

Cross Timbers YMCA

Volleyball Rules

CT YMCA Volleyball is designed for girls in grades 3-8.

PHILOSOPHY OF THE YMCA VOLLEYBALL PROGRAM: THE CHILD FIRST, THE SPORT SECOND.

We are interested in children as an individual person and in helping them develop their own Christian personality through the CT YMCA volleyball program. Children will be given the opportunity to participate in every match regardless of their ability. Our participation rules are set up to allow an equal opportunity for children to participate throughout the season.

I. RULES

National Federation of High Schools (NFHS) volleyball rules or used to officiate all play.

II. EQUIPMENT

1. Sneakers, or tennis shoes with non-marking soles must be worn always.
2. Players may wear long pants, athletic shorts, volleyball spandex shorts or other comfortable athletic clothing.
3. All jerseys or T-Shirts must have the "Y" logo.
4. Knee pads are **REQUIRED** for all matches, **NO EXCEPTIONS**.
5. Volleylite will be used for grades 3rd-6th rec. Regulation volleyball will be used for 5th/6th comp 7th/8th rec.
6. Jewelry is prohibited to include earrings, rings and bracelets. **NO EXCEPTIONS** for new piercings. If jewelry cannot be removed, the player cannot participate in match.

III. NUMBER OF PLAYERS

GRADE	#ON COURT	MINIMUM PLAYERS NEEDED	ROSTER	Min.	Max.
3 rd /4 th	6	4		7	12
5 th /8 th	6	5		7	12

REC: No penalty for missing player(s) and players from other team can be used.

COMP: Loss of point/rally when missing player position (hole) is serving. No sharing players.

IV. MATCH DURATION

1. **REC:** All matches will include 3 sets (No best two-out-of-three). The first 2 sets will be to 25 (win by 2, hard cap at 27). The third set will be to 15 (win by 2, hard cap at 17).
COMP: All matches are best 3 out of 5. The first 4 sets will be to 25 (win by 2, hard cap at 27). The fifth set will be to 15 (win by 2, hard cap at 17).
2. **REC:** A running clock will be monitored by the official. After 45 minutes the team currently in the lead wins that set, the match will then end.
COMP: A running clock will be monitored by the official. After 65 minutes the team currently in the lead wins that set, the match can end in a tie with no winner.
3. One time out will be allotted per set. Time outs do not carry over from one set to the next.
4. Rally scoring will be used for all matches.

V. PARTICIPATION RULES

Recreation:

1. Every player must be in rotation each set.
2. All players must rotate in the set at the same position in the same order. All girls will substitute out in the Right Front Position, and all girls will substitute in at the Back Right (server) Position.
3. Coaches violating the participation rules will be required to submit a player's rotation sheet to the Sports Department after every match.
4. Serving Rotation MUST remain the same from set 1 to set 2. Players resume where they were at end of the previous set. Coaches may change their rotation/serve order going into set 3.

Competitive:

1. Coaches are not required to use equal playing time from set to set but should strive to have ALL players participate in a minimum 25% of the total match.
2. Coaches can elect "placement" subs prior to the start of each set verbally to the referee. Default is rotation subs if no request is made. Combination of rotation and position subs during the set is not allowed.
3. Serving Rotation CAN change from each set.

VI. SERVING

1. Service Line: 3rd/4th division teams may select 4 players (indicated by arm bands) to serve from 8 ft inside the regular service line. The rest of the team will need to serve from 6ft inside the service line. Unlimited re-serves per service term.
2. Service Line: 5th/6th rec/comp division teams, players will serve underhand from the standard service line, the back-end line. Free throw line (in MS gyms), black line in YMCA gym for overhand serves. **REC:** 2 re-serves per service term. **COMP:** 1 re-serve per service term.
3. If a player's foot touches the floor on or in front of the service line AT the contact of serve, it is a foot fault. Point loss and side out.
4. The server must wait for the referee's whistle and accompanying hand motion before serving the ball. **REC:** The Server has 10 seconds. **COMP:** 5 seconds to serve the ball after the referee's whistle has blown to avoid a violation being called.
5. Net serves are legal and will be played as a live ball.
6. **REC:** After 5 consecutive points scored by a server, an automatic side out occurs and the opposing teams serves the ball. **COMP:** No limit of service points.
7. NFHS limits the number of re-serves a player is allowed per SERVICE TERM. **REC:** Allowed 2 (1 extra) re-serves per service term. **COMP:** Will adhere to NFHS rule of 1 per service term. It doesn't matter if the player catches the ball or lets it drop to the floor.

