



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

Volleyball Rules

YMCA of Greater Omaha Youth Sports

Edited: March 2020

YMCA General Rules and Regulations

BEGINNING OF PLAY

The official shall call both teams to the center of the field to conduct the Youth Sports Pledge prior to the game beginning. At the end of the game the teams shall shake hands.

YMCA OF GREATER OMAHA SPORTS PLEDGE

Win or lose, I pledge before GOD...

To accept and demonstrate the following positive values: Caring, Honesty, Respect, Responsibility.

I will do the best I can to be a team player.

To respect my teammates, opponents, coaches and officials.

And to improve myself in Spirit, Mind, and Body.

YOUTH SPORTS MISSION STATEMENT

The purpose of the YMCA Youth Sports Program is to provide children of the Greater Omaha area an opportunity to participate in various physical activities and to:

- Have Fun
- Develop Sportsmanship
- Make New Friends
- Promote Teamwork
- Learn Lifetime Fitness
- Strengthen Self-Confidence
- Learn Skills

PRACTICES

Please supervise team members at all time. **DO NOT** leave practice area until all children have been picked up. **DO NOT** stay alone with a single player where you cannot be observed by others. The last team at the gym or field for the night will need to make sure all equipment is picked up and return to the proper storage place.

1. **1st – 8th Grade Rec:** Once the coaches meeting has taken place a coach can schedule one practice per week.
2. **5th – 8th Grade Advanced (competitive):** Once the coaches meeting has taken place a coach can schedule either 1 2-hour practice or 2 1-hour practices per week.

SPECIFICS ABOUT SITES:

1. Please dispose of all trash in the proper receptacles.
2. Only water or Gatorade allowed in gyms for participants.
3. Please encourage children to respect private property.
4. Stay off the floor/field after games have concluded as other games need to get started.
5. Remind parents to drive slowly inside the parking lot and to remember they may not be able to park right by the front doors. Do Not Park on Grass Areas or on the Curves of the Driveways! All cars must be parked in a parking space!
6. Do not walk across the gym floors/fields to get to another court/field. Please walk around.
7. Program participants and their families are limited to gym and bathroom areas only.
8. Children must be supervised. Unsupervised children who are misbehaving will be returned to their parents and/or asked to leave.

HEAT INDEX

The YMCA of Greater Omaha believes in providing a safe experience for all youth participating in YMCA sports programs. It should be noted that in any situation the parent and child have the right to choose to participate.

Monitoring Athletes

1. It is recommended that children should drink 4-8 oz of water 15 minutes prior to participating.
2. Children should never be turned-down for a water break. Children must be allowed to take breaks when needed.
3. When the temperature is 80-95 and the humidity is +70%, coaches and parents need to give the kids water breaks after 30 minutes of practice. They should at this time take a 5 minute break.
4. When the temperature is 95-100 and the humidity is + 70%, practices and games shall be shortened. Practices should go for less than 45 minutes, with water breaks every 15 minutes. Water breaks are to be allowed at all times for children participating.
5. When the temperature is + 100, coaches, parents, and administrators will shorten games and take the following steps:
 - Games cut down in time. (Coaches and officials will decide length of the game.) Suggestions: all kids bat one time; play "x" amount of innings; call game after 45 minutes; play 2 innings; practices called off or shortened to 30 minutes.
 - Water breaks are taken every 15 minutes.
 - A water break will be taken at the request of either a coach or official.
 - Any child that does not "feel good" is to be taken out immediately and is to be given aid inside the building or an air conditioned vehicle.

EQUIPMENT

1. The YMCA will furnish game equipment.
2. Coaches will receive equipment bags for practice containing 2 volleyballs and 6 cones.
 - Please return all equipment to the YMCA at the end of the season.
3. Players should not wear anything that is dangerous to them or others; i.e. watches, rings, necklaces, etc. **All jewelry MUST be removed**
4. Kneepads are not required, but we strongly recommend participants using them.
5. Headwear that may cause injury to other participants is not allowed.

