

TOWN NORTH YMCA

VOLLEYBALL

Rules

YMCA Volleyball shall be played in accordance with the National Federation of State High School Associations rules of Volleyball of the current year with the following exceptions and clarifications:

Equipment: All players must be in full uniform when on the court. All players must wear the shirt with the YMCA logo to be eligible to play. Player and team names on jerseys are optional. Kneepads are highly recommended. Black soled shoes are not allowed. Casts and artificial arm wrappings are not permitted to be worn by players. No jewelry may be worn during games. This includes rings, earrings, bracelets, and “hard” hair accessories.

Referees: Referees are provided for all league games. The referee will review with the Line Judges their specific duties and assign them their positions. The referee will conduct the coin toss between the captains of the teams to determine which team shall have the choice of serving or receiving.

Line Judges: Each team will be responsible for submitting a parent to be their line judge. The line judges will be positioned just off the court on the left hand back corner opposite each server. The line judge does not change sides during the match. The referee has the right to overrule a line judge at any time. The referee has the right to remove a line judge at any time without explanation. A line judge will only address the referee during a dead ball or to signal out-of-bounds or a foot fault.

Rule Interpretation: All interpretations of the rules of play will be the responsibility of the referee in charge. The referee will inform both head coaches of the ground rules prior to the start of the game. The rules are Official National Federation of High School Associations volleyball rules unless modified by the YMCA in this document. YMCA modifications prevail when there is a conflict.

Choice of Bench: The home team will have their choice of bench immediately upon arrival courtside, and may take possession of such before warm-up.

Scorekeeping: The Home team will furnish one adult to act as official scorekeeper and be responsible for keeping record of the score, line-up, and substitutions. The Visiting team will furnish one adult to operate the scoreboard or flipchart. It is recommended that each team have adults who are familiar with these positions.

Pre-Game Sign Up: The complete team roster will be given to the official scorekeeper prior to each game. At least five (5) minutes prior to the scheduled game time each team shall supply the scorekeeper with the name and number of each player who may participate. The order of this coach-determined line up does not change throughout the match, except for the following:

- If a player listed on the roster is not on the volleyball court or sitting on the bench when the referee blows the whistle to start the match.

- If a player needs to leave during a match, her name will be removed from the line up and no penalty will be assessed

Team Responsibility:

The Home team will choose their preferred side of the court and be responsible for:

- Official Scorekeeper
- One Line Judge

The Visiting team will be responsible for:

- Operation of scoreboard
- One Line Judge

Rescheduling of Games: Only the Sports Director may reschedule matches.

GAME RULES

Coin Toss: The coin toss will be conducted by the referee with a captain from each team. Home team is the first team listed on the game schedule. The Visitors will call the toss. Winner chooses serve or receive. For the second (2nd) game, teams change to the opposite court and the serve changes hands from the team that served first (1st). For the third (3rd) game, the teams change courts again and the team that served (1st) in game 1 also serves first (1st) in game three (3).

Length of Game/Start Time: For all leagues

- Matches are scheduled in one hour increments
- 1st and 2nd games in a match will be played using rally scoring to 25.
- Time between games within a match will be no more than three (3) minutes.
- Games must be won by a two (2) point advantage.
- Games may be played to a cap of 30 points, at which point the two (2) point advantage is no longer in effect. Games can end with a score of 30-29.
 - **For 3rd and 4th grade league:**
 - Regulation play will consist of two (2), 25 point games.
 - A third game may be played to 15 if time allows, but must be terminated 10 minutes prior to the start of the next scheduled match in order to allow the following teams to warm-up.
 - **For 5th and 6th grade league:**
 - A match shall consist of the best two (2) out of three (3) games.
 - The first team to win two (2) games shall be the winner of the match.
 - The third (3rd) game shall not be played unless it is necessary to determine the winner of the match. A third (3rd) game will be played with a cap of 15 points.
 - There will be no official time limit; rather all matches will be played to completion.

Forfeits: If a team does not have the required “minimum number of players” to begin a match at the scheduled start time, the first game will be declared a forfeit. A five (5)

minute grace period will be given for the first match of the day only. The second game will be declared a forfeit ten (10) minutes after the start time of the match. Only the referee can declare a forfeit.

SERVING

Let Serve: A serve hitting the top of the net but continuing over is considered a legal serve.

