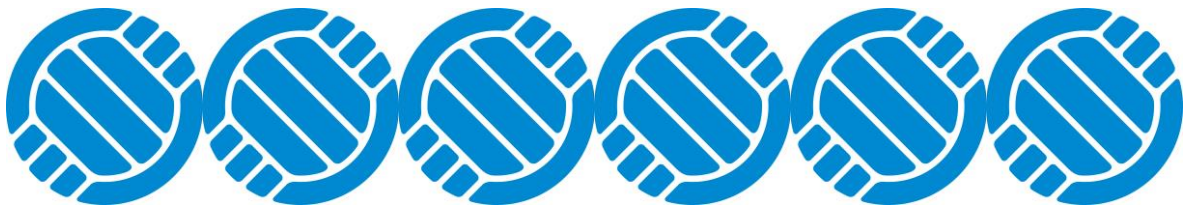




FOR YOUTH DEVELOPMENT®
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Volleyball Rules



**YMCA OF GREATER
HOUSTON**

Association Volleyball Rules

Rule 1 The Game

Section 1 Definition

1.1.1 Volleyball is a game played by two teams consisting of six players on a rectangle court separated in two areas by a net using an inflated ball. One team serves the ball over the net, trying to make it land within the opponents playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponents playing area.

1.2.1 All games will be officiated according to NFHS rules except where these local league rules will supersede.

Section 2 Match

1.2.1 A match will consist of three sets with a 50 minute time limit. The 1st and 2nd sets are played to 25 points, and the 3rd set is to 15 points. Teams must win by two points (*ex: 27-25*) with a 30 point cap for the first two sets and a 20 point cap for the third set. (*teams will play the third set unless time limit is reached*)

1.2.2 The game will start with the **home** team choosing either to serve or take a side of the court. Each team must provide a volunteer line judge for each set who will be positioned on the opponent team's side.

1.2.3 All games will begin with the YMCA pledge and end with teams and coaches shaking hands.

1.2.4 All sets are rally-point system. Rally scoring system means a point is awarded on every side out.

1.2.5 At the end of each set teams will switch courtsides.

1.2.6 Each team shall have one (1) – 30 second time out per set.

1.2.7 The first team listed on the schedule is the home team.

1.2.8 A back row player may not jump in front of the 10 ft. line at any time or it will result in a side out due to a back row attack.

1.2.9 Any disrespect toward the referee or staff will not be tolerated. Coaches and players are asked to display the YMCA 5 core values at all times: RESPECT, RESPONSIBILITY, HONESTY, CARING, AND FAITH.

1.2.10 Any disrespect towards the referee, staff, opponents or coaches will result in either termination of the player from the program or possible suspension for a certain number of games. Please consult the youth sports director for exact player conduct terms.

1.2.11 Spectators shall sit on the opposite side of the team benches. No spectators are allowed on the same side of the team bench.

1.2.12 Spectators will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game.

Section 3 Team

1.3.1 Each team consists of a minimum of 8 and a maximum of 12 players. Each player must play at least 50% of the total game.

1.3.2 If one or both teams are short players at game time, the coaches will consult with the official to determine format of play so that teams are balanced with players on the court.

Section 4 Coach

1.4.1 Only background approved coaches with YMCA coach shirt are allowed on team bench. All coaches must stand or sit near their team bench. Coaches are only allowed to stand near their team bench.

1.4.2 Any disrespect toward the referee or staff will not be tolerated. Coaches and players are asked to display the YMCA 5 core values at all times: RESPECT, RESPONSIBILITY, HONESTY, CARING, AND FAITH.

1.4.3 Coaches will uphold the authority of the officials who are assigned to the contests in which they involved, and will assist them in every way to conduct a fair and impartial contest.

1.4.3 Coaches will ensure that all their able players present at the game will play at least 50% of the total game.

1.4.4 Coaches will understand that if they fail to uphold the philosophy and/or practice of the youth sports program that they will be removed from coaching.

Section 5 The Serve

1.5.1 Serving line distance shall be (please consult youth sports director if divisions are different than listed below):

6-7 Year Old Division(s)	-----	10' line
8-9 Year Old Division(s)	-----	10' line for the first three (3) games of the season. Beginning the fourth (4) game of the season ALL players must serve from at least the 20' line for the remainder of the season.
10-11 Year Old Division(s)	-----	20' line for the first three (3) games of the season. Beginning the fourth (4) game of the season ALL players must serve from the 30' line for the remainder of the season.
12 & Up Division(s)	-----	30' end line

1.5.2 Each server shall have the following number of consecutive serves; provided the serve is not broken on any of the previous serves. After one player reaches the maximum number of serves, a side out will be administered and the opposing team will then have the serve.

6-7 & 8-9 Year Old Division(s) ----- 4 consecutive serves

10 & Up Division(s) ----- 6 consecutive serves

1.5.3 A re-serve shall be called when the server releases the ball for service, and allows it to drop to the floor without contacting it. If the player catches it, or contacts the ball in any manner it is considered a service attempt and a side-out will be awarded. A server has one re-serve per service attempt.

1.5.4 A foot fault occurs when a player violates the serving area by touching the serving line at any point during the serve. When this occurs a side-out shall be awarded. *Once the ball is contacted by the server that player may enter the court of play and take his/her position.*

1.5.5 A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, either underhand or overhand, while the ball is being held or released. Contact with the ball on an overhand serve must be made by a flat, open hand.

1.5.6 The server shall have 5 seconds to serve the ball after the referee signals to serve.

1.5.7 A player receiving the opposing teams serve may either pass the serve underhand or overhand, however no player may block or attack the serve at the net.

