

YMCA of Greater Omaha

Spirit Volleyball Rules

Purpose of the League

- ✘ For every boy and girl in the grades of 5th to 8th a chance to have fun playing in a more competitive volleyball game.
- ✘ To teach volleyball skills, starting at the youth's level ability and progressing from there.
- ✘ To teach boys and girls sportsmanship-how to accept winning and losing situations.
- ✘ To promote new friendships, encourage working together as a team and provide for the family interaction.

League Information

- ✘ All boys and girls must register and have fees paid or have scholarships to be eligible.
- ✘ Once the coaches meeting has taken place, coaches can begin practice once a week.
- ✘ The YMCA furnishes game equipment and officials. **NO practice volleyballs will be given out by the YMCA.**
- ✘ The YMCA goal is to give EVERY boy and girl in grades from 5th to 8th a chance to play in every game. Our basic guideline for Spirit League is that each player gets to play in at least one full game of each match. 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 can be worn and also purchased at the YMCA for \$12.00. Since your team is participating in the YMCA Spirit league your team is able to wear matching team uniforms. These uniforms may not be T-SHIRTS that are written on. All players on the court must have matching jerseys.
- ✘ Kneepads are not required, but may be worn.
- ✘ Players shall not wear anything, which is dangerous to another player or themselves, i.e. necklace, rings, watches, dangling earrings, etc.

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 playing rules.
- ✘ The referee shall officiate the coin toss for the choice of serve of side of court, to winner of toss
- ✘ Teams shall change sides at the completion of each game.
- ✘ Prior to coin flip the referee will have a pre-game meeting with the coaches/captains from both teams to discuss the basic game rules and 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 a distracting to the coaches, officials, and other fans.

Playing Rules

Ball Size: Grades 5th and 6th: Volley-Lite will be used (official size, weight 198 to 227 grams).
Grades 7th and 8th: Regulation size and weight volleyball will be used.

Net Height: Grades 5th and 6th: 7 feet
Grades 7th and 8th: 7 feet 4 1/8 inches

Warm Ups: Warm Up Time will be a total of 5 minutes after the coin toss has been completed. (Each team will have 3 minutes of hitting, and then 2 minute for both teams to serve)

Number of

Players: 5 players minimum to start the game. A team will default the game if only 4 registered players are 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 there are still only 4 players 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)

Player

Rotation: The team earning the serve will rotate clockwise before the new serve, except on the first serve.

Player

Substitution: 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. **Note: All players must play at least 1 full game of each match.**

Service: We will use the “let serve”. The let serve allows the continuation of play if a served ball touches the net and then crosses to the opponent’s playing area. There will be no service limit.

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.

Play at Net: Blocking serve is not permitted. A player may not spike the ball on the opponent’s side of the net. No player may, at any time, touch the net.

Spiking &

Blocking: Spiking and blocking will be allowed on any ball crossing the net with the exception of the serve.

Overhead

Passes: Overhead passes on serve reception and 1st team contacts: Overhand receptions of serve are allowed but passes need to be “clean”.

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. Grades 5th-8th : Each match is limited to 50 minutes. A match consists of best 2 of 3 games, all using rally scoring system. Each game is played to 25 pts with a cap of 27 pts (2 point lead). In the 3rd and deciding games, it is played to 15 points with no cap. (If at the end of the 50 minutes, the 3rd and deciding game cannot be finished in the next 2 minutes, the first team to get a 2 pt. lead will be the winning team)