



## YMCA of Central Stark County 5-6<sup>th</sup> Volleyball League Rules

Ohio High School Rules apply except the following:

### 1. EQUIPMENT

- a. Net height will be 6' 10".
- b. Game ball will be a Volley-lite

### 2. GAME

- a. Matches will consist of 3 games.
- b. There will be (2) 60 second time outs per game.
- c. Pre-game will be provided but may be limited to ensure games remain on time.
- d. Any player or coach ejected for unsportsmanlike conduct will be suspended for one game.
- e. There will be 1 timer/scorekeeper assigned to each game. Statistics will not be kept.
- f. Players will have two opportunities to serve (if necessary).
  - i. The servers have about 7 seconds to complete their 1<sup>st</sup> serve once the service whistle is blown.
  - ii. If the first serve is short:
    1. player may move serve inside the end line (2 steps or 5 ft?)
    2. If a player makes 3 successful serves from the inside line, they must move back to the original service line.
  - iii. If the first serve is long:
    1. Player may attempt a 2<sup>nd</sup> serve from the service line.
- g. Maximum consecutive serves will be 5.
- h. We play 3 matches to 25 points, must win by 2.

### 3. SUBSTITUTIONS

- a. Substitutions will be dependent on team size and coach style.
  - i. Subs may be done each rotation or players may have designated players they sub in and out with.
  - ii. Players should start at least 1 set per match
  - iii. Players should play as close to equal as game play and time allows.

### 4. COACHING EXPECTATIONS

- a. Coaches will be required to lead using a "YMCA Philosophy," while always modeling and teaching the YMCA Six Pillars of Character (Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship).
- b. Each coach should facilitate 1 hour practice. It will be the responsibility of each head coach to prepare and have ideas in mind for practices with the participants. Please ask the YMCA Sports Director for drills/ideas, as needed.
- c. ALL COACHES MUST complete all proper background and training to be eligible to coach.