

# Hastings YMCA Adult Volleyball Rules

## Facility Policies

Please observe that all YMCA grounds, facilities, and league gyms are SMOKE FREE, TOBACCO FREE, and ALCOHOL FREE zones. Please supervise children while within the facility to avoid accidents and unsafe play.

## League Rules

- NSAA high school rules will be used, except for the exceptions noted.
- If you know your team cannot play a certain game, please contact the YMCA sports director ahead of time to find a replacement team.
- To keep up with league updates, standings, or cancellations, all information can be found on the YMCA website and via email.

## Gym Rules

Captains are responsible for the overall sportsmanship of the team. Every player and team member is expected to act with a high level of sportsmanship and the upkeep of YMCA policies. No foul language or misconduct will be tolerated. Poor tempers and behaviors may result in a suspension and/or disqualification from the league. Incidents will be reported and reviewed with the officials to determine the most appropriate action.

## Equipment

The YMCA provides volleyballs for teams to warm up with and use as game balls.

## Schedule

The league will consist of a 6 week (fall) or 5 week (winter and spring) schedule, plus a single elimination tournament. Team captains are responsible for contacting team members with schedule updates and league news.

## Playing/Surface & Surrounding Objects

Play will continue if the ball hits the above curtain if the ball returns to the side that it was last touched within the 3-hit limit. If the ball hits the above curtain and goes to the other side of the net, the play is considered dead and a point will be awarded to the other team. The ball is also dead if it hits any object other than a player on the court resulting in a point for the other team (i.e. ceiling, bleachers, walls, hoops, etc.).

## Number of Players

6 players are to be on the court at one time with rotations used at the discretion of the captain. Games may start if a team has 4 players. Each team has 10 minutes after the scheduled game time to have a minimum of 4 players. If the minimum is not met then the game will result in a forfeit.

## Coed

For a coed team, there may never be more male players on the court than female players. The only exception to this rule is if a team has 5 players in which there may be one more male than

female (i.e. 3 males and 2 females). A female **MUST** contact the ball at least once in a set of 3 hits. If a team contacts the ball only once or twice, it may either be male(s) or female(s),

### Time

Games are scheduled every 50 minutes- 6:30, 7:20, 8:10, and 9:00 PM. Warmup begins at 6:15 for a 6:30 game or immediately after the previously scheduled game ends.

### Timeouts

Teams are granted 1 timeout per game.

### Scoring

Rally scoring will be used. Games in competitive divisions (coed A and women's A) will be played best of 3 sets to 25 (15 in the 3rd set if necessary), win by 2. If the 3rd set is unnecessary, the set may be played if both teams agree. Games in semi-competitive (coed B and women's B) will ALL play 3 sets to 21, win by 2. For the semi-competitive division, number of sets won will determine standings. Any team can score a point when it wins a rally or the opposing team commits a fault. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve. ANY part of the body may contact the ball to keep it alive and in play, including the foot.

### Rosters

Players must be on the roster to participate in the season and tournament. **Team rosters must be finalized before the last game of the regular season.** Teams may add players to the roster up until the start of the final regular season game. All players must sign the roster BEFORE their first game or they will be considered ineligible. Players under 18 must have the approval (signature) from a parent to be eligible. Please ask the official for roster if signatures are needed. **In order to be eligible for the tournament, players MUST play in 1 regular season game and sign the roster before tournament.**

Players are only allowed to play on one roster (including between divisions, i.e. A & B). HOWEVER, if a team has less than 6 players, then subs from other teams are ALLOWED but ONLY up to 6 on the court. For example, if a team has 4 players, the team is only allowed 2 subs from other teams to make 6 on the court. Teams may only have subs as needed if the team has less than 6 on the court. This rule is only for the regular season.