

# YMCA YOUTH SPORTS PHILOSOPHY

Over the past few years, the YMCA has noticed some alarming trends in youth sports programs: the pressure for more rigorous competition and higher achievement. These trends come from adult-oriented attitudes and the misconception that youth sports programs are scaled-down versions of professional sports. This is not only false, but also dangerous.

**The YMCA stresses child-oriented attitudes by keeping winning in perspective, having fun, improving physical fitness, and working with the whole child.** The YMCA wants the quality of play to improve in order to meet the needs of all participants whatever their ability and skills.

The YMCA accomplishes this by training adult volunteers in clinics and workshops.

**The YMCA believes that the child is first and winning is second.**

The YMCA does not encourage the elimination of competition or winning. Winning is essential to enjoyable competition. However, it is the "striving to win" that yields the joy of sports.

The key for parents and coaches is to keep winning in perspective. It is this key that holds the YMCA Youth Sports program together. Competition will happen in youth sports without any external pressures. **It is important to keep competition at a level appropriate for the athlete.**

The YMCA would not be whole without its commitment to a Christian emphasis. The goal of the Youth Sports program is to help the child grow to his/her fullest potential in mind, body, and spirit: activity helps the body grow; thinking advances the mind; and belief makes our spirit grow.



The Mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

# YOUTH VOLLEYBALL LEAGUE RULES

## Recreation Divisions

### (8-10; 11-14 Yr Olds)



The leagues and games are played according to normal Volleyball rules and are run in such a manner that children can learn, develop, and reinforce Volleyball skills as well as enjoy playing the game with their teammates and coach.

#### I. Players and Coaches

- A. Age groups:** Players will determine their division of play by the age they are or will be turning during the season. Any player may play in an older division but no player may play in a division younger than their age.

##### **AGE GROUP PLAYER'S AGE**

Division A 8-10 yr olds

Division B 11-14 yr olds

\*\*\*NOTE\*\*\* The YMCA reserves the right to adjust age groups based on enrollment.

- B. NUMBER OF PLAYERS:** The YMCA builds teams with no more than double the number of participants allowed on the court at once.

Division A 6 on the court/12 Max per team

Division B 6 on the court/12 Max per team

\*\* Team and on court numbers may be less based on league size.

#### II. GAME AND EQUIPMENT:

##### **A. BALL SIZE**

Division A 8-10 Year old – Vollelite Ball

Division B 11-14 Year old – Regulation Volleyball

- B. DURATION:** A match will consist of the best two out of three games with a fifty-minute time limit. The 1<sup>st</sup> and 2<sup>nd</sup> games are to 25 points, the 3<sup>rd</sup> game is to 15 points and teams must win by two points (ex: 27-25). All games are rally-point system. At the end of each game, teams will switch courtsides. Two (2) – 30 second time outs are allowed per game.

**C. Size of the Court and Net:** Court will be one half of the gym going crossways.

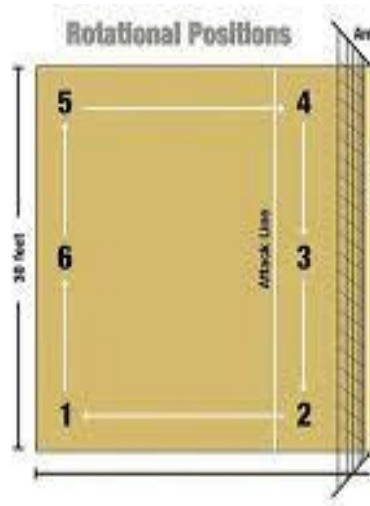
**Division A 8-10 Year old:** Net height - 7 ft

**Division B 11-14 Year old:** Net height - 7 ft 6 in

**D. Substitutions:**

**Division A 8-10 Year old:**

Players will substitute into the game each time the team rotates. When rotating, the players will move clockwise around the court. The new player will enter in the middle back line (6) with the last server (1) subbing out. The rotation does not change during the game. If a player is found out of rotation, it will result in a side out.



**Division B 11-14 Year old:**

### **III. GAME RULES:**

#### **A. Serving Rules**

Division A - Players will serve from behind the 17' line  
(Courts will be marked on the right sideline).

Better servers however are encouraged to move back behind the regulation service line. Player serving is allowed two chances to put the ball in play on their first serve. If a player gets a point on their first serve they are then only allowed one chance to put the ball in play on their remainder serves. This will be allowed for the whole season.

Division B - Players must serve behind the regulation serving line and may use the underhand or overhand technique. Player serving is allowed two chances to put the ball in play on their first serve. If a player gets a point on their first serve they are then only allowed one chance to put the ball in play on their remainder serves. This will only be allowed for the first 3 games of the season. Starting the 4th week each player will only get one chance to get their serve over.

