

Hastings YMCA Adult Volleyball Rules

(These rules apply for games without officials)

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 via Playerspace, the YMCA website, and email.
- Teams must rotate when it is their turn to serve in a clockwise pattern.
- **Games will be “call your own.” Should there be disagreements, the point will be replayed. This goes with saying that teams should be honest and play with integrity.**
- **Without officials, the league binder will be kept on/near the volleyball stand. The binders will contain schedules, rules, rosters, and scoresheets.**
- **The home team captain is responsible for recording the score after each set and a member of the opposing team must initial the scoresheet to ensure it was recorded correctly.**
- **Teams will keep track of the score by using the manual flip scoreboard.**

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 to 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. Referees have the authority to disqualify a player or team if necessary.

Equipment

The YMCA provides volleyballs for teams to warm up with and use as game balls. The rack of volleyballs is stored in the closet by the front desk.

Schedule

Team captains are responsible for contacting team members with game schedules and updates.

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).

Timeouts

Teams are granted 1 timeout per game.

Scoring

Rally scoring will be used. All divisions will play an automatic 3 sets to 21 points. Standings will be determined by the number of sets won, or winning percentage if the total number of games is not equal for all teams. Tournament will be best 2 of 3 sets to 25 (third set to 15 if necessary).

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. The binders contain the rosters and are sorted by division. **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.

Players must be a minimum of 16 years old. All players under 18 years old are required to have a parent sign the YMCA waiver (team roster) before being eligible to participate.

Staff Setup Instructions - should be done at about 6:15pm.

1. Volleyball rack out (closet by front desk) and placed against the wall between the courts. Make sure it is the adult volleyballs (red/white/blue, black/silver/white Tachikara brand).
2. Flip scoreboards out (on shelf in closet by front desk and placed on ref stand)
3. Binders out (located in intern office, across from sports director) and placed on the ref stand.
4. Single speaker out and iphone out (located in intern office, across from sports director) and against the far wall, placed between the courts, in the middle of the dividing curtain. Plug power in and turn the power on. Blue iphone password is "9876", shuffle play the "adult volleyball" playlist on Spotify. Volume should be loud enough for both courts but not deafening.
5. Put the 2 main curtains down.
6. After games, put it all away.