Uniform

1. **Iowa only:** Volleyball will use two separate colored jerseys. Home team will wear white; Away team will wear blue.
 - a. We encourage all athletes to bring both jerseys to all games.
2. **Nebraska only:** Volleyball will use one black jersey for all participants.
3. If you need a jersey we ask that you see your YMCA's Welcome Desk on information on how to purchase the jersey. All athletes should have or purchase the correct jersey for their sport. Athletic or sport-appropriate shoes and shorts and/or sweats should be worn in addition to the jersey.

YMCA STAFF

YMCA personnel shall be present and visible at all games. If you encounter any problems or have questions, please contact the site supervisor, official or the Youth Sports Director. If you have a question or suggestion concerning the game or league, please present it before or after the game to the site supervisor, NOT during the game. This can be distracting to the coaches, players, officials, and other fans.

Officials:

1. Have jurisdiction from the beginning until the end of the game. Their decisions are final.
2. May caution or eject a player/coach/fan for unsportsmanlike conduct.
3. May terminate a game if the game becomes a travesty.
4. We will not tolerate any abuse toward officials. Discuss problems or questions with the Site Supervisor or call your YMCA Sport Director.

Volleyball Specific Rules and Regulations

Rule Changes implemented prior to Fall 2019

****League name change-** The "competitive" league will now be called the "**Advanced League**"

NO Let Serve Rule: we have eliminated this rule for all divisions. Let serves will be played per regulation volleyball rules.

COURT & EQUIPMENT

Grade Level

1st-6th Grade

7th-8th Grade

Ball Size

Volley-Lite will be used.

(Official size; weighs 7 to 8 ounces)

Regulation size volleyball will be used.

Grade Level

1st-2nd Grade

3rd-4th Grade

5th-8th Grade

Court Size

30 feet by 30 feet (marked off by cones or tape)

30 feet by 50 feet (marked off by cones or tape)

30 feet by 60 feet

Grade Level

1st-4th Grade

5th-6th Grade

7th-8th Grade

*Iowa only 1st – 8th Grade

Net Height

6 feet 6 inches

7 feet

7 feet 4 1/8 inches

7 feet 4 1/8 inches

Court size & net height may be altered slightly for space and safety issues.

Players

Grade Level/League

1st – 8th Grade Rec

5th – 8th Grade Advance

Players on the court

6 (teams may begin game with 4 players)

6 (teams must have 5 players to begin game)

COACHES

Grade Level

1st-8th Grade

1st-2nd Grade

3rd-8th Grade

Number of Coaches

2 coaches allowed in bench area (1 head coach, 1 assistant)

1 coach may stand in bench area to instruct players

1 coach may stand but may be asked to sit if excessive

- The Head Coach is the only coach allowed to address the officials before, during, or after the game. Assistant coaches may confer with players; not officials.
- If an injury occurs, coaches shall wait for an official or YMCA staff person to call them over. This is to ensure safety of all players and avoid any incidents from a coach running onto the court unexpectedly.
- Under no circumstances shall any coach confer with a player or coach from opposite team unexpectedly or negatively.

FAIR PLAY RULE

****Each player should play half of every game****

Recreational league

All players shall have the opportunity to participate in games for a fair and equal amount of time. Allowances can be made by the coach based on enthusiasm, sportsmanship and interest displayed at practices and games. (Minimum of one game/set each match)

Advanced (competitive) League

We recommend each player allowed to opportunity to play in at minimum one full game of each match. Allowances can be made by the coach based on enthusiasm, sportsmanship and interest displayed at practices and games.

VIOLATIONS

Foot Faults - on service will be called in all 5th-HS leagues.

Net Violations - will be called for all grade levels.

Illegal Hits - will be called liberally in the 1st-4th grade league. No open palm underhand hits will be allowed in any grade.

CHANGE OF COURTS

Teams will switch sides immediately at the end of a game/set.

The team that did not serve first in the first game/set shall serve first in the second game/set.

If a determining third game is necessary, the home team shall call the coin toss to determine first serve or choice of side of the court.

FIELD OF PLAY OBSTRUCTIONS

If the ball hits a basketball hoop or ceiling on a team's own side (and stays on their side), it is a playable ball. If the ball hits a basketball hoop or ceiling and goes onto the opponent's side, a side-out and point will be awarded.

