



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2025 VOLLEYBALL RULES & REGULATIONS



# Letter to Coaches & Parents

Dear Coaches and Parents,

On behalf of the YMCA of Greater Charleston, I would like to welcome you to the Youth Sports Program! A goal of our YMCA locations is for all youth sports participants, both parents and children, to have an enjoyable sporting experience. Skill development is the main component of all YMCA Youth Sports. Non-competitive games are a part of every season, and each child will play an equal amount of time in every game (as close as possible based on roster of team). This is the first season we will offer a competitive division. This division will be handled a little differently than the traditional developmental divisions. Rule adjustments can be found in this document. No matter the division, competitive or not, a FUN and friendly environment is characteristic of all YMCA programs.

Youth Sports programs are possible because of the dedication of volunteer workers. Many volunteers put in several hours of work to make the YMCA programs a success. Thank you to all of the YMCA volunteers who invest time and energy into the lives of the youth in our community. If you are interested in future volunteer opportunities, please email me at [sports@ymcagc.org](mailto:sports@ymcagc.org).

Thanks for your participation. We look forward to serving you and your child in our Youth Sports program. If you have any comments or questions, please reach out to me via email at [sports@ymcagc.org](mailto:sports@ymcagc.org).

Sincerely,

*Fallon Rose*

Fallon Rose

Sports Coordinator

[sports@ymcagc.org](mailto:sports@ymcagc.org)

# ABOUT THE YMCA

## YMCA of Greater Charleston Mission Statement:

The purpose of the YMCA of Greater Charleston is to improve the lives of all in the Greater Charleston area by connecting individuals, families, and communities with opportunities based on Christian Values that strengthen spirit, mind, and body.

## Four Core Values of Character Development:

- ◆ Caring
- ◆ Honesty
- ◆ Respect
- ◆ Responsibility

## DEVELOPMENTAL Youth Sports Philosophy:

The YMCA's philosophy is "Athletes first, winning second, everyone's is a winner." Please do everything you can do to de-emphasize the score.

## YMCA Sports: 7 Pillars

1. **Everyone plays.** We do not use tryouts to select the best players for the developmental divisions, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team in their age division. During the season, everyone receives equal practice and playing time (depending on the roster size).
2. **Safety first.** Although some children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We ask you to take time to check that the equipment and facilities are safe and to teach the sport as we've prescribed. This ensures that the skills taught are appropriate for children's developmental level. We also ask you to develop your players' fitness levels gradually so they are conditioned for the sport. We ask you

to constantly supervise your young players so that you can stop any unsafe activities.

3. **Fair play.** Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sports rather than in developing a few highly skilled players.
4. **Positive competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for children and learning to cooperate in a competitive world is an essential lesson of life. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. These are the lessons we want to teach through YMCA Youth Sports.
5. **Family involvement.** YMCA Youth Sports encourages parents to be involved appropriately along with their child participating in our sport programs. In addition to parents being helpful as volunteer coaches, we encourage them to be at practices and games to support their child's participation. We also encourage parents to assist coaches in organizing snacks after games.
6. **Sport for all.** YMCA Youth Sports is an inclusive sport program. This means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same. We do not forfeit games; instead, we share players and proceed with planned games.
7. **Sport for fun.** Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Sometimes when adults become involved

in children's sport, they over-organize and dominate the activity to the point of spoiling children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember, that these sports are for the kids; make sure the kids are having fun.

## EQUIPMENT

The YMCA will supply a jersey. Participants must provide their own shorts, socks, and knee pads. All participants must wear volleyball knee pads.



# RULES OF PLAY - VOLLEYBALL

## Team Duties

1. Athletics staff will keep score. Each team will provide a parent or spectator to line judge. The referee will explain the responsibilities of the line judge prior to each game.
2. Both teams are responsible for cleaning up their bench immediately after the game.
3. During the game, there shall be up to two coaches on the sideline. Only one coach may be permitted to stand at a time.
4. All spectators must be seated on the sideline opposite of the team benches and cannot stand at or sit on the bench. Only cleared coaches and registered participants are allowed on the bench.
5. Coaches must stay on their side line/bench area only.

