

YMCA Volleyball Rules



- **Serving**
 - Server must serve from behind the end line until after contact.
5th/6th Graders will be allowed to move up from service line as necessary. (FT line)
 - Ball may be served underhand or overhand.
 - Served ball may graze the net and drop to the other side for point.

- **Rotation**
 - Team will rotate each time they win the serve.
 - Players shall rotate in a clockwise manner.
 - There shall be 6 players on each side.
PLEASE NOTE: TEAMS MAY PLAY WITH LESS THAN 6 PLAYERS, HOWEVER,
EACH TIME THE "OPEN" SPOT COMES UP IN THE ROTATION TO SERVE,
THAT TEAM WILL LOSE A POINT AND THE SERVE RETURNS
TO THE OTHER TEAM.

- **Gameplay**
 - Maximum of three hits per side.
 - Player may not hit the ball twice in succession. (*A block is not considered a hit*)
 - A ball may be played off the net during a volley or on a serve.
 - A ball touching a boundary line is considered "in".
 - A legal hit is contact with the ball by a player's body above and including the waist, which does not allow the ball to visibly come to a rest.
 - If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next hit.
 - A player must not block or attack a serve.
 - Switching positions will be allowed only between front line players, and **ONLY** after the serve.
 - (2) timeouts per game are permitted.
 - Each team will possibly be asked to have a volunteer serve as the End Line Judge to assist the YMCA referee.

- **Scoring**
 - Rally scoring will be used, a point will be scored on every score of the ball.
 - A game will be played to 25 points. Games must be won by 2 points.
 - Games will be the best of 3 this season. If tied after 2 sets, a 3rd set will be played to 15 points.

- **Violations**

- Stepping on or over the line on a serve.
- Failure to serve the ball over the net successfully.
- Hitting the ball illegally. (*Carrying, Palming, Throwing, etc.*)
- Touches of the net with any part of the body while the ball is in play. However, if the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and shall be in play.
- Reaching over the net, except under these conditions:
 1. When executing a follow through.
 2. When blocking a ball which is in the opponent’s court but is being returned. (The blocker must not contact the ball until after the opponent, who is attempting to return the ball, makes contact – except to block the third hit.)
- Reaches under the net, or steps over the line under the net.
- Failure to serve in the correct order.
- Blocks or spikes from a position which is clearly not behind the 10-foot line while in a backrow position.

- **Volleyball Tournament**

- During the league, scores will be kept, and teams will be seeded for the end of season tournament.
- All regular season rules will apply, including the 3rd set to 15 points TIEBREAKER.

VOLLEYBALL LINGO	TRANSLATION:
“ACE”	When the ball is served to the other team, and no one touches it.
“SIDE OUT”	When the team that served the ball makes a mistake, causing the ball to go to the other team.
“DIG”	When a player makes a save from a very difficult spike.
“KILL”	When a team spikes the ball and it either ends in a point or a side out.