

## Youth Volleyball- Development League Rules & Guidelines

### I. General

- A. The YMCA Development League focuses on skill development, fun, and a sense of team in a semi competitive environment. Scores and standings are not kept.
- B. Except where otherwise noted in these rules, National Federation Rules (High School) shall govern competitions in YMCA youth volleyball leagues.

### II. Coach/Parent/Player Expectations

- A. Late Policy: It is imperative for games to start on time. Nevertheless, there is a 5-minute grace period for the start of the game if a team does not have at least 4 players. Teams can start with 4 players. If after the 5-minute time period a team is unable to start 4 players the game will not be played
- B. Coaches, parents and players are expected to uphold YMCA values in both victories and in defeat.
  1. Coaches/Parents/Players will ensure and promote a culture of celebration. Taunting or otherwise demeaning of others will not be permitted.
  2. Coaches/Parents/Players will be expected to address the referees of the game in a respectful and professional manner. Coaches must hold all questions about calls until a stoppage in play.
  3. Coaches/Parents/Players will refrain from using profanities while representing the YMCA.
- C. Coaches are responsible for the conduct of their players, parents, coaches and fans. The coach must set the tone for positive behavior from the kids and parents. The team will look at the coach as a role model and will generally replicate the coach.
- D. Coaches and players should learn and work to fully understand both standard volleyball and specific Y league rules.
- E. Coaches will play all players on their roster 50% of the game.
- F. Coaches must remain on the sidelines and on their half of the court during play.
- G. Coaches will complete all aspects of onboarding, including completion of criminal background check and online volunteer application and attendance at Y coaches meeting.
- H. Coaches are all **volunteers**. Administrative support and equipment will be offered by the Anaheim Family YMCA.
- I. Player Safety: All types of jewelry (earrings, bracelets, necklaces, etc.) must be removed before the game.

### III. Teams

- A. Teams will be formed with following considered:
  - Grade/Age at the start of season (evaluation day)
  - Friend/Coach requests
  - Practice day availability
- B. Players will remain on the same team throughout the entire season.
- C. Teams shall have no more than 12 players, unless specifically changed by the Sports Director.
- D. Six players per team shall participate at any one time. If one team has only 4 players. No official game will be played with fewer than 4 players per team.
- E. Only players on Y rosters are permitted to participate in practices and games.

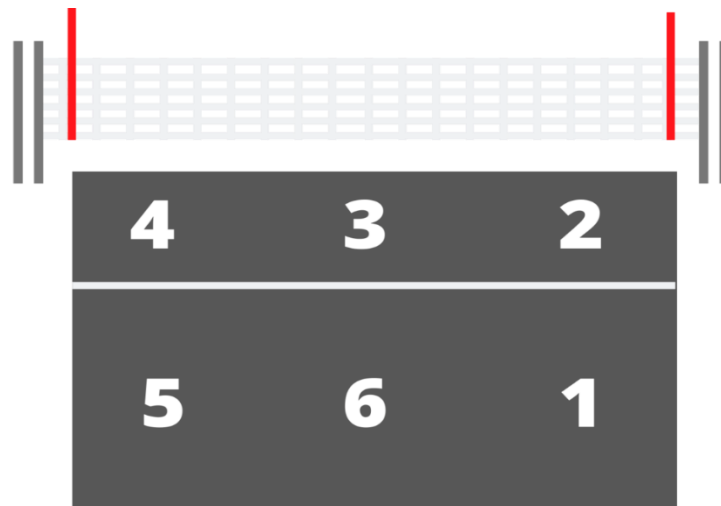
- F. YMCA Uniforms are required to play in the game. Knee pads may be worn.
- G. For injuries, play must be stopped at once. Players may return to their bench or take a knee on the court.

#### IV. Pre-match Procedures

- A. Conference: a conference will be conducted by the referee between coaches from each team prior to each match. Information on overhead obstructions, non-playable court obstructions, etc. will be given.
- B. Coin Toss and Service: The referee will conduct a coin toss with captains from each team. Away team will call the coin toss. The winner of the coin toss will determine whether to serve or receive. 2nd set teams will change sides and the serves changes to the team that did not receive the first serve. If a 3rd set is needed a coin toss will again determine which team will serve first. The home team will call the coin toss for the 3rd set.
- C. Warm-up: 6 minutes will be allowed for warm-up. Warm-up time will be as follows:
  - 2 minutes of pepper/ball handling for both teams
  - 2 minutes hitting for both teams.
  - 2 minutes of serving for both teams
- B. Line-up: Prior to the match, the coach will submit a line-up to the scorekeeper. The line-up will consist of the name and number of the player and the order in which the players will play.