## Sportsmanship

1. The YMCA does not keep official score or game records. Score is kept as a courtesy and to progress the game properly. Competitive Division: Score will be kept and recorded in Y Game Time.
2. Unsportsmanlike conduct of players, coaches, or spectators is not tolerated behavior and could result in the individual being asked to leave the facility. If an individual is asked to leave and refuses, play will be suspended.
3. **Any player, coach, or spectator ejected will be suspended for at least one game and will be placed on season probation. If ejected again during a program, the individual will be permanently removed.**
4. If the atmosphere of the game feels unsafe or the YMCA values are not being adhered to, the referee or YMCA Staff member can end the game.
5. If a team has less than the number of required players, the opposing team will be asked to share players in order to provide competition. We make every effort to play each scheduled game. Competitive Division: Players will not be shared. If a team does not have enough players to compete, the game will be forfeited.
6. Coaches are expected to adhere to the YMCA Code of Conduct and are responsible for team actions. This includes those actions of parents and players.

## YMCA Youth Sports Key Philosophies

1. Coaches must make efforts to play each player an 'equal' amount of time. In the competitive division, equal playing time is not guaranteed.

2. Coaches are volunteers. They are not paid.
3. Our focus is on fun and skill development.
4. Sportsmanship above all.
5. We promote a family atmosphere.

## YMCA Volleyball Rules

### Player Safety

1. To protect the safety of all players in the program, any participant wearing a cast will prohibit them from playing in YMCA sport games or practices. Exceptions can be made with approval from the sports department AND documented approval from a physician.
2. Soft casts will be permitted if approved by officials.
3. All types of jewelry (earrings, bracelets, and necklaces) and hair accessories must be removed before the game. **Medical tape or Band-Aids may not be placed over earrings. Earrings need to be removed. Plastic studs are permissible but metal earrings are strictly prohibited.**

Age Division	Players	Net Height (measured at the center of the net)	Game Length
8-9 Division	6 v 6	6'6"	Games to 20, 20 & 10; best of 3 or 50 min.
10-12 Division	6 v 6	7'	Games to 25, 25 & 15; best of 3 or 50 min.
13-17 Division	6 v 6	7'	Games to 25, 25 & 15; best of 3 or 50 min.
Competitive Division	6 v 6	7'4"	Games to 25, 25, & 15; best of 3 or 50 min.

### Uniform

Each player must have on their YMCA issued uniform shirt. Players must provide and wear their own volleyball knee pads.

### General Rules

- ◆ Teams will play (2) sets. A third set will be played if the winners of the sets are split and if time permits.
- ◆ Matches will end after 50 minutes.
- ◆ 8-9 Division will use a Volley-lite for games. 10-12, 13-17 and competitive divisions will use a standard volleyball for games.

- ◆ Each coach will receive (2) two twenty five second time outs per set. Unused time outs do not carry over to new sets.
- ◆ Rally scoring will be used for each game.
- ◆ Line up
  - ◆ Each team will present a line up prior to the start of the game. There must always be 6 players per team in play. The team's starting line up indicates the rotational order of the players on the court and must be maintained throughout the set.
  - ◆ A line up will be presented for the beginning of each set in a match. The line up card we will use this season is below.

**Cane Bay Family YMCA Line Up Card**

**Coach Last Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

SET #1			SET #2			SET #3		
CIRCLE ONE:	SERVE	RECEIVE	CIRCLE ONE:	SERVE	RECEIVE	CIRCLE ONE:	SERVE	RECEIVE
SERVE ORDER	PLAYER NUMBER		SERVE ORDER	PLAYER NUMBER		SERVE ORDER	PLAYER NUMBER	
I			I			I		
II			II			II		
III			III			III		
IV			IV			IV		
V			V			V		
VI			VI			VI		

- ◆ The serving teams first server will start in position 1. The receiving teams first server will start in position 2.
- ◆ Centerline: a player can cross the centerline on a return or block if the player doesn't touch the net or interfere with the opposing player.
- ◆ A double contact will not be called on a second ball as long as the ball does not cross the net to the opposing team.
- ◆ Teams must win by (2) points, with a cap of 30 points for the first two sets and 20 for the third set (10-12, 13-17, Competitive divisions).
  - ◆ 8-9 Division games will cap at 25 for the first two sets and 15 for the third set.
- ◆ A back-row setter cannot block, attack or make contact with the ball above the plane of the net when in front of the 10 foot line. A back row setter may jump set (two feet leaving the ground) the ball in front of the 10 foot line as long as the ball does not cross the net to the opposing team. A back row player may attack the ball (and land in front of the 10 foot line) as long as both feet leave the ground while the player is behind the 10 foot line.

## Serving

- ◆ All players must strive to serve successfully from behind the end line.
- ◆ The server may not serve until the referee has blown the whistle.



