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## WHITING YMCA CO-ED VOLLEYBALL LEAGUE

### Indoor Volleyball Guidelines:

- Players must be 16 years old or older to play. This league will be a 6-on-6 format and each game will feature best 2 of 3 matches, kept by rally scoring. Teams will play 3 matches each night.
- Non-Members of the YMCA are encouraged to participate. They **MUST** complete a Non-Member Process before any form of participation.
  - Please see the Membership Desk to complete this process.
- Games will be played on Thursday evenings starting at 6pm and ending no later than 10pm (depending on number of teams).
  - Teams should be able to play during these times, as accommodating game times is not manageable.
- The Whiting YMCA uses IHSAA Volleyball rules, with exception to house rules listed in these guidelines.
- The Whiting YMCA is a family place. We encourage you to invite your friends, family, and children to watch you play!

### Official:

- **REF:** Games will be refereed with one official at the net.
- **Line Judge Volunteers:** Players finished for the night or waiting to play are encouraged to serve as volunteer line judges.
- **Disputes:** The captain is the only person who may approach the Official during the match.
- **Signing In:** All players **MUST** sign in (legibly) before each game.
- **Playoffs:** Players **MUST** play in at least 2 regular season games in order to participate in playoffs.
  - Players not listed on the roster are **NOT** allowed to participate in the playoffs.
- **Eligibility Dispute:** If there is a dispute on player eligibility, the player in question must provide their photo ID to the Official to confirm eligibility. Failure to provide accurate identification will **ALWAYS** result in the player not being allowed to participate.
  - A player/team attempting to violate this guideline can be subjected to immediate game forfeit, suspension, and up to being suspended from the league.
- **Sub Players:** Substitute players **CAN** play during the regular season.
  - If you want to add a substitute to the roster, this **MUST** be done before week 8 of the regular season (no exceptions will be made).
  - See the Official to make this change.

### General rules of play:

- **W/L:** Games will consist of best 2 out of 3 matches. The team who wins 2 matches receives the Win.





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- **Points:** 1 point is awarded to the team who wins any match (i.e. Team wins game by winning 2/3 matches receives 2 points and the W, losing team won 1/3 matches receives 1 point and the L).
  - If a team wins match 1 & 2, they win the game. However, we will play match 3 as it will count in the points total for the season standings. In this scenario, match 3 will only be played to 15.
  - If there is a 1-1 match split, match 3 will be played to 25.
- **Time Limit:** The game will end at its scheduled time (1 hour), to allow the next game to start on time. If the time limit is reached, the team with the most points wins. If there is a tie at time limit, the next point will determine the winner.
- **Win by 2 pts:** Matches are played to 25 points and **you have to win by 2**. All scoring is rally scoring, meaning there is a point for every serve. First team to 25 wins.
- **Point Max:** Games will max out at 30 points, meaning the first team to 30 wins automatically.
- **Time Outs:** Each team is allowed (1) :30 Time Out per MATCH, use or lose them. This equals 3 TO's per game/per team.
- **Forfeits:** At 5 minutes after scheduled game time, a team not ready to play will forfeit the match. After 10 minutes, the team will forfeit match 2 and the game will count as a loss on their record. After 15 minutes, match 3 will be forfeited.
- **Co-Ed Ratio:** A complete Co-Ed team consists of 3 males and 3 females. At any time, the number of males CANNOT exceed the number of females by more than 1.
  - Teams are allowed to play with as few as 3 players (2 male, 1 female), 4 players (2 male, 2 female), 5 players (3 male, 2 female), or 6 players (3 male, 3 female).
  - If a team has only 5 players, 2 players must remain in the back row. If there are 4 players or less players, 1 player must remain in the back row.
- **Game Substitutions:** Teams can substitute at will, as long as they are **male for male** or **female for female** substitutions. Teams can rotate at the service position, as long as they are male for male or female for female rotations. Positional playing is not allowed.
- **In/Out-of-Bounds:** A ball that contacts the ceiling, fans, running track, basketball rims/backboards or other overhead objects may be played ONLY if it remains on the same side of the court. Once the balls crosses the net after contact with these objects, it is considered "out."
  - If a ball gets caught between a fan and the ceiling and rolls down, it is a dead ball and unplayable.
- **Free Zone:** The playing area is defined as the area between the end lines, sidelines, and the free zone surrounding the court. The free zone ends at the black lines (basketball out-of-bounds) and no ball is to be played outside of the free zone, for safety concerns. The walls, referee stand, score table, and net antennae are out of play. A ball hitting or passing outside the antennae is out of play.