1.5.8 If a serve contacts the net and goes over to the opponents' side it is considered a live ball and shall be played.

Section 6 Substitutions

1.6.1 Coaches have the option of either a continuous rotational system or game/set rotational system. The coach must decide before the match how he or she will rotate players and remain with that system the entire match.

- In the continuous rotational system, each player substituting (rotating) into the court shall enter the back middle position and the player in the back right (serving) position shall exit the court. All players MUST rotate one position. The players shall remain in the same order off the court as well in preparing to re-enter the game. NOTE: a coach may NOT change the order of players entering the back middle position once the order has been established.
- In the game/set rotational system, a coach may play six (6) players in the first game/set to 25 and a different six (6) in the second game/ set to 25. If a match goes to a third game / set to 15 then the coach must substitute players freely so that ALL players get equal playing time. (example: play the first 6 to 7 or 8 points and the second 6 players the remaining 7 or 8 points of the game/set.)

1.6.2 If the continuous rotation system is utilized in rule 1.6.1 the players must return to their same position for the beginning of the following set.

1.6.3 In 13 and Up Division(s) coaches may substitute players openly as long as ALL players play a minimum of 50% of the match

Section 7 Player at The Net

REACHING BEYOND THE NET

1.7.1 A player may reach beyond the net to play a ball provided the opposing teams player is not making an attempt to play the ball. If there is an attempt to play the ball then it shall be called over the net and a side out awarded.

1.7.2 After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.

PENETRATION UNDER THE NET

1.7.3 It is permitted to penetrate into the opponents' space under the net, provided that this does not interfere with the opponents' play.

1.7.4 A player is allowed to cross under the net with any part of the body provided that the player's foot (feet) does not cross the center line completely. Some part of the penetrating foot (feet) has to remain either in contact with or directly above the center line in order to not be a side out.

CONTACT WITH THE NET

1.7.5 Contact with the net by a player is not a fault, unless it interferes with the play.

1.7.6 Players may touch the post, ropes, or any other object outside the antennae, including the net itself (exception- the tape/or the top band of the net), provided that it does not interfere with play.

1.7.7 A player may not contact the top band the net referred to as "the tape". If a player touches the tape a side out shall be called.

1.7.8 A net violation shall be called when a player contacts the net in order to;

- take support from the net simultaneously with playing the ball, or
- create an advantage over the opponent, or
- make actions which hinder an opponent's legitimate attempt to play the ball.

Section 8 Common Violations – Side-outs

1.8.1 Double contact with player

1.8.2 Foot Fault on the serve

1.8.3 Net violation

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1.8.4 Ball hitting the wall

1.8.5 Ball out of bounds

Rule 2 The Court

Section 1 Playable Overhead Structures

2.1.1 A ball striking a ceiling or overhead obstruction above a playable area shall remain in play provided the ball contacts the obstruction on the side of the net occupied by the team that last played the ball, and the ball is legally played on the next contact by the same team. If the ball contacts an obstruction over the opposing teams side of the net after being contacted by a team it shall result in a side out being awarded.

2.1.2 Cables and Fixed and retractable goals are considered obstructions and the same rule applies.

Section 2 Out of Bounds

2.2.1 A ball is considered out of bounds and becomes dead when it;

- Touches a wall, or objects on the floor outside the court area of play
- Touches the floor completely outside the area of play
- Touches the net cables, net antennas above or within the net, or does not pass over the net entirely between the antennas
- Touches a non-player

Rule 3 The Game Equipment

Section 1 The Equipment

3.1.1 In the 6 -7 & 8-9 Year Old Division(s), the Supersoft ball or the Tachikara Volleyleite volleyball may be used.

3.1.2 In the 10-11 Year Old Division(s), the Tachikara Volleyleite volleyball OR Mikasa vul 500 training series volleyball will be used.

3.1.3 In the 12 & Up Division(s) the regulation leather volleyball, Tachikara SV5WSC will be used.

Section 3 The Player's Equipment

3.2.1 Knee pads are required by all players.

3.2.2 Each player should wear non-marking, soft soled tennis shoes.

3.2.3 No jewelry can be worn during play. All medical bands must be covered or taped to skin. Sports lead staff will have final say on any medical wraps or soft casts prior to game start. Players wearing hard casts are not allowed to play.

Section 3 The Net

3.3.1 The net shall be set at the following height;

6-7 Year Old ----- 6'-6"

8-9 Year Old division ----- 6'-6"

10-11 Year Old Division ----- 7'-0"

12 & Up Divisions ----- 7'-4"

Reference Chart

Age	6-7 Year Old*	8-9 Year Old*	10-11 Year Old*	12 & Up*
Ball	Supersoft volleyball OR Tachikara Volley lite volleyball OR Mikasa vul 500 training series	Supersoft volleyball OR Tachikara Volley lite volleyball OR Mikasa vul 500 training series	Tachikara Volley lite volleyball OR Mikasa vul 500 training series	Tachikara SV5WSC volleyball
Net height	6'-6"	6'-6"	7'-0"	7'-4"
Serving line	10'	10' (see rule 1.5.1)	20' (see rule 1.5.1)	30'
Consecutive serves	4	4	6	6
Serve	Underhand	Overhand** or Underhand	Overhand** or Underhand	Overhand** or Underhand

* Youth Sports directors may group divisions differently than the above listed chart, please consult youth sports director if divisions are different than listed above.

** Overhand serves must be completed with a flat open hand.