

# YMCA Volleyball Rules- 7<sup>th</sup> and 8<sup>th</sup> Grade

## Pre-Match Procedures

- We will play 3 sets to 25 points with a cap of 25 points, you do not need to win by 2 points.
- All 3 sets will count in the standings for the end of season tournament.
- A team must have at least 4 players present, or a forfeit will be recorded.
- Each team will need to provide 1 person, age 14 and over, to serve as line judge for their respective matches.
- No jewelry shall be worn by any player- including earrings, bracelets, necklaces, and other piercings. Tape over the piercing is not allowable, they must be removed.
- The first team listed on the game schedule will call the coin toss prior to the first match and the second team will call the coin toss prior to the third match.
- Coaches are allowed one-1 minute timeout per set.

## Playing Time

The YMCA requires coaches to divide playing time equally.

- Players will **not** rotate in after serve to the middle back, but instead use formal substitution protocol.
- If you are substituting 2 players front row and back row, please make sure that each player gets equal playing time.
- If you are substituting players by set, make sure that each player has the opportunity to play one full set, and sit out one full set.

## Substitutions

- Substitution requests must be made by the coach, only on a dead ball, and before the official signals for the serve.
- The player and substitute will go to the area between the attack line and the net and wait until the official instructs them to exchange places. Once a player has substituted for another, only those two players will be allowed to substitute for one another.
- There will not be a libero used for any matches.

## Serving

- Players may choose to serve underhand or overhand. A re-serve will be called if the server tosses the ball and it drops to the floor. Players are allowed one re-serve per service rotation.
- Players are not allowed to block or attack the serve.

## Additional Rules

- Players are allowed to play the ball off of the ceiling if they have hits remaining and the ball comes down on their side of the net.
- The backboards and sides of the track will be at the official's discretion if the ball will be replayed or determined to be unplayable.
- A ball landing on the track or that touches the curtain will be an automatic side-out.
- A player may touch the floor across the center line with one or both feet/hands provided a part of the feet/hands remain on the center line. Contacting the floor across the center line with any other part of the body is illegal.
- Players may not contact any part of the net, or a net fault will be called. The exceptions are loose hair touching the net or if the force of a ball hit by an opponent pushes the net into the player.

We use youth officials to officiate these matches. Our officials have experience, but please be helpful and understand that they may miss a call. Just as in NDHSAA rules, coaches may not question ball handling calls. Questions about rule interpretations are allowed.