

Volleyball Rules 2021

SPORTSMANSHIP

- The YMCA does not keep official game records.
- Unsportsmanlike conduct of the players, coaches or spectators is not tolerated. If the behavior persists, the individual will be asked to leave the facility. If an individual is asked to leave and refuses, play on the field will be suspended.
- If a team has less than the number of required players, the opposing team will be asked to share players in order to provide competition. We make every effort to play each scheduled game.

YMCA YOUTH SPORTS KEY PHILOSOPHIES

- Everyone must play an equal amount of time.
- Our focus is on fun and skill development.
- Sportsmanship above all.

UNIFORM

Each player will be provided with a YMCA jersey to be worn for games. Players may choose to wear knee pads if they would like (not provided by the YMCA).

GAME INFO

- Matches/Games are played best 2 of 3 sets.
- Set 1 & 2 will be played to 25. And 3rd set if needed played to 15. All sets the win must be by 2.
- There will be one time out per team per set. Unused timeouts will not carry over to new sets.
- Rally scoring will be used for every game.
- **Centerline: a player can cross the centerline on a return or block if the player does not touch the net or interfere with the opposing player.**
- The first serve of the game will be determined by a coin toss; games 2 and 3 will be started with a serve by the team that did not serve first in the previous game.

SERVING

- Overhand and underhand serves are allowed.
- **When the serving team wins the rally, the player who served on that point serves again. If the server wins 5 points in row, the opposing team rotates one position and gains the serve.** A player is allowed one service tossing error (letting the ball bounce without hitting it after tossing it up for a serve) per serve.
- Each team will have three (3) hits to return the ball.

- All serves can be received with open hands. Serves may not be blocked or spiked.

HITTING THE BALL DURING PLAY

- After the service, the ball may be hit either with both hands, both arms, one hand, one arm, or with any part of the body.
- The ball must be played over the net after a maximum of 3 hits. C. The ball may not be contacted by the same player consecutively (exception: blocking). The ball may not be caught, pushed, carried, or held.
- The ball may not touch the ground of the playing team's court, or touch the ground outside the playing area after being contacted by a player of the same team.
- The ball remains playable if it hits an object above the playing team's court provided it has any of its 3 hits remaining, but it may not hit an object above the receiving team's court.

ROTATIONS

- 6 players on court at a time with normal rotations.

SUBS

- Only six subs per set (libero does not count)
- Starters may only be replaced once per set
- Starters must re-enter in their original position
- Subs must come in from substitution zone
- Subs must enter at the behest of the official and at the appropriate time
- Subs may only be replaced by the player they subbed for

REFEREES

- The referee shall be the sole judge on the field of play. All rules will be enforced by the YMCA officials. All calls will be up to the official's discretion. Please remember that this is a recreational league and we are all here for the players to learn skills in a fun and motivating atmosphere.