#### V. Game Play

- A. Any player that attends practice on a regular basis, is expected to play a minimum of 50% of game. No player may play the full game. Players not regularly attending practices and games may have limited playing time. Sports Director must be contacted before limits put in place.
- B. Teams will play 2 sets. Sets will be played to 21, cap 25. Rally score, win by 2.
  - 1. A third set will be played if time permits. Third set only be played to 15.
- C. Matches will end after 45 minutes.
- D. Player Rotation/Sub:
  - 1. Each team will start the game with six players on the court. Serving team rotates prior to serving (except for first serve of the set). Rotations will occur in a clockwise direction with the server rotating out (#1) when a side-out is called and a new player rotates into the middle/back row position (#6). Substitutions will be allowed for injuries. (see diagram below)



- 2. Rotate in at center back position. A new player must rotate in on every serve after a side out and the new player must move into the center back position.

3. Player substitution will occur using the "rotation" method. Players will enter the court at the same position following a change of possession and the player previously at that position will rotate out. Substitutions must be made at the Middle Back position.
  4. In an effort for players to have as close as possible to equal amount of playing time, after a set is complete, the players must start the next set in the same positions they left off from in the previous set.
  5. The goal of the YMCA is to provide all children with equal playing time. All players must play a minimum of 50% of the game. If a player ends up becoming ill or injured during a game, he or she can be substituted out.
- E. Out/In Bounds:
1. The ball is in if it hits any part of the perimeter line. The ball is out if goes outside of the perimeter line, the antennas, or hits the walls.
  2. Ceiling: If the ball hits any part of the ceiling, including the basketball goals, and lands on the opposite team's side of the net it results in a side out. If the ball hits the ceiling and lands on the same side, the ball is still in play.
- F. Spiking:
1. A spike can be performed on the front row or the back row, but the back row player may not spike on the front row unless their feet are planted on the ground.
- G. Setting:
1. On serve receive, you are allowed to set the ball. A lift or carrying will be called if the ball looks like it was held on to or thrown or if the player's hand is open and turned upright.

## VI. Serving

- A. Serving Location: Players must first attempt to serve from the serving line - Overhand or underhand from the up line (15 ft from net). Stepping on service line acceptable as long as foot is not completely over. Will be allowed to serve from a spot on the court in which they can successfully serve over the net, behind the black line (front line)
- B. If the first serve is unsuccessful a player may be allowed to serve over the net, behind the black line.
- C. The player in the back-right position (#1 position-server) shall hit the ball with one hand, fist or arm, either held or after release from behind the service line (If service line is touched or crossed, it is a foot fault).
- D. The ball must cross the net and be between the antennas. The serve will also be good if it hits the nets within the antennas and goes over.
- E. All players except the server must be inside the court during the serve.
- F. All players must wait for the whistle and signal before serving the ball. After one warning per server, a side out will be called.
- G. Teams do not rotate before the first serve of the set.
- H. Number of Serves:
  1. All players must attempt to serve from the serving line. If the player does not make it over the net, player may be given a second attempt at closer location on the court
  2. **A player may only serve 5 consecutive points.** The 5<sup>th</sup> point results in an automatic side-out and the opposing team serves. No point will be awarded to opposing team.
- I. Serve faults happen when the ball touches a player of the serving team, fails to pass over the net, lands out of bounds, or passes over a screen-any player action that hides the server as the ball is being served.

## VII. Other Rules:

- A. A distinct hit must be made. No holding, throwing or catching the ball is allowed.
- B. The ball may be hit three times by one team in a volley. Any one player cannot hit the ball twice in succession. This would be called a double.
- C. Touching an opponent under the net is not allowed.
- D. Players may never touch the net while the ball is in play.

## VIII. Time Outs:

- A. Each team is allowed one timeout per set for 30 seconds. Unused timeouts will not carry over to the next set.
- B. Time out between sets will be 2 minutes from the end of the last set.

## IX. Referees

- A. 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.
- B. The referee can ask coaches, parents, players, and spectators to leave the field of play or the facilities to maintain a pleasant atmosphere, and control of the game.
- C. If a coach, player, or spectator, is ejected from a game, that person(s) is automatically removed from the next game and will be reviewed by the YMCA. Should another incident occur within the same season, the coach, spectator, or player may be ejected from the league permanently.
- D. The referee may stop, suspend, or terminate the game because of the elements of interference.

## X. Team Duties

- A. Each team will provide a line judge that is 16 years or older for each game.
- B. Each team will provide a scorekeeper for each game.

Age Division	Players	Max Roster	Net Height	Game Length	Ball Size
10-14 yrs	6 vs 6	12	7'4"	Games to 21, 21 & 15; best of 3 or 30min	Standard

### YMCA YOUTH SPORTS KEY PHILOSOPHIES

Everyone must play an equal amount of time.  
Coaches are volunteers. They are not paid.  
Our focus is on fun and skill development.  
Sportsmanship above all.  
We promote a family atmosphere.

***\*By volunteering to be a coach, you have chosen to be a role model for all participating children and to represent yourself and the YMCA at all games and practices throughout the year\****