

YMCA of Greater Omaha Recreational Volleyball Rules

Purpose of the League

1. For every boy and girl between the grades of 1st and High School a chance to have fun playing volleyball in a game situation.
2. To teach volleyball skills, starting at the youth's level of ability and progressing from there.
3. To teach boys and girls sportsmanship –how to accept winning and losing situations.
4. To promote new friendships, encourage working together as a team and provide for the family interaction.

TEAM ORGANIZATION

All boys and girls register through open registration and are placed on teams at or near their neighborhood school. Specific requests for coaches and/or teammates are also accepted. Every child registered during regular registration will be placed on a team. NOTE: The Youth Sports department does have final jurisdiction over team division and the number of players placed on each team.

LEAGUE INFORMATION

1. All boys and girls must register and have fees paid or have scholarships to be eligible.
2. Once the coaches meeting has taken place, coaches can begin practice once a week.
3. The YMCA furnishes game equipment and officials. **No practice volleyballs will be given out by the YMCA.**
4. The YMCA goal is to give EVERY boy and girl in grades from 1st through High School a chance to play in every game. Our basic guideline is for each player to participate in approximately half of every game. The coach may make allowances; however, depending on players' enthusiasm, attendance, sportsmanship and interest displayed both in practice and game situations.

EQUIPMENT: No black soled shoes will be allowed on the playing court.

A light blue and purple reversible jersey must be worn and can be purchased at your YMCA for \$12.00

Kneepads are not required, but may be worn.

Players shall not wear anything, which is dangerous to another player or themselves, i.e. necklaces, rings, watches, earrings, etc. Officials will ask players to remove them prior to the first game beginning.

REFEREE: The referee has jurisdiction from the time she/he enters the area of play until signaling the end of the game. The referee's decisions are final.

The referee shall enforce the rules of the game.

The referee can suspend or terminate a game whenever it is deemed necessary; for example, interference by spectators or coaches.

A referee can caution a player and eject from play any player guilty of violent conduct, using foul or abusive language, or persistent infringement of the playing rules.

The referee shall officiate the coin toss for the choice of serve or side of court, to winner of toss.

Teams shall change sides at the completion of each game.

Prior to the coin flip the referee/umpire will have a pre-game meeting with the coaches/captains from both teams to discuss the basic game rules/procedures.

YMCA STAFF

YMCA personnel shall be present and visible at all games. If you encounter any problems or have any questions, please contact the site supervisor, official or the Youth Sports Director. If you have any questions or suggestions 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, officials, and other fans.

PLAYING RULES

BALL SIZE: **Grades 1-6:** Volley-Lite will be used (official size, weights 198 to 227 grams)
Grade 7-HS: regulation size volleyball will be used.

COURT SIZE: **Grades 1-4:** 30 feet by 40 feet (marked off by cones or tape)
Grades 5-HS: 30 feet by 60 feet

NET HEIGHT: **Grades 1-4:** 6 feet 6 inches
Grades 5-6: 7 feet
Grades 7-HS: 7 feet 4 1/8 inches

NUMBER OF PLAYERS:

All grade levels will have six players on the court. (May play with 5 registered players)

TIME LIMIT: All games will have a 45 minute time limit with a 10 minute warm up. One time out of 30 seconds will be allowed each game.

PLAYER

ROTATION:

1st-6th grade: 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.
7th-12th grade: Coaches will have the option to rotate players into center back position (like 3rd-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-4th: A game will consist of 15 points (2 point margin for winning team). A team can only score a point when they are serving. (Note: 3rd-6th grade Recreational League does not do rally scoring)

Grades 5th -HS: All games will be rally scoring. A game will consist of 25 points (2 point margin for winning team). The third game will be limited to 15 points.

All games are best of 3 games. If a team has won 2 games, teams may keep playing at the discretion of the coaches, if time permits.

SIDE OUTS: **Grade 1-4** A side-out will occur after a team has scored three consecutive points while serving.
Grades 5-HS A side out will occur after a team has scored five consecutive points while serving.

SERVICE: **Grade 1-4** - Underhand or overhand service may be used. The server will be given two chances on their **first serve only** to serve a playable ball. A three-foot serving line inside the court may be used. **No “let serve” for 1-4 grade.**

Grade 5-6 - Underhand or overhand service may be used. 5th-6th graders should serve behind the regular serving line. **1 attempt only for serving is given for 5th-HS.** Foot faults during serving will be called. **No “let serve” for 5-6 grade**

Grade 7-HS - Underhand or overhand service may be used. The server will serve behind the regular serving line. Foot faults during serving will be called. We allow the use of the “let serve” in 7th grade-HS Recreational league. (The let serve allows the continuation of play if a served ball touches the net and then crosses to the opponent’s playing area.)

**RECEIVING
SERVE:**

Grade 1-4 - Receiving team may **NOT** catch the serve with both hands. An underhand pass (bump) is required on the first contact from the serve

Grade 1-HS - Regulation volleyball rules will be used. An underhand pass is required on the first contact from the serve.
Overhead passes ARE NOT ALLOWED from the serve

**DURING
PLAY:**

Grade 1-4 - As the ball crosses the net, it may **NOT** be caught for the first hit.

Grade 3-HS - Regulation volleyball rules apply.

**SPIKING &
BLOCKING:**

Grade 3-HS - Spiking and blocking will be allowed on any ball crossing the net with the exception of the serve.

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 3rd-4th grade league. No open palm underhand hits will be allowed in any grade.