

All NFHS rules will apply except where stated differently in this handout.

Scoring Format

- **Rally scoring**
- 25-point games (no cap) - win by 2
- Include let serve (when/if served ball hits the net and goes over, it is playable)

Match/Time Limits

- Four games will be played to equal a match, with each game counting in the standings.
- Each game will be played to 25 points, with a team winning by 2 (unless time limit is reached).
- Team records will be posted outside the YMCA gym.
- **Matches will be limited to 60 minutes. Games will end at the time limit.**
- The team leading in points will be given the win. There does not need to be a 2-point margin for the win after time limit. Games in a tie at time limit will be ended with sudden death—next point wins.
- **Tournament:** There is no time limit for tournament games. A match will consist of winning 2 out of 3 games. First two games will be first to 25, third and deciding game to 15, you must win by 2 points. Initial serve goes to higher seed. If match goes to 3 games, 3rd game serve will be decided by a coin toss.

Players/Forfeit Times

- **A minimum of 4 players must be present to start or continue each game. A minimum of 4 rostered players must be present for the team to begin play.**
- Game time is forfeit time. Game 1 will be forfeited at start time if teams do not meet the requirements to begin the game. Game 2, 3 & 4 will be forfeited at 10 minutes after start time.
- Forfeit games are recorded as 0 - 4.

Substitute Players

- **No more than 2 subs can be used in one evening.**
- Teams may only use **2 or fewer players from another team at one time.**
- Teams must notify the official of any subs and must write the whole name of the sub on the score sheet.
- An “A” league player may not sub on a “B” league team.
- Tournament: Subs cannot be on another team’s roster unless the team is out of the tournament. In other words, any team/player out early in the tournament is available to sub. For substitutes to be eligible to play, players must have competed in two regular season games. *Director discretion for extenuating circumstances—must have player approval before game time.*
- Teams with more than six players eligible to play at the start of the game have two options: They may rotate the extra player into the game at any position as long as the rotation is consistent the entire game; or may substitute player for player, but both options are not permitted. Notify the official at the time of the first substitution as to your team’s choice of manner of substitution.

Timeouts

- Teams will get 4, thirty second time outs per match. Time-outs are part of the match time limit, and it is the team’s discretion to use a time out near the end of the time limit. If time runs out during the time out, the match is over.
- **Tournament:** Teams will get 2, thirty second time outs per game.

Fees

- Team fees are **\$29.50** a session for each YMCA member and **\$69.75** for each non-member. The team captain is responsible for gathering the fees from each team member and submitting payment altogether BEFORE the first game. Each player’s activity waiver must also be signed before the first game.
- Teams must consist of SIX PAID PLAYERS in order to play.
- If any unpaid player competes on the second night of play, without working out a payment plan with the program director, their team’s games WILL be forfeited and recorded as 0 - 4. No exceptions.
- Players may be added to rosters at any time by submitting the name, address, phone number and correct fee to the program director PRIOR to playing in a game. The waiver/receipt must be signed as well.

Rules

- If the official cannot see a line, he or she may ask a player for “help”. Disagreements with “help” will result in a replay.
- The official shall have power to warn, declare side-out, award point, or disqualify from the game any player committing in the official’s opinion, any of the following:
 - a. Persistently and/or disrespectfully addressing an official or staff member.
 - b. Questioning the official’s judgment or decision.
 - c. Use of disconcerting acts or words when an opponent is about to play the ball.
 - d. Showing disgust with official’s decisions.
 - e. Using profane or insulting language or gestures toward an official or other player.
 - f. Displaying unsportsmanlike conduct.
 - g. Baiting players of the opposing team.
 - h. Disrupting the game so that it may not be continued in an orderly fashion.
- If the ball hits the ceiling on your side by your team, it is playable (unless it is the 3rd hit).
- Players may step/reach on and over the center line as long as any of the foot/hand is touching the line. If the floor is not touched, the body may cross the line, as long as play is not interfered with and the player does not contact the net.
- Servers must go to the back wall to start service and may take no more than 2 steps before serving the ball. **Jump serving is not allowed**, as the court is not large enough to facilitate this.
- The team serving will receive a side-out for intentionally serving before the official’s beckon to serve. If this happens unintentionally, the ball may be re-served without penalty.

Basketball Goals/Gym Obstacles

- *Back Goals:* If a ball hits the net, rim, or backboard, it will be called a replay by the official **only** if the ball would have been playable. If it is ruled not playable, a sideout results. A served ball that hits the net, rim or backboard equals a sideout.
- *Side Goals:* If a played or served ball hits the basketball net or rim, it will be called a replay. If a served ball hits the backboard, it will be ruled a side-out. If a played ball hits the backboard, it will be called a replay by the official **only** if the ball would have been playable. If ruled as not playable, a side-out will result.
- *Ceiling Cords:* A served ball that hits the cord will be called a replay by the official **only** if the ball would have been playable. If the ball hits the cord on your side during your first or second hit, continue play. If a ball hits the cord on a volley across the net it will be called a replay by the official **only** if the ball would have been playable. If it is ruled not playable, a sideout results.

Other

- Ages 14 and over can play in YMCA volleyball leagues. Members of any scholastic competitive team (high school/college) may not participate during their competitive season.
- **No juice, soda, or food is allowed in the back hallway or gym.**
- Water is allowed, only in a tightly sealed container.
- Please supervise your children if you bring them. **The YMCA policy is that children under the age of 8 years of age must be with a parent or guardian while in the building or in Toddler Time.**

Coed Volleyball Rules

These rules are in addition to the volleyball league rules mentioned above.

Players

- A Co-Ed team shall consist of four (4) players, 2 men and 2 women. There must be at least three players present to play. **If playing with only three, all three must be on the roster or it will be considered a forfeit.**
- Teams must consist of both males and females during play. If playing with three, teams must have at least one male or one female on the court. If playing with four, it must consist of two males and two females. If there are not two of each present, the team must play with three.

Rules.

- The serving order and positions on the court shall alternate male and female.
- There are no restrictions on males or females at the net.
- If the ball is hit more than once on each side, it must be touched by both a male and female team member at least once.

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