

Rules for the Valley of the Sun YMCA Competitive Volleyball League

National Federation of High School Associates (NFHS) and AIA Rules in affect unless noted.

COACHES	All Coaches must have a cleared background check in order to be given a roster. Only the Head coach or a team captain is permitted to speak with the Referee. Coaches are responsible for all assistant/substitute coaches and parents. Coach shall not abuse or mistreat officials at any time.	
PLAYERS /JERSEYS	A team must have 4 players for the match to be considered a legal game. All Players must be registered with the Valley of the Sun YMCA, All players are required to wear the YMCA Volleyball Jersey for each match and tournament.	
CODE OF CONDUCT	Coaches are responsible for the conduct of their players, parents, coaches and fans. The coach must set the tone for positive behavior from the kids and parents. The team will look at the coach as a role model and will generally replicate what the coach does.	
LATE POLICY/NO SHOW	There is a 10 minute grace period for the start of the game if a team does not have at least 4 players. After the original start time and before the 10 minute grace period ends, it will be considered a regulation game if a team shows or has at least 4 players. If after the 10 minute time period a team is unable to start 4 players the game is considered a forfeit and will not be rescheduled.	
INJURY	Any player bleeding must leave the game immediately. Player may re-enter the game when bleeding is stopped. If the injured player requires attention on the court they must leave the game. Player may re-enter according to substitution rules.	
PLAYING TIME	Each player is entitled to play at least ¼ of each match, unless otherwise approved by the YMCA Sports Director.	
GAME TIME	Matches consist of best 2 out of 3 sets. Played to 25 with a cap of 30. If a third set is needed the set will be played to 15 with a cap of 20. If time permits a third fun set straight up to a maximum of 15.	
SUBSTITUTION	Player for Player with or without a Libero, or a standard train rotation are allowed. Rotation pattern cannot be changed in the middle of a set. Coach will communicate with referee which rotation they will use before each set. Team must rotate on first side out.	
TIME OUTS	Teams will be allowed two time-outs per set for first two sets. Teams will have one time out in third set.	
SCOREBOOK	Coaches need to provide a signature verifying line-ups to the scorekeepers at least five (5) minutes prior to game time. If any names that are written in after week two the game will be considered “under protest” until verified by the YMCA Sports Directors.	
EJECTION	Official and league directors reserve the right to remove spectators from the gym at any time for behavior that is not conducive to good sportsmanship. Any player ejected from a game will be suspended for the next game and upon review of the YMCA staff, may be subject to further disciplinary action.	
NET HEIGHT /BALL SIZE	4 th - 6 th Grade - 7’ 4 inches Net - Volleylite	7 th – High School - 7’ 4 inches Net - Regulation Size
BALL TOSS RULE	A player will be permitted one bad toss that is allowed to drop per rotation. Ball must hit the ground on a bad toss, if it is caught it will be counted as a serve and a point will be awarded to the opposing team.	
SERVICE LINE	4th - 6th Grade: Due to court space restrictions players are permitted to step into the court to complete the serve.	7th – High School: Players must serve from behind the service line. Touching or stepping over the line will result in a foot fault
ANTENNAE	If any ball in play touches an antennae the ball is considered out and the opposing team receives the point.	
NET VIOATIONS	If a player touches the net during play the play will be blown dead and the opposing team will be awarded the point	
CENTER LINE	Team Players are allowed to step on the center line as long as the player does not interfere with play	
OBSTRUCTIONS	Any ball that hits a structure above the court and stays on the same side is playable. This includes a structure such as a curtain that is straight above the net. If the ball hits a structure and carries over the net it is a dead ball and the opposing team receives a point. If the ball does not hit any objects and goes over the net it is in play.	
SPORTSMANSHIP	Opponent players/coaches/spectators may not talk/yell during the service of the other team. This includes phrases such as “Balls Up!” Doing so will result in a warning for the first violation and then an automatic point for each subsequent violation.	