PLAY AT THE NET

- Attacking the serve is not permitted.
- A player may not attack the ball on the opponent's side of the net.
- No player shall go under the net at anytime

CONTACT WITH THE NET

- Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. The action of playing the ball includes (among others) take-off, hit (or attempt) and landing safely, ready for a new action.
- Players may touch the post, ropes, or any other object outside the antennae, including the net itself, provided that it does not interfere with play.
- When the ball is driven into the net, causing it to touch an opponent, no fault is committed.

PLAYER'S FAULTS AT THE NET

- A player touches the ball or an opponent in the opponent's space before or during the opponent's attack hit.
- A player interferes with the opponent's play while penetrating into the opponent's space under the net.
- A player's foot (feet) penetrates completely into the opponent's court.
- A player interferes with the opponent's play by (amongst others):
 - touching the top band of the net or the top 80 cm (2' 7.49") of the antenna during his/her action of playing the ball
 - taking support from the net simultaneously with playing the ball
 - creating an advantage over the opponent
 - making actions which hinder an opponent's legitimate attempt to play the ball.

FIRST SERVER

For a team serving first in a game (set), the first server will be the player in the right back position. If a team is on serve receive to begin a game (set), the first server will be the player in the right front position - the team will rotate clockwise one position prior to serving.

SERVICE TOSS OR RELEASE ERROR

One service tossing error is permitted for each service. If the ball after having been tossed or released by the server, lands without touching the player, it is considered a service tossing error. The official will signal for the service again, and the server must execute the serve within the next 5 seconds.

RALLY SCORING

Rally Scoring will be used—any team can score a point when it wins the rally or the opposing team commits a fault. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the right to serve.

Recreational League Specific Rules

MATCH TIME LIMIT

All matches will have a 45 minute time limit with a 10 minute warm up.

TIME OUTS

One time out of 30 seconds will be allowed each game/set.

PLAYER ROTATION

Grades 1st-6th: All players present at the game should be allowed to play in each game. Players sit along the end line in a team rotation order. Players rotate into the game at the center back position and rotate out after service rotation. Rotating occurs after a side out and only the serving team rotates. Team rotation should remain the same for each game. Players who finish game one on the court will start game two, etc.

Grades 7th-8th: Coaches will have the option to rotate players into center back position (like 1st-6th grade), or request for substitutions by signaling to the official. The official must acknowledge the subs before the players enter the game. Whichever option the team chooses to begin a match, it must stay with that same option for the entire game. Each player must play half of every game and serve.

SCORING

Grades 1st-8th: **All games will be rally scoring.**

- Games 1 and 2 will consist of 25 points (2 point margin for winning team) with a cap of 27 points.
- Game 3 (if necessary) will consist of 15 points (2 point margin for winning team) with a cap of 17 points
 - Game 3 will end immediately at the 45 minute match time limit

All matches are best of 3 games. If a team has won the first 2 games, teams may play game 3 at the discretion of the coaches, if time permits.

SIDE OUTS

Grades 1st-4th: A side-out will occur after a team has scored three consecutive points while serving.

Grades 5th-8th: A side-out will occur after a team has scored five consecutive points while serving.

***No rally score points will be given on the change of service for 1st Grade & Up.**

SERVICE

Grades 1st-4th:

- The server will be given two chances on their **first serve only** to serve a playable ball.
- Service line will be 6'6" in from the end line.
- During weeks 1 & 2, servers may straddle the service line. Beginning in week 3, both feet must be completely behind the service line.

Grades 5th-6th:

- Service line will be 6'6" in from the end line.
- Foot faults during serving may be called.

Grades 7th-8th:

- The server will serve behind the regulation service line.
- Foot faults during serving may be called.

*Service lines may be altered due to space around courts to ensure safety of players

Advanced (competitive) League Specific Rules

WARM UPS: Warm Up Time will be a total of 5 minutes prior to the game beginning.

NUMBER OF PLAYERS

5 players minimum are required to start the game.

