

YMCA of McCook Youth Volleyball Rulebook

Updated 2026

YMCA GOAL

The YMCA goal is to provide youth the opportunity to play volleyball. To teach the sport and to put positive principles into practice. Sportsmanship, teamwork, and fun are to be emphasized. This is an instructional and recreational based league.

YMCA FACILITY POLICIES

- All YMCA facilities; game and practice locations included, are smoke, tobacco, and alcohol free zones. All facilities and locations are pet/animal free zones for the direct safety of others.
- Please clean up your own and others trash when done.

YMCA PARTICIPANT AND SPECTATOR CONDUCT

- All coaches, players, spectators, and volunteers are expected to adhere to YMCA philosophies, guidelines, and codes of conduct and should hold themselves to the utmost integrity.
- Coaches are responsible for all team members before, during and after games and practices.
- YMCA referees, supervisors and volunteers are not to tolerate unsportsmanlike conduct. In the incident of poor sportsmanship, the violator will be reminded on first offense, and ejected on any second offense. Trash talk or taunting in the intent to embarrass, ridicule or demean others under any circumstance will not be tolerated. Physical harm to others is unacceptable.

WARNINGS

Players or coaches who consistently infringe upon the rules of the game; make disrespectful remarks or gestures towards others; or otherwise conduct themselves in an unsportsmanlike manner may be warned by the official. If a second warning is necessary; violent conduct or serious foul play continues; or foul or abusive language occurs, then the player or coach may be suspended from the game. The Sports Director shall review the severity of the act and determine further action and/or discipline.

EQUIPMENT

- Players will wear their provided YMCA team color shirt/jersey respective to their team & sport. Volleyball/Court shoes are recommended. Regular tennis shoes are acceptable. No crocs, sandals, open toe shoes etc. Knee pads are highly recommended, but not required. – NO jewelry, hats, etc.
- Volleyballs are available for practice at the YMCA and for checkouts by coaches practicing elsewhere. Team shirts will be handed out to teams prior to their first game.

PRACTICES

Practices will be scheduled by the coach in conjunction with team members. Coaches will need to sign up for gym time at the coach's meeting or after. It is recommended teams practice at least two to three times before their first game. At least once, and no more than two practices a week should be conducted thereafter. Practices should be approximately 45 minutes to 1 hour in length. If unable to

attend, a Head Coach is expected and required to inform the team and ask for an assistant/team parent to fill in.

COACHES

Teams may have up to 3 coaches. Coaches are responsible for knowledge of rulebook, schedule, and overall direction of the team.

DIVISIONS –PLAYERS ON THE COURT - BALL

Team sizes may vary. If a team is short, coaches must have approval of Sports Director/Game Official to play with a modified number, or to share players.

- **K-1: 6v6 – Training Volleyball**
- **2-3: 6v6 – VolleyLite Volleyball**
- **4-6: 6v6 – VolleyLite Volleyball**

TIME & GAME FORMAT

Games will be played at the scheduled times. Please have your teams ready to play 10 minutes prior to the scheduled start time.

- **K-1:** Teams will warm up and practice for the first 15 minutes. Teams will then play a game for 30 minutes. A one-minute break will be taken halfway.
- **2-3 & 4-6:** 5-minute warm up. Teams will then play matches limited to 45 total minutes or 3 sets, whichever comes first. Teams will switch sides after each set. At the end of 45 minutes, the set will end as is, regardless of score. Each team is allowed one, 30-second time out per match/game.
- **Net Height:**
 - K-1: 6' 0"
 - 2-3: 7' 0"
 - 4-6: 7' 0"
- **Player Rotating:** *All coaches must play each player an equal amount of time regardless of ability.*
 - Players sit along the sideline in a team rotation order. Players rotate into the game at the serving position and rotate, exiting the court before the serving position. Rotation occurs after a side out and only the team gaining the serve rotates. The team losing the point does not rotate.
- **Officials & Scoring:**
 - Grades K-1:
 - Officials: One coach from each team will assist on their side of the court. No officials will be used.
 - Scoring: Score will not be kept
 - Grades 2-6:
 - Officials: One YMCA official will officiate each game.
 - Scoring: 2 sets to 25, 3rd set to 15 if time allows. Teams must win by two in all sets. Rally scoring will be used. Each team will provide one scorekeeper for each match.

GENERAL RULES AND GAME GUIDELINES

- The lines bounding the sidelines and end lines are in-bounds, in their entirety and those lines bind the inbound area. The court size shall be regulation for all grades.
- Overhand serving is encouraged to improve fundamentals.
- The official has the final say on all calls. Points of conflict can be brought to the sports director after the game.

All Grades/Divisions

1. If the serve hits the net and goes over, it is a live ball and should be played.
2. After a player has five successful consecutive serves, the opposing team will be awarded the serve.
3. Players are allowed to return a serve by bump pass, clasping their hands together, a closed fist, open hand receive and setting the serve.
4. All side outs count.
5. Each team may have three successive contacts to return the ball to the opponent's area.
6. Double contact occurs when a player hits the ball more than once with no other player touching it in between these contacts.
7. A player can never touch the net while the ball is in play but may play a ball off the net. If a player's hand or foot completely crosses the plane of the centerline, it is a violation.
8. If the ball hits the ceiling, it must come back down on the team's side which hit it into the ceiling with said team having at least one legal hit remaining. If a team hit the ball and hits the ceiling while volleying over, it is a dead ball and will be awarded to the team not forcing it into the ceiling.
9. Other than a serve, if a ball is driven into a foreign object (i.e. backboards, walls, etc.) it will become dead. "Driven" constitutes that the ball would not be playable thereafter the hit that caused it into a foreign object. If the ball likely would have been playable and in more of a "floating" fashion, a replay may be issued. This is a judgement call on the referee's behalf.

Serving 4-5-6 grades

1. Players will be allowed to serve from a line seven feet closer to the net than the regulation service line. Each rotation, a player's first two serves must be overhand serve attempts. Players may serve underhanded on their third attempt.
2. The server may not serve until the referee has blown the whistle. If the server serves before the whistle is blown, the ball is given to the other side.
3. Attacking the serve is not allowed. Contact with the ball must be made below the height of the net if it is directed to the opposing team.

Serving 2-3 grades

1. Players will be allowed to serve from as close as the top of the three point arc-extended. Each rotation, a player's first serve must be an overhand serve attempt. Players may serve underhanded on their second and third attempts.
2. The server may not serve until the referee has blown the whistle. If the server serves before the whistle is blown, the ball is given to the other side.

Serving K-1 grades

1. Players will be allowed to serve from as close as the red attack line. Players may attempt to serve overhanded if able. Underhand serves are allowed.

Serving Note: Each rotation, a player's first two attempts may be unsuccessful, however, from when a player has a successful attempt, that player must then continuously have successful serves thereafter or a side out will be recorded. i.e. A player has a successful first attempt and an unsuccessful second attempt, that player's team loses the right to serve. There is no requirement for players to move back to the regulation service line.