



KISHWAUKEE FAMILY YMCA

Indoor Co-Ed Volleyball

- A. Each team may have a maximum of 3 girl and 3 guys on the court at a time.
i.e. If a team has 1 girl and 3 guys, they can play with 4 players; if a team has 3 girls and 2 guys they can play with 5. Any variation is permitted as long as there are no more than 3 girls and 3 guys on the court at a time.
- B. A team roster must be submitted to the Sports Director by the beginning of the second week of play. The roster may have up to 10 players. Only players on this roster will be permitted to play in the tournament at the end of the season.
- C. Each player on the roster must complete and submit a green adult sports registration form.

Rules

1. Free substitution is allowed after any side out.
2. The order of rotation must remain constant in each set; it may be changed for a new set if the other team is informed.
3. Each team may touch the ball up to 3 times before sending it over the net. Contact with the ball must be a HIT. No throws, scoops, carries or lifting is allowed. A player may use their leg or foot as long as it is planted before making contact with the ball.
4. If two or more teammates play the ball at the same time, it counts as two touches.
5. You may not spike or jump to block a serve.
6. You may not come up to block or spike from the back row.
7. A team loses a service point if:
 - a. A player spikes the ball while over the opponent's court.
 - b. A player crosses the vertical plane of the net and touches the opponent's court or an opposing player.
 - c. The ball touches a player below the waist or the ball touches a player's foot/leg before the foot is planted.
 - d. A player touches the ball twice consecutively.
 - e. A team is out of rotation on the serve.

YMCA Mission: The Kishwaukee Family YMCA is a charitable association whose mission is to promote Christian principles through quality services and facilities. We strive to enrich the Spirit, Mind and Body of all of our participants, especially families and children, regardless of ability to pay.

2500 W Bethany Road Sycamore, Illinois 60178 · Fax (815) 758-4549 kishymca.org



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Rules (continued)

8. Serving:

- a. One serve is allowed. Foot must be behind yellow line.
- b. The server must announce the score before serving.
- c. If the ball touches the net on a serve and goes over the ball is still playable.
- d. A player continues to serve the ball until the ball is turned over to the opposing team. Rotation takes place before the team's next serve.

9. Scoring:

- a. Each match will be based on the best of 3 games.
- b. Each game will be played to 25 points, rally scoring.
- c. A team must win by at least 2 points. Score is capped at 30 points.
- d. The third game will be played to 15 points, rally scoring.

NOTE: All three games in a match will be played if time permits or if the third game is the deciding game of the match.

10. Judgment calls are not valid ground for protest. Protest will be considered only when it concerns an interpretation of the rules.

11. A protest must first be made on the field of play before the next play is started. A written protest must be submitted to the Sports Director's office within 24 hours.

12. Please watch your swearing while playing. Any verbal or physical abuse of the scorers or other team will be reviewed by the Sports Director and may result in a suspension.

Jessica Bacon

Adult & Youth Sports Director

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