

# Tillamook County Family YMCA

## Youth Volleyball Rules



### BASIC RULES FOR ALL DIVISIONS:

1. Net height will be approximately 6' 6" for 3<sup>rd</sup>/4<sup>th</sup> and 7' 6" for 5<sup>th</sup>/6<sup>th</sup>.
2. Red boundary lines mark the court.
3. Six players on the court per team at any given time.
4. **SERVICE**
  - a) The home team will serve first in sets one and three. Home teams will be listed first on the game schedule.
  - b) Second try rule- Players in the 3<sup>rd</sup>/4<sup>th</sup> league only will receive two attempts to put the ball in play on their first serve. On points 2 & 3 of their possession, there will only be one attempt made.
  - c) Maximum service rule- each server may serve a maximum of 3 points (3<sup>rd</sup>/4<sup>th</sup>) and 5 points (5<sup>th</sup>/6<sup>th</sup>). After which possession changes (3<sup>rd</sup>/4<sup>th</sup>) or servers change (5<sup>th</sup>/6<sup>th</sup>)
  - d) A legal serve may contact the net and go over. The server may not cross or touch the serve line until contact has been made with the ball. (3<sup>rd</sup>/4<sup>th</sup>) Servers may start at the green line and progress farther back as the season progresses. (5<sup>th</sup>/6<sup>th</sup>) Servers may start at the black line and progress farther back as the season progresses. Coaches must use their best judgment with each individual player. Challenge them!
  - e) Once a player tosses the ball up for their serve, if they catch the ball without completing their service action, that is a fault and the referee will blow their whistle and award the opposing team the ball. If you are a server and you realize you've given yourself a bad toss, according to volleyball serve rules, you can let the tossed ball drop. Once the ball drops, you can catch the ball. *After it has been dropped*, the referee will blow their whistle, indicating that the complete service action will begin again and will give the server a second opportunity to serve within 5 seconds. Not only does the server need to let the ball drop in order to reset their five seconds to serve again, but the ball needs to drop to the floor without touching any of the server's body parts on the way down.
  - f) Players are allowed to return a serve by: bump pass, clasping their hands together, a closed fist, open hand receive, or setting the serve.

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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** – Order and direction of rotation is a simple side-out rotating circle and will stay consistent throughout the season. **Equal playing time is required for all players.**

Substitutions will be allowed for injuries or behavioral issues only.

6. **PRE-GAME ETIQUETTE** - all persons not actively participating in the game should conduct themselves in a manner as not to disturb the ongoing match (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 coaches/officials will interpret this: If a child is attempting to do a skill properly (i.e. setting), but fails to accomplish it totally correctly, 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 BOUNDS** 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 playing. 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.

- Walls/Backboards/Ceiling: If the ball contacts the basketball backboard, ceiling, or wall on a serve, it is considered dead and the receiving team is awarded the point. If the receiving team hits the ball into the ceiling or backboard, but it remains on their side, the ball is playable. Contact with a wall will always mean the play is immediately dead.

11. **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 Sports Director.

12. **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 25 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, capped at 20, and the winner must win by two points.

13. **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 four players.

14. **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!

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