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### **Player Conduct:**

- During play, a player may receive a warning. If a player receives an ejection they MUST leave the YMCA facility immediately.
  - An ejected player cannot participate again until contacted by the Executive Director or Program Director.
- Trash talk, vulgar language, or threats are not allowed. The Official can serve a player with a warning or game ejection if this rule is ignored.
- The Official has the right to issue an ejection before a warning, depending on foul severity.
- A player receiving 2 ejections in one season will be removed from the league for the season (or 5 game if season is nearing end).
- Any fighting will result in immediate removal from the league, permanently. Further action can be taken.
- Teams can be suspended for 1 game up to an entire season. (i.e. Non-payment of team fee/using ineligible players).
- The YMCA has a zero tolerance policy regarding the use or being under the influence of alcohol, illegal drugs, or tobacco while participating in a YMCA function.
- Player conduct rules apply before, during, and after the game.

### **Serving Regulations:**

- Before game start, captains will meet with the Official for the coin toss. The team who wins the coin toss will serve first. The other team selects the side they start on. The team who lost the coin toss will serve first in Match 2. Match 3 will start with the team who won the coin toss serving first.
- Authorization of the serve must be given to the server from the Official before the serve is hit. Once authorization is given, the server has 5 seconds to serve.
  - Past 5 seconds is a violation and the point and serve will awarded to opposing team.
  - If the server hits the ball before authorization, it will count as a violation and the opposing team will be awarded a point and serve.
- A player serving may re-toss once, during his/her serve attempt.
- Players may serve overhand, underhand, or jump-serve.
- Blocking the serve is illegal and point and serve will be awarded.
- A let serve (ball hits net on serve) is allowed, as long as it is entirely within the antennas. Let Serves are playable.

### **Illegal Hits:**

- The ball must be cleanly hit. The following constitutes as an illegal hit:
  - a. Ball visibly comes to rest
  - b. Held ball (Lift)
  - c. Purposeful successive contact (Double)
  - d. Using fingers for underhand hit
  - e. Blocking the serve





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### **Blocks:**

- A block does NOT count as 1 of 3 touches. If 2 or more players block, it counts as 1 touch.
- A blocker may touch the ball beyond the net, provided it does not interfere with the set. Blocks are only on plays intended to go over the net.

### **Attack Hits:**

- An attack hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by a blocker.
- Tipping is permitted only if the ball is cleanly hit and not caught or thrown.
- Restrictions to the back row:
  - A back row player may complete an attack hit at any height from behind the front zone (10ft line).
  - A back row player may carry out an attack hit within the front zone (10ft line), if at the moment of the attack hit, any part of the ball is below the top of the net and the players body is behind the ball.

### **Faults:**

- Players are not allowed to touch the net. Incidental contact of the net with the player's hair or insignificant contact with the net by a player not involved in the action is NOT considered a fault.
  - A player may come in contact with the posts, ropes, or other objects outside of the length of the net, provided it does not interfere with play.
- The following faults can occur during an attempt to play the ball:
  - a. Player touching the net
  - b. Hand or hands over the opponent's side of net while set is forming
  - c. A player takes support from a teammate or any object in order to reach the ball
  - d. A team contact the ball 4 times
  - e. Catching or throwing the ball. The ball must be tapped.
  - f. Serving out of turn

**Please respect the YMCA's four core values: Respect, Caring, Responsibility, and Honesty.**