The server may serve from anywhere behind the service line. The server may not step on or over the line while serving. When this occurs, it is a side out. The server must wait until the referee has blown their whistle before serving. The serve can hit the net and cross between the two antennas and is still a live ball. Any server cannot serve more than four consecutive points. When this occurs, it is a side out. \*Server may hit four consecutive times if the serve is good but then has to turn it over to the opposing team after the 4<sup>th</sup> good serve.

- B.** No player can touch the net or cross the center line underneath the net.
- C.** The ball must be hit, not caught or thrown. A team is entitled to three hits before they must return the ball to the opposing team. A returned ball may hit the net and be considered in fair play. A player may not hit the ball two consecutive times.
- D.** The ball must pass over the net and completely between the posts to remain

in play. **If the ball hits the wall, ceiling or a basketball goal it is out.**

- E.** The first touch off a serve can be anything except a hit or a block.
- F.** When setting, the ball must come into contact simultaneously with both hands.

**\*\*Every player who shows up to play **MUST BE ALLOWED TO PLAY** at least one half of each game and **MUST BE ALLOWED TO START** at least one half of the games throughout the season.**

Coaches should make every effort to play each child equally. If one team does not have the designated number of players at the beginning of the game, a 10 minute grace period will be allowed. The game will then be started with both teams playing with an **equal** number of players, and the amount of time lost will be deducted from the game time. **PLEASE SHOW UP AND BE PREPARED TO START AT THE GAME TIME!** This will prevent the later games from being delayed.

**\*\*When the referee is ready to begin to play, you should start at that time. The referee may ask the coach to find a volunteer parent to help watch the sidelines during play.**

### **YOUTH SPORTS PLEDGE:**

At the start of each game, all players, coaches, and referees will meet at the center circle to recite the Youth Sports Pledge and address any rule clarifications.

### **YOUTH SPORTS PLEDGE**

**I PLEDGE TO PLAY THE GAME,  
THE BEST THAT I CAN,  
TO BE A TEAM PLAYER,  
TO RESPECT MY OPPONENTS,  
THE RULES AND OFFICIALS,  
AND IMPROVE MYSELF IN MIND,  
BODY, AND SPIRIT.**

**Please remember that by volunteering to be a coach, you have chosen to be a role model for all participating children, and that you represent yourself and the YMCA at all games and practices throughout the year.**

# YMCA of Austin Youth Volleyball Guidelines



Age Group	Ball	Game Length/Info	Net height	Players on court	Serving Rules	Special Rules
8-10	Volleylite Ball	<p>Best 2 out of 3 Games</p> <ul style="list-style-type: none"> <li>• First two games play to 25 points</li> <li>• third game to 15 points (must win by 2 points)</li> <li>• Game must finish within time limit</li> </ul>	7 ft	6	<ul style="list-style-type: none"> <li>• Serve behind 17 ft line; (marker on right sideline) underhand or overhand serve allowed; Side out if stepping on or over serve line; live ball if hits the net</li> <li>• two chances to put the ball in play on their first serve (All Season)</li> <li>• *Server may hit four consecutive times if the serve is good but then has to turn it over to the opposing team after the 4<sup>th</sup> good serve.</li> </ul>	<ul style="list-style-type: none"> <li>-up to 3 hits before returned</li> <li>-no player can hit two consecutive times</li> <li>-subs during team rotations</li> <li>-players move clockwise</li> <li>-no player can touch net or cross center line underneath net</li> <li>-ball out if hits wall, ceiling or basketball goal</li> <li>-First touch off of ball can be anything but a hit or block</li> </ul>

11-1 4	Regulation Volleyball	<p>Best 2 out of 3 Games</p> <ul style="list-style-type: none"> <li>• First two games play to 25 points</li> </ul> <p>third game to 15 points (must win by 2 points)</p>	7 ft 6 in	6	<ul style="list-style-type: none"> <li>• Serve behind regulation line; overhand serve allowed ; Side out if stepping on or over serve line; live ball if hits the net</li> <li>• two chances to put the ball in play on their first serve (First 3 games). Last 3 game only one Chance to get ball in play</li> <li>• *Server may hit four consecutive times if the serve is good but then has to turn it over to the opposing team after the 4<sup>th</sup> good serve.</li> </ul>	<ul style="list-style-type: none"> <li>-up to 3 hits before returned</li> <li>-no player can hit two consecutive times</li> <li>-subs during team rotations</li> <li>-players move clockwise</li> <li>-no player can touch net or cross center line underneath net</li> <li>-ball out if hits wall, ceiling or basketball goal</li> <li>-First touch off of ball can be anything but a hit or block</li> </ul>
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