

### **YMCA PHILOSOPHY**

YMCA youth sports are based on the concept that fair play is the very essence of competition. Everybody should have an equal opportunity to compete and a fair chance to participate.

Fair play implies respect for oneself, one's opponent, and others involved in conducting the competition. Players, coaches, officials, and spectators share a responsibility for fair play. Fair play sets the child above the game. The YMCA believes that its youth sports programs provide an excellent environment for developing sound spirit, mind, and body. As these virtues grow, they will influence behavior in everyday life.

The YMCA also believes that its youth sports program will help families and individuals to grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills, and have fun. It is for the development of such virtues that the YMCA promotes its youth sports programs. At the YMCA, "Everyone is a Winner."

### **YMCA COACHES CODE OF CONDUCT**

The YMCA believes that sports should offer competitive fun in a learning and healthy environment. All coaches should read and abide by this Code of Conduct. Following the Code of Conduct will make the games more enjoyable for all and help teach children that competition can take place in a friendly and fun atmosphere.

- 1. I will remember that I am a youth sports coach and that the youth sports experience should be enjoyable for the players and their families, spectators, officials, and all others concerned.**
  
- 2. I will place the emotional and physical well being of my players ahead of a personal desire to win.**
  
- 3. I will not engage in negative discussions with any game official, player, parent, coach, spectator, committee member or YMCA employee.**

4. I will do my best to teach the four pillars of character values (trustworthiness, respect, responsibility & caring) to my players with my words and my actions.
5. I will be knowledgeable of the rules and the fundamentals of the game and do my best to teach them to my players.
6. I will abide by all the rules and regulations of the YMCA.
7. I will assure that my players and I recite the YMCA Pledge before each game and shake hands with the opposing team after each game.
8. I will see that any disputes are handled calmly and by the proper procedures and proper authorities.
9. I will not allow my team's parents to act in a way that demonstrates disrespect for the game officials or any member of the opposing team's players, coaches, parents, or spectators.
  - ❖ At no time shall the following be used as a form of discipline by coaches, staff, or other volunteers in youth sports programs:
    - Restriction of water.
    - Restriction of use of bathroom.
    - Physical exercise.
    - Harsh, demeaning or negative yelling.
    - Physical force (including shaking or striking)

**YMCA PLEDGE**

WIN OR LOSE,  
I PLEDGE BEFORE GOD,  
TO PLAY THE GAME AS WELL AS I KNOW HOW,  
TO OBEY THE RULES,

**TO BE A GOOD SPORT AT ALL TIMES,  
AND TO IMPROVE MYSELF  
IN SPIRIT, MIND AND BODY.**

#### Net Height

Grade/League	Net Height	Court Size
3 <sup>rd</sup> -4 <sup>th</sup>	6'10"	
5 <sup>th</sup> -6 <sup>th</sup>	7'4"	

#### Serving Lines

Grade/League	Distance From net	# Of attempts to get over the net
3 <sup>rd</sup> -4 <sup>th</sup>	21' from the net	2 attempts 1 <sup>st</sup> point only
5 <sup>th</sup> -6 <sup>th</sup>	Regulation service line	2 attempts if the 1 <sup>st</sup> attempt is an overhand serve

#### Game Ball

Grade/League	Ball Type
3 <sup>rd</sup> -4 <sup>th</sup>	Volley lite
5 <sup>th</sup> -6 <sup>th</sup>	Volley lite

#### Pre-match Procedures & Game Protocol

Conference: a conference will be conducted by the referee between coach from each team prior to each match. Information on overhead obstructions, non-playable court obstructions, etc. will be given.

**Coin Toss and Service:** The referee will conduct a coin toss with captains from each team. Visiting team will call the coin toss. Winner of the coin toss will determine to serve or receive. 2<sup>nd</sup> set teams will change sides and the serves changes to the team that did not receive the first serve. If a 3<sup>rd</sup> set is needed a coin toss will again determine which team will serve first. Home team will call the coin toss for the 3<sup>rd</sup> set.

**Warm Up:**

6 minutes will be allowed for warm-up. Warm-up time will be as follows:

2 minutes of pepper/ball handling for both teams

2 minutes hitting for both teams

2 minutes of serving for both teams

**Line-up**

Prior to the match, the coach will submit a line-up to the scorekeeper. The line-up will consist of the name and number of the player and the order in which the players will play.

**Game Protocol:**

At the beginning of each match the official will bring all players to the middle of the court to recite the Y Pledge.

**Game Officials:****Referee**

A referee will be provided for each match

**Linesperson**

Each team will provide an aged 16 and up linesperson. The linesperson will be positioned off the court on the left-hand back corner opposite of the server. The linesperson does not change sides during the match. The referee has the right to overrule the linespersons' call at any time without explanation. A lines person may only address the referee during a dead ball and only to signal an out of bounds ball or a foot fault. The linesperson may not speak to any of the players during the match.

