only have one serve starting the 3rd week of the season.
- All serves should be served from a minimum of 10 feet from the net, after each successful serve the server must step back two feet (using taped out lines) until they are behind the baseline. If during the serve they step over the line it will be an unsuccessful serve.
 - When a player rotates back into the serving position they should serve from the location of their last successful serve. Coaches should help push each player to challenge themselves while serving.

- A serve cannot be returned with a set.
- A maximum of three touches per team are allowed to propel the ball over the net, except when touched by a block, giving 4 touches. The same player may not touch the ball twice consecutively (except on a block).
- The ball may not be carried, caught, pushed, held, or lifted.
- Types of allowable strokes:
 - An underhand pass (bump)
 - An overhand pass (set)
 - A one-handed dig
 - Any body part above the waist
 - A block or a spike
- After the loss of a serve the ball should be returned to the other team by rolling it under the net.

ADDITIONAL RULES

- The YMCA asks everyone to make this a great experience for all individuals. Please be a good sport at all times. Support your team and respect your opponents and the officials. Please keep comments positive toward officials, players, coaches, and parents. By doing so, you honor everyone, the game, and our community.
- YMCA officials do not have to give warnings before an ejection. YMCA staff reserves the right to deny participation to anyone (player or spectator) that fails to demonstrate proper sportsmanship.
- Unsportsmanlike conduct includes: swearing, fighting, and arguing with the officials.
- Technical foul. It does not involve player contact or the ball but is instead about the 'manners' of the game. Foul language, obscenity, obscene gestures, and even arguing can be considered a technical foul.
- Officials may also assign penalties that include a "cooling off" period for a player.
- Abusive or obscene language or action shall not be tolerated.
 - First offense – warning.
 - Second offense – elimination from the game and removal from the court.
- If a coach, player, or parent is removed from any 2 games, that person may be eliminated from any further participation in the league. The Sports Director makes all final decisions.
- Coaches are not allowed on the court after the whistle indicating the start of the serve.
- Officials will make every effort to explain calls to players, as this is an instructional league.
- A player is only allowed to be on one YMCA volleyball team per season.
- Good sportsmanship is expected of both teams during the game, and therefore shaking hands and giving a cheer is a good habit to instill, and is expected after each game.
- Disagreements with a referee's judgment, decision, or call should be brought to the referee's attention. All discussions should take place during time-outs. In-depth discussion or arguments will not be allowed on the court or at the game. The referee has the final say

at the game. Issues still needing attention should be brought to the Sports Director's attention and will be dealt with during the week between games and not on game days.

TEAM PRACTICE

- First through sixth grade teams may not host more than 2 hours of practice a week or 2 practices per week.
- No practice can begin before season begins. Earliest practice start date will be announced each season.

SPECTATORS

- No food or drinks are allowed in the gyms, except water.
- Spectators are asked to remain seated during the game to avoid disruption of the game.
- Parents must supervise younger children at all times, so that they are not climbing on or below the bleachers or left unattended in hallways or bathrooms.
- No one is allowed in other areas of the school, as we are guests in school district buildings.
- All cheering is to be positive at all times.