

## Waynesboro Area YMCA Volleyball Rules

What: Women's Volleyball Leagues

Times: Games will start at 6:30 p.m., 7:30 p.m. on Thursdays

There will be a five-minute grace period per game. Warm-up must be done prior to the beginning of the game.

Locations: Playing areas will take place at Waynesboro's YMCA Gym 1 & 2

Dress: Clothing shall be appropriate. (sneakers, shirts, and shorts please)

Behavior: Gestures and language of inappropriate nature will not be tolerated. A warning will be given. If incidents continue, the person will be responsible for a point loss or a side-out. If it continues, the person will be asked to leave the playing area.

Area Rules: boundaries are the edge of the basketball court

Cost: \$40 - Waynesboro Area YMCA Member  
\$55- Non-member.  
\$ 5 - Sub fee per match.

Rosters: Team rosters **must be** completed and returned to the Waynesboro Area YMCA Sports and Fitness Director by the first game (Thursday Sept 7th). All players' fees must also be paid by this time. Failure to do so will result in forfeiture of all games/matches in which said player(s) participated. If a team is only carrying six (6) regular players on their roster with no subs and one of the players is injured, disabled, or moves from the area, the captain may request that a player be added to the roster to make six (6) players. If the injured player returned to the team during the regular season, the added player must forfeit their position on the team. If a team has six regular players and one or more subs on their roster, the regular player must be replaced with one of the team's subs, not another person added to the roster.

Governing Rules: USA Volleyball sanctioning rules [www.usavolleyball.org](http://www.usavolleyball.org)

Concept of Recreation: Waynesboro Recreation is providing a service for a minimal cost for the purpose of recreation. Recreation is the spending of leisure time to participate in activities of choice for the enhancement of mental, social, and physical properties. Recreation provides release of intrinsic values such as happiness, joy, etc. **But most of all, recreation provides FUN.**

Concept of League: 1. To provide recreational leagues with some competition in the sport of volleyball.  
2. To provide a ranking of position for the playoffs.

Concept of Playoffs: 1. To provide a continued time of play for those involved in the Waynesboro Recreation Volleyball.  
2. To pronounce a champion team for the Waynesboro YMCA Recreation Volleyball League.

Definition: Volleyball is played with no less than four and no more than six players on the court. The game is played on a designated playing area separated into two courts by a dividing net. A serve begins, and both teams then contact the ball to return the ball in a manner to place the ball onto the opponent's court. A point is scored on each serve.

1. Scoring – All games will be 25-point rally scoring – NO CAP. In the playoffs, the deciding game will be 25-point rally scoring – NO CAP.

2. Match Play – To begin a match, a coin toss between captains of each team (or designated person) takes place. Coin toss winner has choice of serve, defer, or in which court they wish to start. The referee will designate who will call the toss.

“A” and “B” Divisions – Each game consists of 25 points. The team must win by two points. A game can continue beyond 25 points if a 2-point advantage has not been reached (NO CAP). All games are played and count for team standings.

Forfeited match will be scored as 25-0 if forfeited prior to start of game. If game was in progress when forfeit (default) occurred, all points scored to that point will count and additional points added to team receiving forfeit, i.e., 25-5.

3. Referees

- A. Before a match begins, the referee should choose the equipment and make sure of all playing conditions of equipment and court.
- B. Designate a scorekeeper.
- C. Complete pre-match captain's conference.
- D. Will conduct game and rule in cases not addressed in rules. They will handle all disputes and disagreements in score, match play, behavior, etc.
- E. Coin toss.
- F. Will blow whistle to signify serve, fouls, time-outs, proper play and stoppage of play.
- G. Illegal hits will be called by officials:

-Overlapping	-Net fouls	-Foot faults
-Backline player fouls	-Number of contacts	-Ball in/out of play
-Awarding time-outs	-Double fouls	
-Assess warnings, penalties, and disqualifications of players/teams/spectators.		

4. Team

- A. No more than six players and no less than four players can be on court (only exception would be due to injury).
- B. Captain will be the only person to approach/communicate with officials. If the captain is off the court, then one player on the court may be designated as spokesperson (a time-out is assessed to that team).
- C. Substitutes should locate themselves to an area for easy access:
  - \*\* Player can rotate in at service area and left front spot.
  - \*\* Non-players may not position themselves near or on court.
  - \*\* Point or side-out may be awarded for foul.

5. Time Factors

- A. Team that does not respond to official's directions to begin game, serve or time-out will have a point, side-out or forfeit assessed.
- B. Time-outs will be 60 seconds.
- C. Time between games will be two minutes or less.

6. Mechanics of Play – Refer to USA Volleyball Rule Book (Live & dead balls, contacting the ball, blocking, hitting, setting, serving, net play, etc.).

