



YMCA Volleyball Rules



Modifications are to help with developmental volleyball. All players should rotate equally.

General

- **Number of Players:** 6 vs 6.
- **Net Height:** 7' ¼" feet
- **Court Size:** standard size court
- **Game Length:** Best 2 out of 3. A minimum of 3 sets or 50-minutes will be played in each match. Rally scoring will be used in all sets. The first 2 sets will be played to 25 points (win by 2, cap at 30) and the 3rd set will be played to 15 points (win by 2, cap at 20).
- **Timeouts:** only 1 time-out is permitted per game. The time-out is 1 minute long.
- **Rotations:** Serving team rotates in a clockwise direction prior to service (except for the first serve of the set).
- **Substitutions:** The server will rotate out and a new player rotates into the middle/back row position.

Service

- Teams may move up on underhand serves to a spot on the court in which they can successfully serve over the net. Overhand serves are from the back line.
- A served ball that touches the net and goes over is a LIVE ball.
- A player can only serve 5 times in a row. The 5th point results in an automatic side-out and the opposing team serves.

Game

- A distinct hit must be made, i.e., no holding, throwing, or catching the ball is allowed.
- The ball may be hit three times by one team in a volley. Any one player cannot hit the ball twice in succession.
- Touching an opponent under the net is not allowed.
- Players may never touch the net while the ball is in play.
- The ball will be called out if it hits (1) outside the boundary lines; (2) the sidewall or curtain partition; or (3) the ceiling and goes over the net to the opponent's court.
- The ball may be played after touching the ceiling or other overhead obstruction if it does not travel over the net and the hitting team makes a legal hit.

Players

- For safety reasons, **ALL** jewelry must be removed (no earrings, necklaces, bracelets of any kind).
- Court shoes must be worn.
- Knee pads are strongly recommended.
- YMCA will provide jerseys.

Sportsmanship and Player Conduct:

All parents and coaches must agree to the following **Sportsmanship and Player Conduct Pledge:**

- Display positive support for all players, coaches, and officials at every game, practice, or other event.
- Place the emotional and physical well-being of my child ahead of a personal desire to win.
- Avoid "coaching" from the stands – I am not the coach, so I will not shout out instructions – and I will avoid criticizing officials, coaches and opposing players during the game and after.
- Maintain realistic expectations, stay positive, and avoid criticizing my child's play.
- Understand that children play sports for fun, fitness, friends, participation and skill development, and I will make sure my child's reasons for playing sports come before mine.
- Not offer opinions on the officiating or on a particular call.
- Be a positive and encouraging fan and applaud good plays for both teams.
- Insist that my child play in a safe and healthy environment.
- Demand a sports environment for my child that is free of drugs and alcohol, and will refrain from their use at all youth sports events.
- Realize that there are four roles in sports – player, coach, official or fan – and I will choose one and respect the others.
- Make sure that my child's having fun is prioritized over winning and losing.
- Do my very best to make sports fun for my child.