YMCA of McCook Adult Volleyball

6v6 Rules

Updated 2026

The YMCA of McCook will abide by USA Volleyball Rules with the following exceptions:

Conduct: Any unsportsmanlike conduct, physical or verbal abuse to any participants, spectators, or employees of YMCA of McCook, dependent on action, will receive a warning and be asked to leave the premises on second action. The YMCA reserves the right to cancel, postpone, forfeit on behalf of, or suspend gameplay or players that infringe upon these guidelines. Any act of unsportsmanlike conduct will be left at the discretion of the Site Supervisor, Sports Director, and/or CEO.

I. Eligibility:

A. Each participant must be at least 16 years of age.
B. Initial rosters must be turned in by the first game. Players' names must appear on the roster to play. Captains may add team members to fill their 10 person roster up until tournament play begins if an original roster spot is available. In certain cases, injuries may allow a team an addition or drop to fill their roster.
C. Players' names must appear on the roster to play. Any player who is not listed on the roster and plays will cause their team to forfeit all offending games.
D. Players are not allowed to play on multiple teams in the same division. Teams using non-rostered players will forfeit all offending games.
E. Women are not allowed to play on both a recreational and competitive team in the women's division.

II. Awards:

A. T-shirts will be awarded to the League Champion in each league.
B. Season record ties will be decided by:
    1. Head-to-Head.
    2. Head-to-Head Point Differential
    3. Average Point Differential.
    4. If none of these measures breaks the tie, co-winners will be declared. *For tournament standings, a coin toss will determine the seed. A YMCA employee will administer the coin toss.

III. Competition Format

A. **Co-Ed:**
    i. Net Height- 7' $11^{5/8''}$
    ii. Games are permitted to begin with 4 players. Each team has 10 minutes after the scheduled game time to have a minimum of 4 players. If the minimum is not met, the game will result in a forfeit.
    iii. There may never be more male players on the court than female players. The only exception to this rule is if a team has 5 players in which there may be one more male than female (i.e. 3 males and 2 females).

iv. When the ball is played more than once by a team, a female player shall make at least one of the contacts. Contact of the ball during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball, regardless of the number of hits by a team.

B. **Women's Recreational & Competitive (6v6)**
   i. Net Height– 7′ $4^{1/8''}$
   ii. Games are permitted to begin with 4 players. Each team has 10 minutes after the scheduled game time to have a minimum of 4 players. If the minimum is not met, the game will result in a forfeit.

C. **The following rules apply to all leagues:**
   i. A player may not intentionally kick the ball (this includes sticking out their foot to keep the ball alive) and have the ball pass back over the net. This will result in a point for the opposite side. Players are permitted to kick the ball if it stays on their side.
   ii. If the ball hits the ceiling or obstruction, it must come back down on the team's side which hit it into the ceiling or obstruction with said team having at least one legal hit remaining. If a team hits the ball and hits the ceiling or obstruction while volleying over, it is a dead ball and will be awarded to the team not forcing it into the ceiling.
   iii. Due to limited serving space, foot faults are allowed within two feet beyond the endline.
   iv. No player from the back row may move to block in front of the 10′ line.
   v. Rally scoring will be used.
   vi. Best of three. First two games to 25, win by two. Third game to 15 if needed, win by two.
   vii. One Referee will be provided by the YMCA. No line judges will be utilized. The referee will keep the official score.
   viii. 40-minute time limit on all matches. If the clock runs out, a team must win by two. There will be no time limit for tournament matches.