



Park Cities YMCA

YOUTH VOLLEYBALL

"The Child First - The Sport Second"

Park Cities YMCA

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Sports Department

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YMCA Mission Statement:

To put Christian values into practice through programs that build healthy spirit, mind, and body for all.

YMCA Philosophy:

YMCA youth sports are based on the concept that fair play is the very essence of competition. Everybody should have an equal opportunity to compete and a fair chance to participate.

Fair play implies respect for oneself, one's opponent, and others involved in conducting the competition. Players, coaches, officials, and spectators share a responsibility for fair play. Fair play sets the child above the game. The YMCA believes that its youth sports programs provide an excellent environment for developing sound spirit, mind, and body. As these virtues grow, they will influence behavior in everyday life.

The YMCA also believes that its youth sports program will help families and individuals to grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills, and have fun. It is for the development of such virtues that the YMCA promotes its youth sports programs. At the YMCA, "Everyone is a Winner."

YMCA Coaches' Code of Conduct:

The YMCA believes that sports should offer competitive fun in a learning and healthy environment. All coaches should read and abide by this Code of Conduct. Following the Code of Conduct will make the games more enjoyable for all and help teach children that competition can take place in a friendly and fun atmosphere.

- 1. I will remember that I am a youth sports coach and that the youth sports experience should be enjoyable for the players and their families, spectators, officials, and all others concerned.**
- 2. I will place the emotional and physical well being of my players ahead of a personal desire to win.**
- 3. I will not engage in negative discussions with any game official, player, parent, coach, spectator, committee member or YMCA employee.**
- 4. I will do my best to teach the six pillars of character values (trustworthiness, respect, responsibility, caring, fairness & citizenship) to my players, with my words and my actions.**
- 5. I will be knowledgeable of the rules and the fundamentals of the game and do my best to teach them to my players.**
- 6. I will abide by all the rules and regulations of the YMCA.**

YMCA Coaches' Code of Conduct Continued:

- 7. I will assure that my players and I recite the sports pledge before each game and shake hands with the opposing team after each game.**
- 8. I will see that any disputes are handled calmly and by the proper procedures and proper authorities.**
- 9. I will not allow my team's parents to act in a way that demonstrates disrespect for the game officials or any member of the opposing team's players, coaches, parents, or spectators.**
 - ❖ At no time shall the following be used as a form of discipline by coaches, staff, or other volunteers in youth sports programs:**
 - Restriction of water.**
 - Restriction of use of bathroom.**
 - Physical exercise.**
 - Harsh demeaning or negative yelling, or Physical force (including shaking or striking).**

Character Warnings and Character Penalties:

"YMCA sports programs teach values and character building that can become the very foundation of a person's life". In an attempt to be consistent with the mission of the Park Cities YMCA, "Character Penalties" will be given for unsportsmanlike behavior exhibited at YMCA games. When possible, a Character Warning will precede a Character Penalty. At that time, it would be explained to the player or coach involved that they are receiving a Character Warning and that the next transgression would result in a Character Penalty with immediate expulsion from the game. However, due to the severity of the behavior or circumstances involved, it might be necessary to proceed straight to a Character Penalty without first issuing a Character Warning.

A player receiving a Character Penalty should be ejected from that game and suspended for the next game. If it happens in the last game of the season, then that player would not be able to play in the first game of the next season. A second Character Penalty in a season would result in ejection from that game and the suspension of the player for the next 5 games. Again, this 5 game suspension could spill over into the next season depending on when the suspension occurred. A third Character Penalty received in any 12 month period would require review by the Park Cities YMCA Sports Committee (with the authority to suspend the player for a 12 month period of time).

A coach receiving a Character Penalty would be ejected from that game and suspended for the next game. If it happens in the last game of the season, then that coach would not be able to coach in the first game of the following season. A coach receiving a second Character Penalty in a 12 month period would require review by the Park Cities YMCA Sports Committee (with the authority to suspend the coach for a 12 month period of time).

It is a shame that we have to include this section in the Park Cities YMCA Rule Book. Everyone involved (Y staff, Sports Committee members, parents, coaches, and players) must take this seriously and handle it with wisdom and grace.

Boys and Girls Sports Committees:

1. The Boys and Girls Sports Committees (the “Committee”) oversee the boys & girls sports programs for the Park Cities YMCA (“PCYMCA”). Duties of the Committee include:
 - (a) Set rules for each sport.
 - (b) Scout and evaluate teams for placement in appropriate divisions.
 - (c) Monitor conduct of coaches, players, parents and fans at games and practices.
 - (d) Listen to and act on any concerns or complaints expressed to the PCYMCA Sports Department.
 - (e) Attend monthly meetings.
 - (f) Intervene at games if issues arise.
 - (g) Attend team formations.
 - (h) Communicate with school coordinators (where applicable).
 - (i) Nominate and approve new committee members.
 - (j) Serve on subcommittees.

