



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA Mission: To put Christian principles into practices through programs that build a healthy spirit, mind, and body for all.

Gateway Region YMCA Youth Volleyball Tournament Rules

Sports Pledge

- "I pledge to play the game the best I can, to be a team player, to respect my opponents and to improve myself in spirit, mind, and body" (must be said before the beginning of each game).

Tournament Format

- We will play a modified round robin tournament with the top advancing to the championship game.
- Round robin tie-breaker (if needed): Head to head, total sets lost, total point differential, coin toss (if needed).

Players

- Six players on court. Four players minimum.

Game Ball

- 3rd-6th Grade: Volley Lites
- 7th-8th Grade: Regulation Volleyball

Net Height

- 3rd/4th Grade: 7 Feet
- 5th-8th Grade: 7 Feet 4 1/8 Inches
- Antennae will be used for 5th-8th grade.

Court Regulations

- Antennas on volleyball nets will be used for grades 5 through 8. ANTENNA - The vertical rods (normally white and red) mounted near the edges of the net. The antennas are mounted directly above the sidelines and are not-in-play.
- A volleyball hitting any hanging structure such as a basketball rim will result in a redo for the serving team. After two redo's a point and the serve will be awarded to the opposite team. A facilities ceiling and lights are ruled out of bounds and a point will be awarded to opposing team. If the gymnasium's track protrudes over the volleyball playing court and the ball hits the track, it will be a redo. After two replays, a point and the serve will be awarded to the opposite team. The referee will conclude if a player could make a play and the referee's decision will be final.

Scoring

- We will be using rally scoring. This means that there is a point given on every serve. Example: The server serves the ball into the net – that will be a side out and a point awarded to the other team.

Matches

- All matches will be played to 25. There will be a one hour time limit on matches. Teams must win by two with a cap of 27. If a team wins the first two matches, they will not play the third.

Starting Time

- 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 designated starting time. In youth play, there will be time allowed for bumping/passing and time for both teams to practice serving.

Serving

- Players must start behind the service line when serving. Players may step over the line if they need to. This rule should reflect the YMCA sports philosophy of 'Everybody plays, Everybody wins' and should not be abused to gain a victory.
- Overhand serves are allowed in all leagues. Players attempting to serve overhand must stay behind the Regulation service line the entire time because this is an advanced hit, except in 3rd/4th grade leagues where they may overhand serve from the 15ft line.

Serving Lines

- In youth play, the following serving lines are to be used to put the ball into play.
 - 3rd-4th Grade League: Marked area (15 feet)
 - 5th-6th Grade League: Marked area (25 Feet)
 - 7th-8th Grade League: Regulation Serve Line

Time Outs:

- All teams will receive 1 – 30 second time out per game.

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. They should be positive and stay away from negative comments and/or remarks.

Sportsmanship

- Sportsmanlike behavior is expected from all coaches, players, and spectators at all times. If an individual is asked to stop their unsportsmanlike conduct and they fail to comply, a technical foul will be given. Examples of unsportsmanlike conduct include, but are not limited to: intimidating officials, players, and/or coaches, arguing, taunting, swearing, pushing, and fighting.

CLARIFICATION OF SELECT RULES

- A. The ball hitting the line is in-bounds.
- B. Referees will discuss overhead obstacles prior to the game. In general, if the ball contacts an overhead obstacle on the same side of the attacking team, it will be a replay. If the attacking team volleys the ball over the net and it contacts an overhead obstacle above their opponent's side of the court, it will be out. The curtain and walls are out of bounds.
- C. The server may serve anywhere behind the serving line.
- D. Contact with the ball must be a 'clear' hit. No palming, lifting, pushing, or carrying the ball.
- E. The teams will change courts and the serve at the end of the first game. A coin toss call by a team captain will determine what team serves first and what court each team will be in for the first and third games of the match.
- F. 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.
- G. The ball may be contacted by any part of the body and will be played if it is a clean hit.
- H. The ball cannot be contacted two times in succession by the same player. Simultaneous contacts by more than one player on the same team are allowed and considered as one hit. Players from the same team participating in simultaneous contact may participate in the next play.
- I. Touching the net at any time is a foul unless a hard driven spike forces the net into a player while they are on their side of the court. Leniency will be given for inadvertent touching of the net that does not affect the course of play. A foul will be called if the tape is contacted on a spike attempt.
- J. A player may reach over the net while blocking or following through. Players cannot reach over the net in attempt to intercept the ball until their opponent has completed their attack.
- K. The serve may not be kicked, or spiked – it must be bumped or set properly.
- L. A player may step on the centerline but not completely across it. Any part of a player's body may be in the air below the net and beyond the center line, as long as they do not touch the net, and as long as they do not interfere with their opponent's play by either touching their opponent or the ball.
- M. Block at the net is legal. A player may not block on the serve.