

YMCA of Central New Mexico

Youth Volleyball Rules

BASIC RULES FOR ALL DIVISIONS:

YMCA Youth Volleyball will be following all USVBA rules and regulations except for the following modifications:

1. Net height will be approximately 7 ft.
2. Court size will be approximately 20 ft. by 40 ft.
3. Six players on the court at one given time.
4. **SERVICE**
 - a) At the start of the game a coin toss will determine who serves first. If there is no coin available, a captain from each team will play rock, paper, scissors to determine who serves first.
 - b) Second try rule- **ONLY THE FIRST SIX** players will be given 2 attempts to put the ball into play on their first serve only. Server will not receive a second attempt if the ball goes over the net.
 - c) Maximum service rule- each server may serve a maximum of 3 points after which the team must rotate in a new server. The other server rotates out. The team retains the serve if they won the previous point.
 - d) A bad toss will count as a first serve if contact is made. However, if the ball drops to the ground without being touched there is no penalty.
 - e) A legal serve may contact the net and go over. The server may not cross or touch the end line until contact has been made with the ball.
 - f) Players are allowed to return a serve by: bump pass, clasping their hands together, a closed fist, Open hand receive, setting the serve is allowed.
 - g) Attacking the serve is not allowed. Contact with the ball must be made below the height of the net if it is directed to the opposing team.
5. **ROTATIONS**- will occur in a clockwise direction with the server rotating out and a new player rotating into the middle/back row (non-serving) position. Substitutions will be allowed for injuries only.
6. **PRE-GAME ETIQUETTE**- all persons not actively participating in the game should conduct themselves in a manner as not to disturb the on going match (loose balls, no negative yelling, etc.).
7. **TIMEOUTS**-each team will be allowed one, one minute timeout per game. Timeouts cannot be carried over.

8. **NET PLAY**-a player can never touch the net while the ball is in play, but may play a ball off the net. If a player's hand or foot completely crosses the plane of the centerline, it is a violation.
9. **BENEFIT OF THE DOUBT**- the official will interpret this: If a child is attempting to do a skill properly (i.e. setting), but fails to accomplish it totally correct, the official may allow the hit and subsequent point if won. **Incidental hits will be considered legal.** The official will determine if the ball is incorrectly hit by blowing the play dead and awarding a point. Play should always continue until this has occurred. **Double hits will not be allowed.** **Screening will not be allowed.**
10. **OUT OF BOUND**-if the ball hits the line it is in. If there are multiple games going on at once and the ball enters another court it is out of play. If the ball hits the ceiling on your side you may continue play. If the ball hits the ceiling on the opposing team's side it is considered out of bounds. These are all judgment calls and officials will have the final say on all calls.
11. **ONLY PLAYERS** (this includes players on the bench) may yell if a ball is going to land in or out of bounds. Parents and coaches should not call their players off a ball that the player may be going for regardless of whether it is in or out. Let the children use their own judgment.
12. **THE OFFICIAL** has the final say on all calls. **Points of conflict may be brought to the coach, who in turn will direct them to the Association Sports Director at 265-6971.**
13. **SCORING**- a rally score system will be used (teams receive a point for each point won regardless of service). There will be three games played and the best out of three determines the winner. Games are played to 20 points by one's and must win by two, cap at 30. **If there is a tie the third and final game will be played to 15 points, cap 25 and must win by two.**
14. **GAME TIME**- all games will start at their scheduled time. If a team fails to show up, two teams will be formed utilizing all available players and a scrimmage game will take place. A forfeit will be given to the team that failed to appear. **If and only if both coaches agree a team may start play with 4 players.**

15. **SPORTSMANSHIP**- all coaches, players, parents, and spectators must conduct themselves in a manner that keeps to the YMCA mission and the YMCA Youth Sports philosophy. Remember that competition is fun. We are here to learn and more importantly **HAVE FUN!**

16. **NO FOOD OR DRINKS IN THE GYM!!!**-team snacks must be given out outside of the facility. We are at the mercy of these facilities and must respect their property.

RULE MODIFICATIONS FOR DEVELOPMENTAL DIVISIONS

"VB" Division Modifications, Ages 8 & 9 Co-Ed:

1. **Service line rule**- Only the VB division (8 & 9 year olds) will be allowed to move up two feet before they serve.
2. A bad toss will not count as a first serve.
3. Carries will not be called; coaches are strongly encouraged to remind players of proper hand usage.

"VC" Division Modifications, Ages 10 & 11 Co-Ed:

1. Players will not be allowed to carry the ball after the 4th week of games. In weeks 1-4 the staff will inform coaches of the carry but will not charge the team with a violation until the 4th week. A carry is any use of an open hand(s) while making contact with the ball that is not in a firm manner.

"VD" Division Modifications, Ages 12 & 14 Co-Ed:

1. Players will not be allowed to carry the ball. A carry is any use of an open hand(s) while making contact with the ball that is not in a firm manner.
2. The **Second Service Rule** will not apply in the VD-Division.

Questions and comments about these rules or any of the YMCA's sports programs can be directed the YMCA Association Sports Director at 265-6971.