2. The Committee shall be made up of the following:
 - (a) Chairman
 - (b) Vice-chairman
 - (c) School representatives
 - (d) At-large members

3. Requirements to become a Committee member include:
 - (a) Complete a volunteer application.
 - (b) Submit to an annual background check.
 - (c) Serve a one-year term.
 - (d) Never been removed as a coach or volunteer in any YMCA program.
 - (e) Work on our Annual Partners Campaign
 - (f) Work special events for the Park Cities YMCA (i.e. track meet, scouting for football & basketball)
 - (g) Attendance to meetings is required

YMCA PLEDGE:

**WIN OR LOSE,
I PLEDGE BEFORE GOD,
TO PLAY THE GAME AS WELL AS I KNOW HOW,
TO OBEY THE RULES,
TO BE A GOOD SPORT AT ALL TIMES,
AND TO IMPROVE MYSELF
IN SPIRIT, MIND AND BODY.**

PLAYER REGISTRATION:

- (a) A player must be a program or family member in good standing of the PC YMCA, must be registered on a YMCA Sports Registration Card (parent signature required) and must have paid the registration fee prior to any participation in practices or games.
- (b) LATE REGISTRATION – If a player registers after the registration deadline, the player will be placed on a waiting list and you are not guaranteed to be on any team. If you are taken off the waiting list, the registration fee plus a nonrefundable late fee of \$50.00 must be paid in order for the child to play.
- (c) Coaches may not recruit or promise players a specific team assignment. Team assignment is solely the responsibility of the Committee. Coaches who allow players to play on their teams who were not placed on the team through the team formation process and/or who are not registered at the PC YMCA will be suspended.

SPECIAL REQUESTS - All special requests must be submitted in writing at the PC YMCA front desk. The Committee reviews special requests at periodic meetings. The Committee's decision will be communicated to the requester as timely as possible. The Committee's decision is final. Special request forms are available at the PC YMCA front desk. **NOTE:** the PC YMCA Sports Department staff may not grant any special requests.

NOTE: Anyone involved in the PC YMCA Sports program (e.g., coach, referee, parent, player, spectator, Committee member, or Sports Department staff) may file a complaint. All complaints must be in writing and submitted to the PC YMCA Sports Department. If a complaint is submitted to the Sports Department, it will be reported immediately to the Committee Chairman. These situations will be handled case by case, depending on the circumstances of the incident. The Committee will resolve all complaints and the Committee's decision is final

YMCA Volleyball shall be played in accordance with the National Federation of State High School Associations rules of Volleyball of the current year with the following exceptions and clarifications:

Equipment: All players must be in full uniform when on the court. All players must wear the shirt with the YMCA logo to be eligible to play. All player jerseys are required to have 6" numbers on the center front and center back of the jersey prior to the first match of the season and must be worn tucked in. Team names on jerseys are optional. Kneepads are highly recommended. Black soled shoes are not allowed. Casts and artificial arm wrappings are not permitted to be worn by players. No jewelry may be worn during games. This includes rings, earrings, bracelets, and "hard" hair accessories.

Referees: Normally official referees are provided for all league games. If, for some reason, there is no referee present for the start of a league game, the opposing coaches may agree to select referees from parents present. Both coaches must agree with this procedure. If during play an official arrives, he/she will assume his/her duties at the end of the current serve rotation. The referee will review with the Line Judges their specific duties and assign them their positions. The referee will conduct the coin toss between the captains of the teams to determine which team shall have the choice of serving or receiving.

Line Judges: The line judges will report to the referee five (5) to ten (10) minutes before game time. Each team will be responsible for submitting a parent to be their line judge. The line judges will be positioned just off the court on the left hand back corner opposite each server. The line judge does not change sides during the match. The referee has the right to overrule a line judge at any time. The referee has the right to remove a line judge at any time without explanation. A line judge will only address the referee during a dead ball or to signal out-of-bounds or a foot fault.

Rule Interpretation: All interpretations of the rules of play will be the responsibility of the referee in charge. The referee will inform both head coaches of the ground rules prior to the start of the game. The rules are Official National Federation of High School Associations volleyball rules unless modified by the YMCA in this document. YMCA modifications prevail when there is a conflict.

Choice of Bench: The home team will have their choice of bench immediately upon arrival courtside, and may take possession of such before warm-up.

Warm-Up Time: A team is assured of no less than five (5) minutes of warm-up time prior to the start of their match. The match will be started late in order to assure the team of this minimum warm-up time. It will not be started early under any circumstances. This is for the benefit of parents and other spectators who wish to see the entire match. Coaches are responsible for the conduct of their team during the waiting period while another match is in progress. This includes the containment of all loose balls.

Scorekeeping: Each team will furnish one adult to act as official scorekeeper and one adult to operate the flipchart. It is recommended that each team have adults who are familiar with volleyball in particular the rally-scoring process.

Rescheduling of Games: Only the Sports Director may reschedule matches. Matches may be rescheduled when scheduled school or church events cause the team player numbers to fall below the minimum for league play (5 players) provided 48 hours advance notice is given.

