



YOCC COED Volleyball Rules

Net Height and Ball:

- 8 feet
- Regulation size ball

Equipment

- a. The game ball will be provided by the Y.
- b. The practice balls will be provided by the Y (if practicing in the YMCA)
- c. In the interest of safety, the following equipment rules shall be enforced.
 - i. Knee pads are strongly recommended, but will not be provided by the Y.
 - ii. Exposed jewelry such as hoop earrings of any kind, wrist watches, bracelets, neck chains, rings, and nose jewelry cannot be worn during the game.
- d. Players must wear tennis shoes, no hard sole shoes or black sole shoes will be allowed.

Roster:

- a. A team shall consist of 6 players in all matches. A forfeit will be called if a team cannot field 4 players at game time.
- b. Rosters are set when turned into the YMCA.
- c. Roster changes must be approved by the Sports Director.
- d. Any person that plays on a team on which they are not on the roster will cause that team to forfeit any and all games in which that person participated.

Pre-Game:

- 1) There will be 3 minutes of warm-up time.
- 2) At the end of the 3 minutes, the official will call the teams in for prayer and coin toss. Winner of coin toss will choose side or possession.



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Game:

- 1) Each match will consist of the best-of-three games to 25 points
 - Winner must win by 2 points with a cap of 27 points
 - Third game (if necessary) will be played to 15, must win by 2 with a cap of 17 points.
- 2) Each team must have at least 2 females on the court at all times
- 3) All games will use rally point scoring – every play results in a point being awarded.
- 4) A minimum of 4 players on the court is required to play. If a game starts with 4 players and a 5th arrives, that player may enter the game at the next stop in play, same applies for 6th person.
- 5) Teams will switch playing sides and benches after each game.
- 6) Continuous rotations are mandatory; the entry/exit position must stay the same throughout the game. No substitutions, with the exception of injuries, will be allowed. Rotation must be clockwise. All players must rotate to each position; there is no Libero position.
- 7) Each team will be allowed one 30-second timeout per game.
- 8) Court lines are considered part of the court. If any portion of the ball strikes any portion of any line, it will be considered IN.
- 9) Gym walls, ceiling and basketball goals are out-of-bounds.
- 10) Each team is allowed 3 hits to return the ball to their opponent.
- 11) A block at the net is not considered a hit.
- 12) The player making a block may be the first player to hit the ball.
- 13) No player may hit the ball twice in succession.
- 14) A ball may not be caught, thrown, held, or lifted.
- 15) A player may not touch the net while making a play on the ball or immediately thereafter.
- 16) If a defensive player is standing at the net, and an offensive player hits the ball into the net and causes the net to touch the defensive player, it will not be considered a touch by the defensive player.
- 17) Balls may be played off the net.
- 18) A ball hitting the net and going over is legal, even on a serve.



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19) Back row players may not jump to spike or block unless they are behind the 10-foot line. They may land in front of the 10-foot line as long as when they jumped they were not in front of or touching the line.

Serves:

- 1) Serves may not be blocked.
- 2) Foot faults will be called
- 3) The server must always wait for the referee whistle before they serve. One warning will be given; the next offense will move possession to the other team.
- 4) Serves may be side-armed, over-handed, or under-handed.

YMCA CODE OF CONDUCT

The Code of Conduct applies to all players, coaches, and managers. This code applies to players as individuals or as a team, and the penalties can be applied to any individual or an entire team.

- A. No Participant shall:
 1. At any time lay hand upon, push, shove, strike or threaten an official or staff member.
 2. Be guilty of physical attack as an aggressor upon any player, official, staff or spectator.
 3. Endanger the safety of any player, official, staff or spectator.
- B. No Participant shall:
 1. Refuse to abide by an official's decision.
 2. Be guilty of heaping personal, verbal abuse upon any official for any real or imaginary wrong decision or judgment.
 3. Be guilty of using unnecessary rough tactics, verbally abuse or physically attack an opposing player, official, staff or spectator before, during or after play.
- C. No Participant shall:
 1. Be guilty of objectionable demonstrations of dissent at an official's decision by throwing equipment or any other forceful action.

