

Frankfort YMCA Youth Volleyball League Rules

The YMCA volleyball league is a recreational league focusing on skill development, teamwork, and the fundamentals of volleyball in a fun atmosphere.

Games

- A match will begin at a designated starting time or 5 minutes after the completion of the preceding match if there is less than 5 minutes before the starting time. This will allow teams to have a warm-up period before their match.
- Games will be played 6 on 6. If a team is short players, they may borrow players from the opponent in order to field 6 players.
- We will play 3 games per match. The first two games will be played to 21 points (must win by 2) with a 23 point cap. The third game will be played to 15 points (must win by 2) with a 17 point cap. Regardless of who wins the first two games, we will play the third game.
- Rally scoring will be used. This means that a point is awarded on every serve, no matter which team served.
- Each team is allowed 1 one-minute timeout per game. Timeouts may be requested any time the ball is dead.
- Substitutions may be made any time the ball is dead. There is no limit on subs.
- The home team will have the choice of end of court or first serve. The other team will have the remaining choice. At the beginning of the third game, the roles are reversed (and the visiting team will have the choice of end of court or first serve).

Serving Regulations

- The serve is the act of putting the ball into play by the right back row player who hits the ball with one hand or arm from the service zone. Authorization of the serve must be given to the server from the official before the serve may be hit.
- The server may serve anywhere behind the serving line. The serving line for 8, 9, and 10 year olds will be the 10 foot green striped line. The serving line for the 11, 12, and 13 year olds will be the 20 foot black striped line. Exceptions may be made for older, inexperienced players or younger players with experience.
- A player will be allowed two attempts on her first serve.
- If the ball touches the net on a serve and continues to travel over the net, the ball is considered “live” and play will continue.
- Serves may be overhand or underhand (recommended serving line for overhand serves is the 20 foot line).
- When the ball is served, all players must be in their rotation order and within their respective playing area. Once the ball is in play, players may switch positions.

- No attacking or blocking the serve.
- Faults on the serve may occur when the ball touches a teammate, the ball is passed under the net, or the ball goes out of bounds. The ball is out of bounds when it touches any surface, object, or ground outside of the court.
- Teams will rotate clockwise when it is their turn to serve.
- A player may only serve for 5 consecutive points, which results in an automatic side-out.

Other Rules

- A ball landing anywhere on a boundary line is “in” (outside boundary lines are green and black).
- If the ball hits an overhead obstacle (ceiling, basketball goal, etc.) and returns to the same side, it is still in play. If the ball hits an overhead obstacle and goes into the opponent’s side, it is out of play. All side objects (walls) are out of bounds. The referee may rule a replay of the point if an outside object interferes with play beyond these circumstances.
- Hanging on the net or touching an opponent under the net (crossing the centerline) is not allowed.
- A ball hitting the net and going over the net is legal and in play, even on the serve.
- A distinct hit must be made. No holding, throwing, catching, or carrying the ball.
- Ball can only be hit with anything above the waist.
- Each team is entitled to a maximum of three hits to return the ball to their opponents.
- No player may contact the ball more than once in succession. A player may hit the ball again before it goes over the net as long as there is another hit by a player in between.

Equipment

- Ball Used: Volley-Lite
- Net Height: 7 feet
- Players must wear court shoes.
- Knee pads are encouraged.
- No jewelry of any kind will be allowed during matches. This includes watches, rings, earrings, metal hair clips, or any other items that could, in the view of the referee, cause an injury.
- YMCA will provide uniforms (jerseys and shorts).
- YMCA will provide end of the season trophies for all participants.

YMCA Sports Rules

- Each player must play at least half of every game.
- All coaches and participants will recite the YMCA Youth Sports Creed prior to the start of the first game.
- Opposing coaches and players will shake hands after each match.
- Conduct: Team coaches are responsible for the conduct of themselves, their fans, and their players. The YMCA strives to create a positive learning experience for

- all participants. Coaches should always encourage and never discourage. Be positive and stay away from negative comments/remarks.
- Sportsmanship: Sportsmanlike behavior is expected from all coaches, players and spectators at all times. If a coach or player is asked to stop his/her unsportsmanlike conduct and he/she fails to comply; a yellow card will be issued. Examples of this include but are not limited to: intimidating officials, players and/or coaches; arguing; taunting; swearing; pushing and fighting. If a spectator continues to be unsportsmanlike, a red card will be issued and he/she may be asked to leave.
 - YMCA Philosophy of Youth Sports:
Everyone Plays, Safety First, Fair Play, Positive Competition, Family Involvement, Sport of All, Sport for Fun!