- ◆ Overhand and underhand serves are allowed. All serves should be progressive.
- ◆ On a volley, if the ball contacts the ceiling, hoop, or post, it still may be played as long as the ball came down on the side of the court of the team who caused the contact, and that team still has one or more hits remaining.
- ◆ After the whistle, the server has (8) seconds to serve. Players are allowed one service tossing error per serving attempt. The players must allow the ball to bounce without hitting it after tossing it up for a serve. At the beginning of the season (first 3 games), referees will explain this rule and allow players to catch the ball if they make a mistake (not in competitive division). The rule will be adhered to following the 3rd game.
- ◆ Serve faults happen when the ball touches a player of the serving team, fails to serve over the net, when the ball lands out of bounds or when the servers foot crosses the serving line (foot fault as described above).
  - ◆ 8-9 division is allowed one, 2nd service attempt if their first attempt does not cross over the net. Should the first serve clear or go over the net (even if the ball goes out of bounds), a second attempt will not be allowed.
- ◆ Each team will have (3) hits to return the ball. A touch on a block is not part of those (3) hits.
- ◆ All serves can be received with open hands. Serves may not be blocked or spiked.
- ◆ **When the serving team wins a rally, the player who served on that point serves again. If the server wins 5 points in a row, the opposing team rotates one position and gains the serve (no point exchange takes place). On a third set, the server may serve 3 points in a row. In the competitive division, there is no limit to the number of serves one player is allowed. As long as their team keeps winning the points, they will keep serving.**

#### **Serving rules by age division:**

- ◆ The start of the first game will be determined by coin toss. Game two will be started with a serve by the team that did not serve first in the previous game. Game three (if played) will be started by coin toss.
- ◆ 8-9 division: players may step 10'-15' into the court as needed for player success. If a player is able to serve the ball over the net, then 10' is preferred. The 15' line is for novice players that need additional help.
- ◆ 10-12 division: players may step 5' into the court as needed for player success.

- ◆ 13-16 and Competitive division: players may not step over the serving line on a serve. Referees will call foot faults if a player breaks the serving line during a serve which will result in a side out.

### **Substitutions**

- ◆ Substitution rules allow teams to substitute the players multiple times within a set.
- ◆ YMCA will require the same person to re-enter and exit the game in the exact same position in the rotation.
- ◆ Each team will be allowed 15 substitutions each set.
- ◆ To sub into a match, a player on the bench gets up and enters the substitution zone — a space outside the court but inside the 10-foot line. If a second player is entering the match at the same time, she/he stands outside the court but behind the 10-foot line. After the first player goes in, the second player goes to where the first sub was standing, then enters the court after signaled to enter by the R1.
- ◆ Any player except the libero can sub in for anyone in the match, but once they have subbed in or out for a player at a certain position, they can only sub in again for that same player at the same position for the rest of the set.
- ◆ For example, if #7 comes off the bench to replace #1, the only way #1 can get back in the match is to replace #7 at her original position. Otherwise, #1 would be penalized as an illegal substitute.
- ◆ The exception to this rule is for libero substitution. Liberos can only go in for back-row players, but they can enter the match as often as they like, as long as it's between points. A libero substitution doesn't count as a team substitution.
- ◆ The goal of the YMCA developmental divisions is to provide all children with 'equal' playing time. Coaches will make an effort to ensure players receive an equal amount of playing time. This will depend on roster size. Please keep in mind, these coaches are volunteers and not professionally trained coaches. There is truly no such thing as exactly equal playing time. Often players ask to come out of the match and the head coach will honor the players request. No player will be forced to play if they ask to come out. ANY ISSUES WITH PLAYING TIME NEED TO BE ADDRESSED RESPECTFULLY VIA EMAIL TO THE COACH 24 HOURS AFTER A GAME IS OVER.

### **Restrictions on Male Players (Reverse Co-ed rules)**

- ◆ Blocking: Male players may not block at any time.
- ◆ Attacking: Male players may not attack a ball above the net while in front of the 10-foot attack line.

- ◆ If inside the attack line, males must use a bump, roll shot, or fist/knuckle pass to put the ball over.
- ◆ If behind the attack line, males may attack the ball as a hard-driven hit.
- ◆ Jump setting is allowed, but if the ball crosses the net, it must have an obvious upward trajectory.
- ◆ Serving: Male players are allowed to jump serve.

### **Rotations**

- ◆ Each time a team wins a side out or gets possession of the serve, the new serving team rotates clockwise. Each player rotates one spot. The left front position rotates to the middle front position, the middle front rotates to the right front position, the right front position rotates to the right back position and so on.

