



Idaho Falls YMCA Youth Volleyball Rules

Game Play:

- Max 3 hits per possession, 4th hit will result in a side out.
- A player may not hit the ball more than once in succession *A block is not considered a hit
- Balls may be played off the net during a volley or a serve
- A ball touching the line is considered in bounds; each team will need to provide a line judge for their game
- A legal hit is contact with the ball by a player's body as long as the ball does not come to a visible rest, lifting, or carrying a ball is a violation
- If two players hit the ball simultaneously, it is considered one hit and neither player may hit the ball a second time.
- Switching positions will be allowed after the serve and only the front line.
- If the ball hits the ceiling, the basketball hoops, and stays on the side of the team that hits the ball, they may continue the play as long as the 3-hit rule is still in play. If the ball hits the ceiling on the opposing side, the play results in a side out. ***9-11yr olds:** If this happens on the first serve, a reserve will be granted.

The Serve:

- The server of the game will be determined by rock, paper, scissors
- The server may not serve the ball until the referee blows the whistle
 - *9-11yr olds** If the serve is made before the whistle, the ref may ask to do a reserve, and one more opportunity will be given
 - *12-14yr olds** If the serve is made before the whistle, it will be counted as a missed serve and will result in a side out.
- Each Player will be allowed SIX successful serves either overhand or underhand, per possession.
 - *9-11yr olds** after SIX successful serves the ball will then go to the other team
 - *12-14yr olds** after SIX successful serves the team will rotate to a new server

- **9-11yr olds** If the first serve is not successful, served out of bounds or into the net, a "redo" will be allowed. If the redo results in a missed serve, it will result in a side out and the ball and point will go to the opposing team
- **12-14yr olds** A missed serve will result in a side out and the ball and point will go to the opposing team
- All players will be given ONE bad toss, provided the ball is not touched or caught on the way down.
 - *9-11yr olds** a caught toss on the first serve will result in a redo, a caught ball on the second toss will result as a side out and the ball and point will be given to the opposing team.
 - *12-14yr olds** a caught toss will result as a missed serve and result as a side out. The ball and point will be given to the opposing team.
- **9-11yr olds** Service is to be from the 15ft line, if the server is new and learning they may go behind the 10ft line. The ref will encourage servers to move back if they are continuously successful from the 10ft line.
- **12-14yr olds** Serves from the 30ft line are strongly encouraged, however if the server is new and still learning they may serve between the 20ft and 30ft line. The ref will encourage servers to move back if they are continuously successful from the 20ft line.
- A ball that is served may hit the net and go over to be played
- Serve may be returned with open hands (a set) but may not be blocked or spiked unless behind the 10ft line (Attack Line).
- 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 positive atmosphere.



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Scoring:

- Rally scoring will be used for all divisions.
- There will be a point scored for every possession of the ball
- Offense will score on a defensive miss or out of bounds hit by the defense
- Defense will score on an offensive miss, out of bounds hit by the offense or missed serve
- Games will be the best of 3
- Score will be 25, win by 2, cap 30pts. If the score is 29-29, the team that hits 30 wins the set.
- If a 3rd set is needed, the score will go to 15, win by 2, cap is 20. If the score is 19-19, the team that hits 20 will win the game.

Violations:

- A player cannot cross the center line with their entire foot or body.
- Players cannot touch the net with ANY part of the body while the ball is in play. If the ball is driven into the net with such a force that it causes the net to touch a player, there will be no foul called.
- Reaching over the net is not allowed.

Team Duties:

- The YMCA will provide a staff member to keep score; there may be a time a volunteer may need to keep score in the event a YMCA employee is unable to come to work
- Each team will need to provide a line judge
- Both teams are responsible for cleaning their area immediately after the game, please pick up all trash
- During the game, there shall be a limit of TWO coaches on the sideline.
- All spectators must be seated on the sidelines. No children can be unattended in the hallways.
- Coaches, are to address any issues with the parents

Times outs:

- Each team will be allowed one 1-minute timeout per set

Sportsmanship:

- Unsportsmanlike conduct of the players, coaches, or spectators will not be tolerated. If the behavior persists, the individual will be asked to leave the facility. If an individual is asked to leave and refuses, play will be suspended until the person leaves the facility
- Any player, coach, or spectator ejected will be suspended for at least one game and will be placed on season probation. If ejected again during a game, the individual will be permanently removed. The YMCA will review all suspensions, removals, and reinstatements.
- If the team has less than the number of players required to play (at least 5), the opposing team may be asked to share a player or two. We will make every effort to play each scheduled game.
- Coaches are expected to adhere to the YMCA values and are responsible for their teams' actions. This includes players and parents.
- After each game, cheer and handshakes between the two teams must happen.

Referees:

- The referee(s) shall be the SOLE judge on the volleyball court.
- The rules will be enforced by the YMCA officials (Please remember our refs are someone else's children, and if you would not like your child to be verbally attacked, do not do it to them.
- If the atmosphere of the game feels unsafe or the YMCA's values are not being adhered to, the referee or YMCA staff may end the game.