



# **Volleyball Rules**

## Idaho Falls Family YMCA

### **Goal:**

Our goal is to teach every child the game of Volleyball through maximum participation and to have fun during the season. Each child shall play at least 50% of each game.

### **YMCA Philosophy:**

Our philosophy is to put winning and competition into perspective. We support kids first, winning second while teaching sportsmanship, values – caring, honest, respect and responsibility, and to have fun.

### **Roster:**

Team will consist of 8-10 Players

### **Player Uniform/Equipment:**

- Tennis shoes – No hard sole/marketing shoes.
- YMCA jersey must be worn at all games.
- No jewelry.

### **Game format:**

- Games will be best of 3 or 1 hour, whichever comes first.
- Score to 21, win by 2, to win a game. 3<sup>rd</sup> game (if needed) is to 15, win by 2.

### **Game Administration – 1 point and service privilege will be awarded for the following violations:**

- If the ball hits the playing surface.
- If the ball is held – comes to rest momentarily in the hand or arms of a player.
- If a player on either team touches the net.

- If a player's foot, or any part of their body, on either team crosses the centerline.
- A player touches the ball more than two times consecutively.
- A team touches the ball more than three times consecutively.
- A ball lands outside the court or touches an object outside the court (including ceiling). Sidelines are considered in bounds.
- If ball hits the ceiling and stays on side of team that hit ball they may continue to play the ball as long as they follow other rules (3 hits by team). If the ball hits the ceiling and continues on to the other teams side then opposing team gets the point and serve.
- Each player will be allowed no more than three overhand serves per possession in the 2<sup>nd</sup>/3<sup>rd</sup> & 4<sup>th</sup>/5<sup>th</sup> divisions. This rule does not apply to the 6<sup>th</sup>/7<sup>th</sup> grade league.
- Players will be given one bad toss during a serve provided they do not touch the ball on the way down. Players serving overhand may not start from the 10-foot line. They may start midway between the 10-foot line and the back line (20 feet from the net).
- A player may also attempt an underhand serve. After six successful serves by one player in a possession, the team must rotate and a new player must take their turn serving (6<sup>th</sup>/7<sup>th</sup>). In the 2<sup>nd</sup>/3<sup>rd</sup> and 4<sup>th</sup>/5<sup>th</sup> grade division, the serve will go to the opposing team if one players gets 6 consecutive and successful serves in a row.
- In Y-Volleyball, a player may request to move up to the beginner serving line (10 foot line). The request must be made to the referee keeping in mind our goal is to encourage player development.
- One 60-second time out per game is allowed. If a time out is not used in a game it can not be transferred to the next game.

**Unsportsmanlike conduct will not be tolerated! All players, coaches, and parents will exhibit caring, honesty, respect and responsibility, before, during and after the YMCA Basketball practices and games.**

**The YMCA officials and staff have full authority in the YMCA volleyball programs and reserve the right to modify the interpretation of any rule in their discretion.**