



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Cleveland Family YMCA  
Youth Volleyball League Rules  
January 22, 2016**

These are the Cleveland Family Youth Volleyball Rules. The Cleveland Family YMCA reserves the right to revise, amend, or remove any of the following rules at any time if necessary for harmony of the league. There will be no protest on these rules, on games or scrimmages played within the Cleveland Family YMCA Sports Program.

**Accident and health insurance will not be carried for the volleyball players of the Cleveland Family or Chattanooga Metropolitan YMCA.**

**YMCA Philosophy**

The philosophy of the Cleveland Family YMCA Youth Volleyball Program is to provide an opportunity for every player to learn basic skills of the game, have a wholesome educational experience, and build healthy relationships with coaches and fellow players. Participation is a key part of our program and it is our choice to adopt a philosophy that does not include winning at all costs.

**I. Coach's Rules**

- A. Coach's Meeting: All head coaches are required to attend the preseason Coach's Meeting prior to holding the team's first practice. Head coaches are responsible for communicating any information from the meeting to their coaching staff.
- B. Criminal Background Checks: All head coaches will complete a criminal background check that will be kept on file at the Metropolitan YMCA and at the coach's YMCA home branch.
- C. Player Injury Responsibility: Coaches are required to notify the YMCA Sports Director of all injuries.
- D. Game Involvement: Coaches are not allowed on the court and must stay in their bench area during play.
- E. Coaches should ask a parent to volunteer as a line referee and introduce that parent to the Head Referee. Parents will line referee the opposite side from his/her team.
- F. Head Referee calls are final. Coaches may speak to the referee during a time out or at the end of a game to only discuss a call.

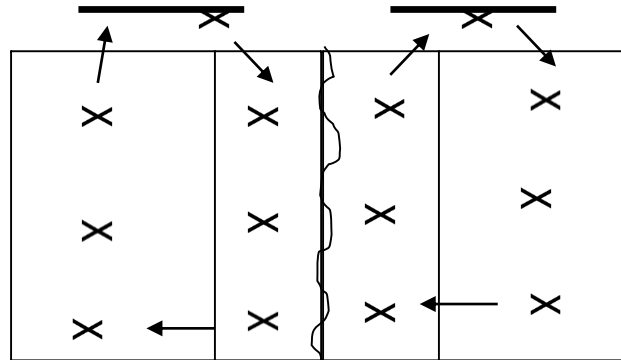
**II. Game Rules**

- A. All games will start with a coin toss. Winner chooses serve or side. Each set after will alternate sides and serve.
- B. **Game Length:** Games consist of 2 sets to 25. If a 3<sup>rd</sup> set is necessary to determine a tie, the first team to 15 points wins. There is no game clock. **Must win by 2.** No cap (as long as time allows)



- C. **Scoring:** Rally scoring will be used. To score a point, the serving team must put the ball on the ground of the opponent. The ball must land in bounds (**on the line is considered inbounds**). If a team touches the ball and it lands out of bounds that is a point for opposite team. If the serving team serves the ball and it does not make it over the net or lands out of bounds that is a point for the opponent. The opponent then receives the serve.
- D. **Timeouts:** Only 2 timeouts per set and they do not carry over from one set to the next. Teams that attempt to call a timeout while they have no remaining timeouts will lose a point. Timeouts may be called by players or coaches, but may only be called during a dead ball situation.
- E. **Ball Size:** They will use a official size ball
- F. **Net Height:** This league will play on women's height (7' 4 1/8")
- G. **Red Cards:** Players will be given red cards for any unsportsmanlike conduct. Any player to receive a red card will be removed from the game and suspended for the next game.
- H. **Net Violations:** Any player to touch the net during the process of play will result in a point for the opposing team. Any player that goes under the net and impedes or endangers the opposing team will result in a point for the other team—any other movement under the net is acceptable.
- I. **Serving:** Players must start behind the black line but may cross it. (Normally given 2 steps to serve—as ability permits)
- J. **Changing Serve:** **If a team scores 5 straight points, the opposing team will take serve.** The opposing team; however, does NOT receive a point, ONLY the ball.
- K. **Serve Violation:** Any serve that hits the net but goes over is a good serve.
- L. **Passing violations:** No player is allowed to touch the ball more than once in a row. (I.e. the player cannot pass to him/her self and hit it again. Also, the player cannot hit with one hand and then the other, resulting in a double hit and a point for the opposing team)
- M. **Lift:** To pass the ball legally, the ball must bounce off the arms or hands. Players cannot catch or lift the ball. This would result in a point for the opposing team. First touch off a serve is allowed to be sloppy.
- N. **Touches:** Each team is allowed 3 touches on the ball before it must cross the net. (Ideally: bump, set, spike). If the blocker should touch the ball, this does not count as one of the 3 touches, although if the block or any other player touches the ball and lands out of bounds, the opposing team receives a point.
- O. **Kicking:** players are not allowed to use their feet in any way to keep the ball from hitting the floor
- P. **Rotation:** 6 players are on the court at a time. Each time the service switches to your team, the players rotate to the next position. This gives every athlete the

opportunity to play every spot. On each rotation, a player will rotate out and another player will rotate in. See picture below.



### III. CONDUCT

- A. **Team Sportsmanship:** There will be a pre-game huddle before the start of each game including the game officials, team coaches, and all players present who will participate in the game. In the pre-game huddle, players will be checked for jewelry and other potential safety threats. Games will begin with a prayer and any other special instructions for that particular game will be given.  
All players and coaches will participate in sportsmanship line at the end of each game. Coaches are responsible for communicating the importance of sportsmanship and participation in this time to his/her players. **Any coach or player who does not participate in the sportsmanship line will be given a one game suspension.**
- B. **Coaches:** Coaches may only discuss a call with an official during a timeout and only then for the purpose of rule clarification. All decisions made by the officials and YMCA Site Representatives will be final. Any coach who continually argues with officials and displays bad character and/or sportsmanship will be dismissed from their coaching duties.
- C. **Verbal Abuse:** Verbal abuse directed by anyone to anyone will not be tolerated. Verbal abuse will result in a direct technical foul.