- A team will default the game if 5 players are not present to begin the match at game time; as stated on the schedule.
- After a team defaults the first game, 10-minutes will be allowed for the team to wait for the other arriving team. After those ten minutes have passed, the second game will be declared a default if 5 players are not present

*Defaulted games are for record keeping purposes only. Whenever there is a default, we encourage to mix and share those present players to get games going (non-recorded scores).

MATCH TIME LIMIT

All matches will have a 50 minute time limit with a 10 minute warm up.

TIME OUTS

One time out of 30 seconds will be allowed each game/set.

PLAYER SUBSTITUTION AND ROTATION

Substitutes may enter the court only when the ball is dead.

- Either team (serving or receiving) may substitute during a dead ball. The incoming player may take position anywhere on the court.
- Substitutions are not limited but do not abuse the rule.

Teams may use any rotation

- We ask coaches to help ensure players a line up in correct rotation prior to serve

***It is recommended that all players play at least 1 full game of each match.**

SCORING

Grades 5th-8th: **All games will be rally scoring.**

- Games 1 and 2 will consist of 25 points (2 point margin for winning team) with a cap of 27 points.
- Game 3 (if necessary) will consist of 15 points (2 point margin for winning team) with no point cap

All matches are best of 3 games. If a team has won the first 2 games, teams may play game 3 at the discretion of the coaches, if time permits.

SERVICE LINE

Grades 5th-6th:

- Service line will be 6'6" in from the end line.
- Foot faults during serving may be called.
- If skill permits, players are encourage to work back to regulation line

Grades 7th-8th:

- The server will serve behind the regulation service line.
- Foot faults during serving may be called.

OFFICIALS AND THEIR DUTIES

Officials

1. The referee has jurisdiction from the time he/she enters the area of the play until signaling the end of the game. The referee's decisions are final.
2. The referee shall enforce the rules of the game.
3. The referee can suspend or terminate a game whenever it is deemed necessary; for example interference by spectators or coaches.
4. The referee can caution a player and eject from play any player quality of violent conduct, use of foul or abusive language, or persistent infringement of the playing rules. That player must sit out the next game.
5. The referee shall officiate the coin toss; choice of either receive or defend to winner of toss.
6. Teams shall change sides at the completion of each half.
7. Prior to coin flip, referee will have a pre-game meeting with coaches/captains from both teams to discuss basic game rules/procedures.

SPORTSMANSHIP

1. If the site supervisor or referee witness any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**
2. Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.)
 - If trash talking occurs, the referee will give one warning.
 - If it continues, the players or players will be ejected from the game.

COACH/PARENT/FAN CODE OF CONDUCT

We ask that you try your best to uphold this code, so that everyone can enjoy their experience. As a YMCA parent, we ask that you:

- Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or event.
- Place the emotional and physical wellbeing of the players ahead of your personal desire to win.
- Demand a drug, alcohol, and tobacco free sports event and agree to assist by refraining from their use at all youth sports events.
- Ask your child to treat other players, coaches, fans, and officials with respect.
- Promise to help your child enjoy the youth sports experience by fostering good sportsmanship, assisting in coaching, being a respectful fan, and modeling that behavior for your child.
- Have your child participate in as many practices and games as possible while providing proper supervision for all of the children brought to practices and games.
- Attend practices and games to support your child's participation.
- Be a positive role model for your child and the other players on his/her team.
- Not use profanity or vulgar speech while observing your child's activities.
- Not coach your child, or other children, during games if you are not an official coach.
- Keep off of the playing field at all times, unless specifically told otherwise by an official or coach.
- Refrain from bringing a dog or other animal to practices or games. Pets are not allowed at many locations.
- Resolve conflicts without regressing to hostility or violence.
- Not encourage any behavior that could be dangerous to your child or the other children.
- Not taunt, heckle, argue with, any coach, official, or opposing player during the course of your child's games/practices.

Policy Enforcement

- Individual may be given a warning for inappropriate behavior.
- Individual may be asked to leave the game(s) and may be asked to not return for other Youth Sports activities
- Other sanctions as deemed necessary may be enforced

Thank you for choosing YMCA Youth Sports!

If you have questions, please contact the sports staff at your YMCA branch.

metroymca.org