7. Fouls & Faults – Refer to USA Volleyball Rule Book.
8. Replays
  - Official makes a mistake.
  - Interference from an object or person
  - Injury on court
  - Double foul
  - Ball suspended in air at net by two blockers on opposing sides.
9. Rotation Entry and Substitution
  - A. May enter game at two places – service area and left front area.
  - B. A position may be substituted by another player. Those players(s) may not substitute for another position, only re-enter for same position previously held (exception would be due to injury). A substitution of this manner requires official's approval.
10. Conduct
  - A. Unsportsmanlike conduct, including physical and verbal action of an unethical, unfair, or dishonoring manner (as well as acts of deceit, disrespect and vulgarity) will not be tolerated.
  - B. No player, captain, non-playing team or spectator shall create a situation of an unsportsmanlike manner on or near the court at any time.

For a player displaying unsportsmanlike conduct, the following consequences will be enforced (USA Volleyball Rules):

- \*\* Warning (official points finger)
- \*\* Yellow Card (point awarded to opposite team)
- \*\* Red Card (player ejected from game)
- \*\* Yellow and Red Cards (player ejected from game and banned from remainder of match).

11. Weather Conditions- N/A for indoor unless emergency weather related closing occurs
12. Miscellaneous
  - A. League fee applies to all players listed on team roster. Substitutes must pay a \$5 per match fee and must be listed on team roster. (See Section "R" for substitute eligible in play-offs.)
  - B. A player may only be listed on ONE team roster, either "A" or "B"; not both.
  - C. Match attire is one of modesty and not vulgarity.
  - D. A five-minute grace period will be permitted per game until: (1) the team has four players or, (2) the number of games forfeited equals the entire match.
  - E. Player in service position must wait for referee to whistle before serving. Serve must be within eight (8) seconds of whistle.
  - F. All team members, except the server, must be in bounds at the time of service. The boundary lines are considered in bounds.
  - G. The ball may be contacted no more than three times on each side of the net. A block does not count as one of the team's contacts.

- H. A player or their clothing may not touch the net or net cables during a “live” ball. If the force of the ball hitting the net causes the net to contact the opponent, no foul occurs. Hair does not count.
- I. A center line violation: To touch the opponent’s court with a foot (feet) or hand(s) is permitted, provided that some part of the penetrating foot (feet) or hand(s) remains either in contact with or directly above the center line. To contact the opponent’s court with any other part of the body is forbidden.
- J. All ball handling calls are strictly the judgment of the official and are not open to debate during play. When match is over, officials may answer specific questions about rules and why certain calls were made. No discussion about judgment calls. Violation of this rule will be viewed as unsportsmanlike conduct and could result in league reprimands.
- K. A block occurs when a player, close to the net and hands raised over head, contacts the ball near top of net to: (1) prevent ball from crossing net (serve may not be blocked); (2) return the ball immediately; (3) deflect the motion of the ball.
- L. Back Line Players – while positioned behind the spiking line, player may contact the ball from any position inside or outside the court above or below the top of the net. A back-line player shall not return the ball which is completely above the net while positioned in front of the spiking line or it is out-of-bounds extensions. A foul shall not be called on a back-line player until the ball is considered to have crossed the net.
- M. Ball Handling – illegal contacts occur when the ball momentarily comes to rest on hands, arms, or any other part of the body. Examples of illegal contacts: open hand and push of ball, open hand scoop of ball where ball visibly comes to rest, throwing the ball where the ball visibly rests in hand.
- N. Two 60-second time-outs per game per team. The official will grant them when properly requested.
- O. PLAYERS SHALL NOT WEAR JEWELRY. Only exceptions are medical and religious items and wedding bands (any other rings not removable must be taped and approved by official).
- P. League standings will be based on team’s win/loss record of all games played within their division. Any ties that exist at the end of the season will be decided based on head-to-head results. If still tied, point spread of those games will be totaled and winner declared.
- Q. League is open to anyone 9<sup>th</sup> grade and over.
- R. If a sub has played in at least fifty (50%) per cent of the regular season matches, that sub would be eligible to play in the playoffs even if the team already has the required minimum players. If for some reason, a team **does not** have a minimum of four (4) players for the playoffs, the captain may request (can be denied) a sub from their roster, who has not played in a minimum of fifty (50%) per cent of the regular season matches, be permitted to play to meet the minimum number of four (4) players required to play a match.
- S. The league standings will be used in seeding teams for play-offs.
- T. Any situation arising not covered will be referred to the USA Volleyball Rule Book.
- U. It is a fault to attack an opponent’s serve when the ball is in the front zone and entirely higher than the top of the net.