

2019 Y Fall Volleyball Rules



Below are rules specific to the Champaign Family Y. If not listed below, we are following the Ohio High School Rules.

Equipment

1. Any clean, dry athletic shoe is permitted.
2. Uniform shirts distributed by Y are required for games. Uniforms may not be altered during the season, including the addition of names to the shirts.
3. Knee pads are required.
4. No jewelry is permitted. All jewelry must be removed prior to play. No metal hairbands or bobby pins.
5. Participants shouldn't need to bring a volleyball to practice. If they have one, please make certain it is marked with their name. {VolleyLites are softer if purchasing a ball}.
6. Playing with a cast is prohibited, even if covered.

Game Rules

1. Net height will be close to 7 feet.
2. Matches: A match will consist of two 25-point games, and a third game played to 15 points.
3. The winner must win by two points, or the first team to reach 31 or 21 wins. All three games will be played regardless of who won the first two games if the opposing team chooses. The length of time between games shall not exceed 3 minutes.
4. Time: A match will begin at a designated starting time or 5 minutes after the completion of the preceding match if there are less than 10 minutes before the designated starting time. Teams will receive 3 minutes to warm up at the net; 3 minutes to warm up on bumping / passing (the two teams will switch from bumping / passing during the first 6 minutes.) Both teams will practice serving the final 3 minutes. If there are only 5 minutes of warm-up, teams will receive 2 minutes of bumping / passing and 2 minutes of serving.
5. Playing Time: Equal playing time is supported through the use of "Continuous Substitution". All players on the team are part of one continuous lineup with players rotating on and off the court in sequential order with each new service rotation. This provides an equal amount of playing time for each player. {If multiple practices are missed, may limit play}
6. Teams change courts and the serve after each game. The team listed first on the schedule will serve the first game.
7. Timeouts: Each team will receive one 30-second time-out per game.

Serving

1. Serve Maximum: A maximum of 3 successful serves is to be allowed. After one player reaches the maximum number, teams are to side out. {5th/6th grade: recommend two underhand serves if needed, then third serve to try overhand at parent/coach discretion}. *Overhand serving will be taught for those interested in gaining better fundamentals for future competitive play.*
2. Serving "spot" is determined by player experience and skill level. Ie. Novice = serve from 2nd hash mark on basketball key from basketball foul line, Intermediate = 3rd hash, Proficient = behind thick square. Can adjust as serving consistency increases. Goal is for 6th graders to be close to consistently serving from behind "true" service line.
3. No point will be awarded to receiving team following a change of possession as a result of 3 maximum serves.
4. Players may not block or spike the serve.
5. Players must wait for the whistle before serving and serve within a count of 5.
6. Serves may be overhand or underhand. Two-handed serves must be soft, no carries or pushes. Serves above the head may be made with open or closed hand. (OHSA rule).
7. Overhand servers may drop the ball and re-toss to re-serve (after the whistle) once. Ie. Whistle, toss, drop, whistle, re-toss, serve. If no contact with 2nd toss, = sideout.
8. A player may serve from anywhere along the service line.

9. Overlapping before a serve is not allowed (back row players may not be in front of the players positioned directly in front of them).
10. If the serve hits the net and goes over, the ball IS playable.
11. Service Rotation: The substitution may go to any position, but it must be the same position throughout the game.
12. Teams will rotate clockwise when it is their turn to serve.

While in Play

1. A team has three hits to get the ball over the net.
2. Playing the ball out of the net counts as one of the three allowable contacts.
3. An attempt at blocking a ball that comes over the net (onto the blockers side) does not count as one of the three allowable contacts.
4. The same player may not contact the ball twice in a row, unless the first contact was a legal block or attempted block. Simultaneous contacts by more than one player on the same team are allowed and considered as two hits. Players from the same team participating in simultaneous contact may participate in the next play.
5. Players may not "carry" the ball. It cannot "rest" during contact but leave the player's body quickly.
6. One armed digs or saves are allowed.
7. A ball hitting on the line is in-bounds.
8. If the ball hits the ceiling and returns to the same side it is still in play. If the ball hits any overhead obstacle and goes into the opponent's side it is out of play.
9. Contact with the ball must be a clear hit. No palming, lifting, pushing, or carrying the ball.
10. When opposing players commit fouls simultaneously, it is a double foul and the play will be played over with the serving team reserving. No points are scored on a double foul.
11. The ball may be contacted by any part of the body and will be played if it is a clean hit.
12. Touching the net at any time is a foul unless a hard driven spike forces the net into a player while they are on their side of the court.
13. A player may reach over the net while blocking or following through. Players cannot reach over the net in an attempt to intercept the ball until their opponent has completed their attack.
14. A player may step on the centerline but not the court in their opponent's side. Any part of the player's body may be in the air below the net and beyond the centerline, as long as they do not touch the net, and as long as they do not interfere with their opponent's play by either touching their opponent or the ball.

Out of Bounds

A ball is out of bounds and becomes dead when it:

1. touches the floor completely outside the court's boundary lines
2. does not pass over the net entirely between the boundary antenna
3. touches any part of a backboard or red mat on the side of the court (backboards behind the court as well as track and ceiling are in play)

Unsportsmanlike conduct:

1. Referees & scorekeepers may eject any player, coach, or spectator guilty of foul, obscene, profane, or abusive language, or any other act considered inappropriate for a youth event.
2. Persons ejected will be reported to the Champaign Family Y office. Any person ejected from a game must exit the facility. (If ejected person is a parent, they may wait in the car for their child to finish the game.)
3. Any player, coach, referee, or spectator, directly or indirectly, threatening bodily harm by word or actions, or being involved with fighting, at any time, may subject themselves to permanent suspensions from all activities offered by the Champaign Family Y.