Playing Time
At the YMCA we want each player to have the opportunity to play and learn the game. Therefore coaches must strive to provide each player with equal play time in every match for the players present. A player will be allowed to participate in the match if the player has missed a practice, however all players should be encouraged to attend all practices.

Number of Players
Games will be played 6 on 6. Teams will be allowed to play with only five (without the ghost rule) if they do not have enough players. If a team has less than five players they may borrow players from the opponent in order to field a full team.

Equipment
Players are required to wear a YMCA team shirt and non-marking tennis shoes. Knee pads are also recommended.

Court Requirements
Net height will be set at 7 feet 6 inches. Officials will determine any obstacles that could affect play as out of bounds, playable or an automatic replay and communicate these to coaches and/or team captains before play begins.

Regulation weight indoor volleyballs will be used for this age group.

Games
Each match will be played the best two out of three games. A coin toss will determine side and serve before the match begins and before the third game.

First two games will be played to 25 points, win by 2, no cap. The third game will be to 21, win by 2 cap at 25. All games will be played with rally scoring.

Teams will be given one time out per game, 45 seconds in length. Time outs do not carry over from game to game. Substitutions may be made after play has ended before the next serve.

Warm up will be 10 minutes with time for passing, hitting and serving. Cooperation between teams will be emphasized to ensure a safe warm-up.
Rules of the Game

Serving

- Players may serve 10 feet in from the end line as needed. Officials will use their best judgment and ask players to move forward or back based on their serving level.
- A player will only be allowed to serve five times in a row, then a side out will be awarded to the other team (no point given).
- Serves that hit the net are still playable.
- All players will be given the opportunity to serve during the match.
  - Coaches can not use substitutions to allow stronger servers to serve more than other players on the team.
- Overhand servers may let their first toss drop to the floor without penalty. They may not catch the ball or make contact with the toss in any way or it will count as a service attempt. They must attempt a serve with the second toss or a point will be awarded to the other team.
- Foot faults will only be called after a warning has already been given.

Spiking/hitting should be taught with an open hand, however use of a fist or knuckle are legal. Open hand tips are allowed.

On the serve and hard driven balls players may receive the ball with a bump, set, overhead double fist or any other manner that is not a lift. You may not attack a serve. If a serve is received in the front row with an open hand it may not go back over to the opponent’s side, this would be perceived as an attack and would not be allowed.

Double hits will not be allowed.

Net violation will be called.

No liberos or defensive specialist will be used. All players will be given the opportunity to play in the front and back row.

Use of 6-2 or 5-1 offenses is allowed. However coaches are still encouraged to have all players experience playing all positions and they still must follow the equal playing guidelines.

Additional YMCA Rules

All coaches and participants will recite the YMCA Youth Sports pledge prior to the start of the game.

Opposing parents/coaches and players will shake hands after each game.

Parents and coaches are role models for our young and impressionable participants and therefore are expected to follow the YMCA code of conduct and demonstrate the highest standards of sportsmanship.

Please refer to the CHSAA volleyball rules for any rules not specifically addressed above.