



YMCA of Central Stark County 3rd-4th and 5-6th 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 1st serve once the service whistle is blown.
 - ii. All players must have the opportunity to serve during the match
 - iii. 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.
 - iv. If the first serve is over and out of bounds:
 1. Player may attempt a 2nd 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 practice 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.

3rd and 4th will play by the above rules with these additions:

- All games will be played to 21 points straight.
- Nets will be set at 6' 8"
- **Serving Sequence**
 - a. The game follows a sequence of three rallies (service, free ball 1, and free ball 2).
 - i. 1st rally – introduced by the server. Same rules as above



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- ii. 2nd rally – introduced by a free ball tossed to the receiving team (6 spot server position)
- iii. 3rd rally – introduced by a free ball tossed to the service team (6 spot server position)
- iv. The service alternates between teams after each three-ball sequence.

- **Scoring**

- a. Every ball introduced is worth one point; a set can be won in the middle of a three-ball sequence.

- **Toss**

- a. A coach, assistant coach or a competent volunteer can toss the free ball to their team.
- b. Free balls are tossed underhand, with two hands and little to no spin, above the height of the antennae to allow athletes time to play the ball.
- c. The free ball will always be tossed directly to the athlete in position six (server position), otherwise a replay will occur.
- d. Athletes can only play tossed free balls from behind the attack line, otherwise a replay will occur.
- e. The free ball will be tossed once the front row players are at the net (ready to transition) and all athletes have been told that the ball is being introduced, “ref whistle.”
- f. We would like to see the first hit be a pass. The intent of having a tosser is to make pass, volley, spike rallies easier to achieve.

- **Other**

- a. All players must attempt to serve the ball at least once during the match.



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Triple-Ball Diagram