**Out of Bounds:**

- Touches the wall, or other obstructions noted prior to the match
- Touches the floor outside the boundary lines of the court
- Touches the antennas
- Does not cross the net with the antennas
- Touches the ceiling then clears the net onto the opponents' side of the court
- Breaks the plane of an adjacent court, goes over or touches the bleachers, benches, Officials stand

**Foot Fault:**

A foot fault occurs when a server touches the serving line or touches the court prior to the serve

Grade /League	Warning	Result
3 <sup>rd</sup> & 4 <sup>th</sup>	2	Side-out
5 <sup>th</sup> & 6 <sup>th</sup>	1	Side-out

### **Scorekeeper**

Home team will provide the scorekeeper. The scorekeeper will keep score and notify the referee of any rotation issue. Visiting team will provide a score flipper. These individuals will only address the referee during a dead-ball and only regarding time, scoring, or rotation problems

### **Match Play**

A match will consist of 3 sets. 1<sup>st</sup> two sets will be played to 25 points (rally scoring), or first team to 30pts. 3<sup>rd</sup> should be played set if time permits. The 3<sup>rd</sup> set will be to 15 points.

In order to win the team must win by two or be the first team to reach the point cap. If at the end of the regulation set the server has not completed the max number of serves the server may continue to serve until a side-out occurs, a 2 point occurs for either team, or reaches the maximum number of serves

### **Forfeit Policy**

A set shall be considered a forfeit if a team has less than 4 players present on the court at a set time.

**Commented [WJ1]:** did we say 4 players for this?

All players must be in their official YMCA uniform at a set time, or they will not be considered eligible players for the set

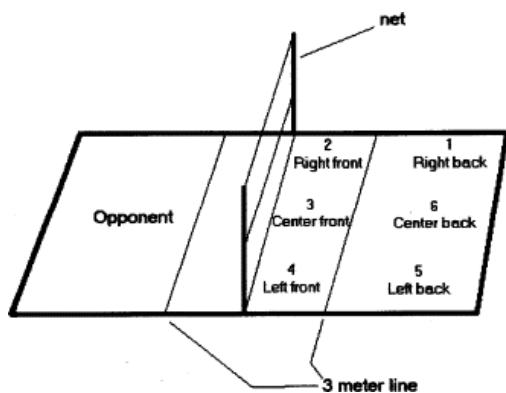
Match time is a per league schedule for 3 minutes following the end of the preceding match, whichever is later.

Forfeit time is a set time. The second set is 10 minutes after the starting time of set 1. The third set is 15 minutes after the starting time of set #1 or 5 minutes after the starting time of set #2

In case of a double forfeit, a loss will be recorded for both teams.

## **Rotational Play**

Each team will start the game with six players on the court. The remaining players will rotate into play at the left front position (#4) when a side-out is called. Players who were in the left back position (#5) will rotate out. New players will rotate into the #4 position.



## **Substitution**

In case of injury, the next player in the rotation may be substituted in. The injured player must remain out for the duration of the game.

### Time-Outs

Two ?? time outs will be allowed per set

**Commented [WJ2]:** I'm good with 2 timeouts for each team per set

## **Time between sets and matches**

Time between sets will be no more than 3 minutes

Time between matches will be six minutes from the end of the last set of the previous match or scheduled time, whichever is longer

## **Playing Rules**

### **Serving**

The player in the back-right position (#1 position-server) shall hit the ball with one hand, fist or arm, either held or after release from behind the service line (If service line is touched or crossed, it is a foot fault).

The ball must cross the net and be between the antennas. The serve will also be good if it hits the nets within the antennas and goes over. This is the Let Serve Rule

All players except the server must be inside the court at the serve.

All players must wait for the whistle and signal before serving the ball. After one warning per server, a side out will be called.

Teams do not rotate before the first serve.

Tosses? 2<sup>nd</sup>/3<sup>rd</sup>/4<sup>th</sup>---four tosses

5<sup>th</sup>/6<sup>th</sup>-----three tosses

Maximum Points—a player is allowed to serve and make 3 points. After that the referee will call side-out. No rally point will be given to the defensive team receiving the side-out.

The receiving team may not hit, attack, or block the serve.

**Commented [WJ3]:** I'm good with these

### **Hitting the Ball During Play**

The serve may be received with either an over or underhand pass. The receiver must contact the ball cleanly and with both hands/arms simultaneously. Illegal service receive is the judgement of the referee.

After the initial return of the serve, the ball may be played with an overhand or underhand pass, a one hand dig, a block, spike, or with any part of the body above the waist.

Only short contact with the ball is allowed.

Playing the ball back to the opponent on the first touch is allowed. It is suggested that players be encouraged to learn how to return the ball with more than one touch.

A maximum of three touches are permitted.

The ball may not be contacted by the same player twice consecutively with the exception of a block and to save a hard driven spike, provided that there has been no setting action.

A ball may not be caught, pushed, carried, or held.

### **Simultaneous contact**

If a player touches the ball simultaneously, it be considered one touch and any other player not involved in the simultaneous contact may touch the ball on the next touch provided there is another touch allowed.

### **Play at the Net**

Players are not allowed touch the net. They may not step on or have a foot partially across the center line. No other body part may cross the center line. If their foot or any body part crosses the center line a violation has occurred.

The ball may touch the net.