

YMCA of Moore County

Youth Programs – Volleyball Rules

7th – 8th Grade Rules

GAME RULES

The YMCA strives to teach character values such as Caring, Honesty, Respect and Responsibility.

CARING

- Everyone plays. **All players will play a minimum of 50% of the game.**
- The game shall consist of six players per team on the court. In the event a team does not have six players, the game may continue with the players available. The opposing team will continue with six players. The goal is to play. The game will not be forfeited or rescheduled.
- Coaches may remain on the sidelines during the game to instruct and encourage players at all times.
- No jewelry of any kind including earrings/studs, hair pins, hair beads, barrettes, clips or hats.
- If a child cries and/or refuses to continue, another player of the same team will substitute.

HONESTY

- All team members must register with the YMCA before the first game day.
- All team members will play fair and by the rules.

RESPECT

- Officials are required to demonstrate respect at all times. In return, players, coaches, spectators, etc. will demonstrate respect for the official. This allows adults to be good examples to the players. Violations of the Code of Conduct will result in ejection from the game and suspension for the remainder of the season.
- The game will be abandoned if the official feels the game, coach, and/or spectators are out of control.
- Officials make the final decision. Players, coaches, spectators, etc. are encouraged to schedule a time which is most convenient for all parties to discuss any questions or concerns with the YMCA staff.

RESPONSIBILITY

- All players will wear the official YMCA team shirt.
- Parents should volunteer as much as possible taking turns keeping score, watching lines, etc.
- Each team must provide one linesman and one scorekeeper for each game.
 - Scorekeepers will sit together to minimize mistakes and/or confusion.
 - Scorekeepers will keep the clock.

RULES FOR PLAY

- VolleyLite volleyball will be used as the official game ball.
- The net height is 7'.
- Overhand serve preferred. Underhand serve may be used.
- The serving area is from the back line.
- A coin flip determines which team serves first.
- Scores will be kept during the game. Scores will not be recorded to determine a first place team. This allows coaches to focus on teaching the Y's core values, as well as the most basic fundamentals of the sport.

THE GAME

- Each match consists of 3 sets. Every team will play 3 sets every match.
- The time limit is 15 minutes for each set.
- The clock will run continuously with the exception of an injury to a player.
- A match will not last more than one hour.
- Each team will be allowed one 30-second time out per set. The clock will not stop.
- The rest period between sets is 2 minutes.
- Players will substitute at Center Back with each rotation. Rotation begins after the first serve.
- A server may not serve more than 3 consecutive successful serves.
 - After 3 consecutive successful serves, the result is a side out.
 - If the server misses a serve at any point the result is a side out and a point for the other team.
 - "Let" serve will be used. This means if a serve hits the net, goes over the net and is not played, the serving team will be awarded a point. If the ball does not go over the net, the result is a side-out and a point for the other team.
- Rally scoring will be used which means every serve scores.
- All sets will be played to 25 points, with a cap of 27 points.
- The game is over when a team scores 25 points and is ahead by 2 points, when a team scores 27 points, or when time expires, whichever take places first.

THE VOLLEY

- Maximum of 3 hits per side
- Player may not hit the ball twice in succession (a block is not considered a hit)
- The ball may be played off the net during a volley and on a serve
- A ball landing on a boundary line is "in".
- A ball that hits the ceiling is fair if it lands in the hitter's court. A ball that hits the ceiling is out if it lands in the opposing team's court.