### **Referees**

- ◆ The referees shall be the sole judge and make the final call on the court.
- ◆ All rules will be enforced by the YMCA officials. All calls will be up to the officials discretion. Please remember that the players are children under the age of 18. We are all here for players to learn new skills in a fun, motivating atmosphere.
- ◆ Referee can ask coaches, parents, players and spectators to leave the field of play or the facilities to maintain a peaceful atmosphere and remain in control of the game.
- ◆ If a coach, player, or spectator is ejected from the game, that person is automatically removed from the next game and will be reviewed by the YMCA. Should another incident occur within the same season the coach, spectator, or player maybe ejected from the league permanently.
- ◆ The referee may stop, suspend or terminate the game because of the elements of interference.

## **Y Sports Policies**

### **24 Hour Policy and how to handle concerns/issues:**

- The YMCA Sports department does NOT permit any individual to confront a referee, Y Sports official or staff member at any time. If a situation arises in which a referees actions are in question, head coaches are permitted to call a time out to respectfully ask the referee about the call in question. If the call is revoked, the time out will not be counted against the coach. If the call stands, the coach will be charged with (1) of their time outs. If there are still issues after the discussion, the referees call

stands and the coach can reach out to the Sports Coordinator at [sports@ymcagc.org](mailto:sports@ymcagc.org) for clarification.

- If a parent has any issue with the calls the referee makes or with coaching issues, parents are required to wait until 24 hours have passed (we refer to this as the 'cool down period'). If a parent still feels strongly that something should be done, he/she should contact the coach and explain your position **BEFORE** contacting the Sports Coordinator. After contacting the coach, if you feel your concern needs to be reported, you may reach out to the Sports Coordinator at [sports@ymcagc.org](mailto:sports@ymcagc.org).

## Coaches: Things to Remember

Sick: If you are sick, please try to get another parent to coach for that day. Please make sure all parents are notified if a parent is stepping in to help that day.

Parent Meeting: I would suggest having an early season parent meeting at your first practice so you can discuss snack schedule, see if any parents are willing to be an Assistant coach or team parent, inform them of when practices are, what they need for games and practices and clarify contact information.

Awards: Please do not buy trophies or medals for your team. Pass this information on to your team parent! Medals will be available from the YMCA at your last game.

End of Season Party: The end of season party is voluntary and is up to you to have if you choose to have one. If you decide to have an end of season party, try to plan it ahead of time to get the best attendance possible.

## Practice

- o Teams will have one practice per week for 50 minutes.
- o Teams will have at least two practices prior to their first game.
- o Practices are 50 minutes per week.
- o Coaches have been assigned practice times based on their availability.

- o Parents need to check their child in with the coach at each practice. Children may not just be dropped off. Unaccompanied children entering the facility will not be allowed to enter the YMCA.

## **Games**

- Games will be held at the Cane Bay Family YMCA location and potentially other facilities in Berkeley county. Please try to arrive to games 15 minutes early so that we can keep our game schedule running on time. Please do not enter the gym until the previous game is over so spectators can gather their things and leave after their game. Parents must check their child in with the coach at each game. Please do not just drop your child off.
- The game schedule for each season will be released at least 7 days prior to the first game.
- We will email the schedule link out to all participants and coaches. The YMCA uses YGameTime for scheduling. Schedule link: <https://ygametime.com/branch/berkeley/sports/>

## HEALTHY KIDS

First and foremost, drink WATER! Water is vital for keeping body temperature in check. Water is a necessity to avoid dehydration. Dehydration, left untreated, can lead to heat cramps, heat exhaustion and very serious heat stroke. Closely watch kids for signs of dehydration. Symptoms include fatigue, dry lips and tongue, low energy, grayish skin and lack of tears. Since children's body temperature rises faster than adults, it is essential that kids get plenty of fluids to keep them cool—especially when it's hot and humid! During physical activity (and especially on hot days), make sure that kids drink frequently, even if they are not thirsty. Avoid sugar-sweetened drinks—these are absorbed more slowly.

### Sample SNACK SCHEDULE

Please ask if any children have any allergies before choosing your snack choices.

Game 1 \_\_\_\_\_

Game 2 \_\_\_\_\_

Game 3 \_\_\_\_\_

Game 4 \_\_\_\_\_

Game 5 \_\_\_\_\_

Game 6 \_\_\_\_\_

Game 7 \_\_\_\_\_

Please have each parent sign-up for a game. The kids LOVE snack time!

The YMCA encourages all parents/coaches to make healthy snack choices for the children. Some recommended items include:

Pretzels	Water
Fruits/ Veggies	Sunflower seeds
Fruit bars / granola bars	Light popcorn
Trail mix	Carrot Sticks
Raisins	Nuts