VI. MATCH PLAY

1. Players may not move or talk in a distracting manner while a player serves a ball.
2. Each team will have 3 hits to return a ball over the net.
3. If the ball contacts a wall it is considered out.
4. If a ball makes contact with a roof structure on their own side of the court and returns to their side of the court, it is still considered in play.
5. No prolonged contact with the ball will be permitted.
6. Contact made with the net by a player will result in stoppage of the play and an automatic side out and point loss.
7. Any players hand/foot completely crossing the center line will result in stoppage of the play and an automatic side out and point loss.

VII. COURT SPECIFICATIONS

All match play will be on a regulation volleyball court except for the YMCA gym.
Net Heights are as follows:

- 3rd-4th grade: 6' 10" net
- 5th-6th Grade: Regulation 7' 4" net
- 7th-8th: Regulation 7' 4" net

VIII. MATCH TIME

All teams must be ready to recite the pledge five minutes before match time. All teams are encouraged to be at their match site 15 minutes before start time. There will be a 10-minute warm up consisting of 4 minutes net time for visitor then 4 minutes for home and 2 minutes of serve for both. Match time is forfeit time.

IX. START OF MATCH

1. Home team decides side prior to coin toss.
2. Visitor calls the toss to start match, winner has option of serve or receive only. Home calls 5th set (Comp). Winner has 3 options serve, receive or side of court. Loser has remaining options
3. Before the match begins, both teams shall meet at the net and recite YMCA pledge.
4. Teams rotate to serve per NFHS rules every time including the ***FIRST*** time. Example: Team A has received after coin toss, 1st server has to rotate into serve position after side out, not start in serve position.

X. OFFICIATING THE MATCH

The YMCA supplied volleyball official's duties are to facilitate playing the match by giving each team equal opportunities within the limits of the rules of the game. All violations that are intentional or possibly dangerous to the player or others will be called. Playing violations that are insignificant (officials judgment) to the effect of immediate play may not be called, as they could slow down or stop the match.

XIV. COACHES AND TEAM CONDUCT

1. Unsportsmanlike conduct on the part of the team members, coaches, or spectators, will not be tolerated.
2. Parents shall not address officials (if there are questions or concerns, they should be brought to the attention of the coach and he/she may voice his/her concern to the official).
3. Coaches are responsible for the conduct of their spectators.
4. Unsportsmanlike conduct of the coaches/spectators may be grounds for warning and/or ejection from the gym as administered by the YMCA official. Failure to leave the gym may result in forfeiture of the game.
5. Teams will line up before the match and recite the YMCA pledge.
6. Teams will line up and shake hands at the end of the match.
7. Spectators must keep 3 to 5 yards back from the sideline and completely off end lines.
8. If there is a complaint regarding a component of the Cross Timbers Family YMCA volleyball program, the complainant shall write a letter to the Senior Program Director DeWayne Norris dnorris@ymcadallas.org. The Director will reply.
9. All rules not mentioned will be governed by NFHS rules and administered by court Officials.

Each team will be required to supply a Linesman (ages 16+) and a Scorekeeper (age 16+) for their match. The ball must completely cross the line to be considered out of bounds. If the ball is still on the line it is still in bounds. Linesmen will need to know basic signals for In and Out and will not be responsible for any other officiating.

The official supplied by the YMCA will be the governing force at all matches. Judgment calls are not to be disputed! Any coach exhibiting bad sportsmanship will be ejected from the match, suspended from coaching for a minimum of one game and a maximum of the remainder of the season. Coaches are responsible for controlling the actions of their parents.

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