GAME RULES

Coin Toss: The coin toss will be conducted by the referee with a captain from each team. Home team is the first team listed on the game schedule. The Visitors will call the toss. Winner chooses serve or receive. For the second (2nd) game, teams change to the opposite court and the serve changes hands from the team that served first (1st). For the third (3rd) game, the teams change courts again and the team that served (1st) in game 1 also serves first (1st) in game three (3).

Length of Game/Time: (Revised on 5-19-07)

- Matches are scheduled in **45 minute increments for 3rd & 4th grade and 55 minute increments for 5th & 6th grade.**
- A match shall consist of the best two (2) out of three (3) games.
- All games in a match will be played using **rally scoring to 15 points for 3rd & 4th grade and 25 points for 5th & 6th grade.**
- The first team to win two (2) games shall be the winner of the match.
- **The third (3rd) game shall not be played unless it is necessary to determine the winner of the match. The winner of the third (3rd) game will be determined by which team scores 15 points with a 2 point advantage or whoever is in the lead when time of the match is expired. The third (3rd) game will have a cap of 20 points in which the 2 point advantage is no longer in effect.**
- **Games must be won by a two (2) point advantage for all grades. Games may be played to a cap of 20 points, at which point the two (2) point advantage is no longer in effect. Games can end with a score of 20-19 (3rd & 4th grade only). Games may be played to a cap of 30 points, at which point the two (2) point advantage is no longer in effect. Games can end with a score of 30-29. (5th & 6th grade only).**
- Time between games within a match will be no more than three (3) minutes.

Forfeits: If a team does not have the required “minimum number of players” to begin a match at the scheduled start time, the first game will be declared a forfeit. A five (5) minute grace period will be given for the first match of the day only. The second game will be declared a forfeit ten (10) minutes after the start time of the match. Only the referee can declare a forfeit.

SERVING

Let Serve: A serve hitting the top of the net but continuing over is considered a legal serve.

For the 3rd and 4th Grade Leagues:

- On her first serve, a player may have two (2) attempts to serve and put the ball in play. This applies only to the first serve per player per rotation. For example, when a player uses one attempt to serve and the ball does not go over until the second attempt and a point is scored, the second service chance is now the third attempt therefore the server can only have one attempt to score a point because the two attempts has already been met.
- A player may serve a maximum of three (3) points before the serve will rotate the opposing team.
- The serving line will be 9 feet in front of the end line.

For the 5th and 6th Grade Leagues:

- Every player may have two (2) attempts to serve and put the ball in play providing the first attempt is an overhand serve. (This is to promote and strengthen the skill of overhand serving).
- A player may serve a maximum of five (5) points before the serve will rotate to the opposing team.
- The serving line will be 3 feet in front of the end line.

Foot Fault: A foot fault occurs when a server touches or crosses the serving line prior to contacting the ball for the serve. This will be enforced in ALL leagues.

Substitutions:

For 3rd and 4th Grade League:

- 6 players are on the court at all times with remaining players waiting on the bench to rotate into play as side-out is called. The match will be played with no less than 5 players on the court.
- Substitutions can only occur after service attempt (s) and when the player rotates to middle back position. Another words, substitution should occur after each serve. This will allow equal playing time for all girls.
- It is the coaches' responsibility to organize substitutions. As a suggestion, for organizing substitution to ensure that all girls are given equal playing time use the chairs provided to help alleviate confusion on who has played and who still needs to play.

Substitutions Continued:

For the 5th and 6th Grade League:

- 6 players are on the court at all times with remaining players waiting on the bench to rotate into play as side-out is called. The match will be played with no less than 5 players on the court.
- Substitutions can only occur after service attempt (s) and when the player rotates to middle back position. Another words, substitution should occur after each serve. This will allow equal playing time for all girls.
- It is the coaches' responsibility to organize substitutions. As a suggestion, for organizing substitution to ensure that all girls are given equal playing time use the chairs provided to help alleviate confusion on who has played and who still needs to play.

Out-of-Bounds/ Overhead Obstructions:

A ball will be considered out-of-bounds if it:

- Touches the wall, objects mounted to the wall, or objects on the floor outside the court.
- Touches the floor outside the courts boundary lines regardless of objects overhanging the court.
- Touches the net antennas.
- Does not cross the net within the court boundary lines.
- Breaks the plane of an adjacent court, if a game is going on, or bleachers, benches, official's tables, etc.

A ball hitting an overhead obstruction above a playable area shall remain in play provided the ball contacts the obstruction on the side of the net that is occupied by the team that last played the ball, and the ball is legally hit next by the same team. An obstruction, which is directly above the net line, will be considered a re-serve if a ball hits it or goes over it on a serve. The ceiling will be out of bounds during all play.

Time Outs: For all leagues, two (2) 60 second time outs are allowed per game.

ANY PERSON(S) ABUSING ANY OF THE ABOVE RULES WILL BE SUBJECT TO DISCIPLINARY ACTION FROM THE SPORTS COMMITTEE WHICH COULD RANGE FROM A WARNING TO EXPULSION FROM THE PROGRAM FOR THE PERSON(S) OR TEAM.



YMCA

Bring out your best

“The Child First, The Sport Second”