- **For the 3rd and 4th Grade Leagues:**
 - On her/his first serve, (over-hand or under-hand), a player may have two (2) attempts to serve and put the ball in play. **This applies to the first serve per player per rotation.**
 - A player may serve a maximum of three (3) points before the serve will rotate to the opposing team.
 - The serving line will be 9 feet in front of the end/base line.
- **For the 5th and 6th Grade Leagues:**
 - On her first serve, providing the first attempt is an **OVER**-hand serve, a player may have two (2) attempts to put the ball in play. **This applies only to the first serve per player per rotation.**
 - If a server on her first serve over-hand places the ball over the net, but the ball goes out of bounds (untouched), the server will still be able to take her second serve attempt.
 - On her first serve, providing the first attempt is an **UNDER**-hand serve, a player may have only one (1) attempt to put the ball in play. **This applies only to the first serve per player per rotation.**
 - A player may serve a maximum of three (3) points before the serve will rotate to the opposing team.
 - The serving line will be 3 feet in front of the end/base line.

Foot Fault: A foot fault occurs when a server touches or crosses the serving line prior to contacting the ball for the serve.

Substitutions:

- **For 3rd and 4th Grade League:**
 - 6 players are on the court at all times with remaining players waiting on the bench to rotate into play as side-out is called. The match will be played with no less than 5 players on the court.
 - When side-out is called, the next team to serve rotates one position with the previous server leaving the court and the next player moving into the center back position. (Receiving team at start of game will not rotate).
 - Player will rotate into the court according to the pre-set order determined by the coach and previously given to the scorekeeper.
 - Players who are on the court at the end of the first game will change sides and will start in the same position at the beginning of the second game with the serving team for the next game rotating one position. Proceed in the same manner if a third game is played.

- **For the 5th and 6th Grade League:**
 - Teams will have the option of either normal substitution rules or rotation rules as written in the 3rd and 4th grade league.
 - 6 players are on the court at all times with remaining players waiting on the bench to rotate into play as side-out is called. The match will be played with no less than 5 players on the court.
 - Players who start on the court will remain on the court until a substitution is called by the coach during a dead-ball.
 - Once a player begins their service, they may not be substituted out until the other team achieves a side-out.
 - The player who is substituted off the court may only return to the game for the person who entered the game in their position.
 - We expect all players to have an equal amount of playing time.
 - No player shall play the entire match unless a team has only the minimum number of players.

Out-of-Bounds/ Overhead Obstructions

A ball will be considered out-of-bounds if it:

- Touches the wall, objects mounted to the wall, or objects on the floor outside the court.
- Touches the floor outside the courts boundary lines regardless of objects overhanging the court.
- Touches the net antennas.
- Does not cross the net within the court boundary lines.
- Breaks the plane of an adjacent court, if a game is going on, or bleachers, benches, official's tables, etc.

A ball hitting an overhead obstruction or ceiling above a playable area shall remain in play provided the ball contacts the obstruction or ceiling on the side of the net that is occupied by the team that last played the ball, and the ball is legally hit next by the same team.

Time Outs: For all leagues, two (2) 30 second time outs are allowed per game.

Frequently Asked Questions:

1. Does the YMCA provide uniforms or trophies?

No. All teams will need to order their own uniform's. Trophies are not provided, and are not required.

2. What happens if both teams during a game have the same jersey color?

The Home team will need to provide an alternate jersey. (pennies, t-shirts, etc..)

3. What do teams do if their opponent has not showed up to play the game?

Teams will be allowed to scrimmage, or practice on the field/court for the duration of their game time, if their opponent is a no show. This will record as a forfeit.

4. What if the other team does not have enough players to field a team?

If agreed upon by both coaches, teams may share players. This will record as a forfeit for the team that can not provide enough players.

5. What is the process for canceling/re-scheduling a game?

a)The head coach will need to contact the opposing team, as well as contact the YMCA. To receive the opposing teams contact information, coaches will go to the opposing teams web page at www.allplayers.com/g/tny.

b)Due to resource and time constraints, we have limited ability to reschedule games. We will take note of all reschedule requests, but cannot guarantee any game will be made up.

6. If the YMCA cancels a game, will it be re-scheduled?

Yes. If games are canceled by the YMCA sports department, they will be re-scheduled and coaches will be notified of the re-scheduled date.

7. If I completed a volunteer coaches application in the past, or at another YMCA branch, do I need to fill out a new one?

Yes. All head coaches are required to fill out a current coaches application yearly.

8. Do the assistant coaches need to fill out a volunteer coaches application as well?

No. Only the head coach is required to fill out the coaches application.