



YMCA Spirit Volleyball Rules

USA Volleyball (USAV Rules) apply except as modified as below. Listed are many of the USAV rules. However, for all USAV rules, please refer to the most current USAV Rulebook.

Playing Rules with Modifications

Court Size

- Grades 4th-8th: 30' x 60' (Regulation size).

Ball

- Grades 4th-6th: Volley-Lite (official size but lighter weight)
- Grades 7th-8th: Regulation size and weight volleyball

Equipment

- If you have your own uniforms, they should have numbers on the back.
 - If you have the YMCA Spirit Jerseys, they must be worn for all matches.
- Volleyball kneepads are highly recommended.
- Jewelry is NOT allowed to be worn during youth sports matches/games. This includes NO earrings **(cannot tape earrings)**.
- No hard cast/splint allowed during matches/games.

Net Height

- Grades 4th-6th: 7' approximately
- Grades 7th-8th: 7'4^{1/8}" approximately

Warm-up

- The procedure will be 2-2-1 after the coin toss has been completed.
 - Each team will have the court for 2 minutes.
 - There will be 1 minute of shared serving.

Number of Players

- Grades 4th-8th: All grade levels will have 6 players on the court.
- A team may play with 5 players, but will lose a point every 6th rotation.
- A team will default the set if only 4 players are present to begin a match.
 - After a team defaults the first set, 10-minutes will be allowed for the team to wait for other arriving team members.
 - At the expiration of the 10 minutes if the team does not have a minimum of 5 players, that team will forfeit the match.

Time Limit and Scoring

- Matches are limited to 50 minutes.
 - A match consists of best 2 of 3 games, all using rally scoring.
- The first two sets are to 25 points with a cap of 27 points (a team needs to win by 2 points if the game is tied at 24).
- For the 3rd deciding set, it is played to 15 points with no cap.
 - If at the end of the 50 minutes and the 3rd game cannot be finished in the next 2 minutes, the first team to get to a 2-point lead will be the winning team.
- Each team has 2 time-outs per set. Clock will not stop on time-outs.
- If a time-out is called in the 3rd set and the score is within 5 points, clock will stop.

Substitutions

- All players will have a number. A player in the starting line-up may leave the set and re-enter, but only in their previous position in the line-up.
- A substitute must enter a set in the position of a teammate in the starting line-up.
- Unlimited substitutions per set.
- Each entry must be in the same position in the line-up. More than one substitute may enter the set in each position.
- All players must play a total of at least 1 full set of each match.

Serving

- The YMCA uses "let serve". The "let serve" allows the continuation of play if a served ball touches the net and then crosses over to the opponent's playing area.
- 4th-6th Grade leagues may serve 6 feet in front of the serving line. The line may be a marked with a line/dot on the floor.
- 7th-8th Grade will serve from the regulation service line.
- Service foot faults will be called.

Liberos

- Liberos are only allowed for grades 7th/8th.
- Liberos must wear a jersey/shirt that clearly contrasts with the libero's team's jersey.

Common USAV Rules**Service Toss or Release**

- One service tossing error is permitted for each service. A "service tossing error" occurs when a ball has been tossed or released by the server and lands on the ground with or without touching the player or is caught by the server.
- After a service toss error, the official will authorize the service again, and the server must execute it within the next 8 seconds.

Net Violations

- Net violations will be called at all grade levels.
- It is not a net violation:
 - If a player's hair touches the net.
 - If a ball goes into the net and causes the net to touch a player on the opposite side of the net.

Ball Hitting Ceiling or Overhead Object

- A ball that hits the ceiling can only be played on the same side it is hit on; it cannot hit the ceiling and go over to the opponents' side.

Blocks

- To be considered a block, a hand or arm must be above the top of the net.
- A block is not counted as a team hit.
- First touch after a block may be executed by any player, including the player who blocked the ball.

Hits and Touches

- For the first contact of the receiving team, the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.
- Kicking the ball is legal as the ball may touch any part of the body.
- A ball that solely touches a player's hair is not considered a touch.

- Touch by two players: When two or more teammates touch the ball simultaneously, it is counted as one hit. Any player may play the ball next if the simultaneous hit is not the teams third contact.
- **Hitting/Touching Violations:**
 - Catching or carrying the ball.
 - Throwing the ball.
 - Double Contact- player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.
 - Open hand/palm hits (underhand or overhand) or throwing hits will be called on all grade levels.
 - One hand is legal as long as the ball doesn't come to rest.

Overhead Attack of a Serve

- Overhead receptions of serves or attack-hits are allowed, but the executions of such overhead passes need to be "clean".
- Cannot make an attack hit on an opponent's serve when the ball is completely above the top of the net.
- Cannot block a serve if the ball and blocker's hand(s) are completely above the net.

Backrow Attacks

- A backrow player may complete an attack hit at any height from behind the 10ft line.
- At his/her take-off, the players feet must neither have touched nor crossed over the attack line.
- After his/her hit, the player may land within the 10ft line.
- a back-row player may also complete an attack hit from within the 10ft line, if at the moment of the contact a part of the ball is lower than the top of the net.