

Maquoketa Area Family YMCA Youth Volleyball



YVOLLEYBALL™

We build strong kids, strong families, strong communities.

Youth Volleyball Rules

1. Players

- a. Each player must wear a YMCA team shirt
- b. Each player is required to wear non-marking shoes in the gym. Players MUST bring a change of shoes to wear in the gym before they will be allowed to play.
- c. We recommend, but don't require, all participants wear knee pads.

2. Games

- a. Division A
 - i. Each game must start on time.
 - ii. Games will be played 6 vs 6. If a team is short players, they may borrow players from the opponent in order to field 6 players.
 - iii. Each match will be played the best 2 out of 3 games. More often than not, if time permits, we will play the 3rd game regardless.
 - iv. All games will be played with rally scoring.
 - v. Each game, except the third, will be played to 25 points rally scoring, win by 2, no cap. The third game will be to 21, win by 2, cap at 25.
 - vi. Teams will be given 1 time out per game, 45 seconds in length. Time-outs do not carry over.
 - vii. There will be 2 minutes between games.
 - viii. Substitutions may be made after play has ended before the next serve.
 - ix. Cooperation between teams should be emphasized to ensure a safe practice time before games.
- b. Division B
 - i. Each game must start on time.
 - ii. Games will be played 6 vs 6. If a team is short players, they may borrow players from the opponent in order to field 6 players.
 - iii. Each match will be played the best 2 out of 3 games.
 - iv. All games will be played with rally scoring.
 - v. Each game, except the third, will be played to 25 points rally scoring, win by 2, no cap. The third game will be to 21, win by 2, cap at 25.
 - vi. Teams will be given 1 time out per game, 45 seconds in length. Time-outs do not carry over.
 - vii. There will be 2 minutes between games.
 - viii. Substitutions may be made after play has ended before the next serve.
 - ix. Cooperation between teams should be emphasized to ensure a safe practice time before games.

3. Offensive Regulations

- a. Division A
 - i. There will be a back baseline and there will be a serving line. The back baseline will be marked with tape and is 21 feet from the net. The serving line, the thick white line closest to the net, will be the serving line and is roughly 10 feet from the net. Only under hand serving is allowed.
- b. Division B
 - i. The back baseline is the baseline for your standard volleyball court. The serving line will be the thick line, free-throw line extended. The back baseline is roughly 30 feet from the net and the serving line is 27 feet from the net. Serving may be done over or under hand.
- c. All spiking must be done with an open hand.
- d. A three-serve rule will be in effect for each team, then side-out.
- e. Serves that hit the net and go over will require a re-serve. Serves must clear the net cleanly to be playable.

4. Defensive Regulations

- a. A ball cannot be hit twice in a row by the same player.
- b. No liberos (defensive specialist)

5. Additional YMCA Volleyball Rules

- a. All coaches and participants will recite the YMCA Youth Sports pledge prior to the start of the game.
- b. Opposing parents/coaches and players will shake hands after each game.
- c. Score will be kept.