



Dubuque Community YMCA Volleyball League Match Rules

Players:

- Teams are encouraged to provide equal playing time for all players. If players have an unexcused absence from a practice, they will still play but game time may be more limited. Coaches will determine whether or not an absence is excused or unexcused.
- Players are required to wear their league jerseys provided by the Dubuque Community YMCA to every game. If a team does not abide by this rule, the first offense will result in a game forfeit. The second offense will result in ineligibility to compete in the two-weekend tournament at the end of the season.
- Non-marking gym shoes must be worn. Please bring a change of shoes during wet weather to maintain a safe and clean playing environment. The league recommends all players wear knee pads, but they are not required in order to participate. The league does not supply knee pads to players.

Games:

- All games will start and end on time. If a team is late, they will forfeit their playing time. • All grade levels will be played with 6 players on the court at a time. No exceptions. If a team is short players they may borrow players from the opposing team.
- Each team can have no more than 12 players on their roster.
- Each match will consist of two games to 25 and if necessary the third game will be to 15. **Games will go to 25/15 points (no win by 2 rule will be in effect). • 50 minute time limit on all matches.**
- **All games will be played with rally scoring (no side outs).**
- Teams will be given (2) 45 second time-outs per game. Time-outs do not carry over. • There will be 2 minutes between each game.

- **Teams will switch sides for all games. If a 3rd game is played teams will switch sides when either team reaches 8 points.**
- Teams can have an unlimited number of substitutions. Substitutions may be made before or after a play has ended, not during a rally. The players should line up on the side closest to the scorer's table and in front of the 10' line.
- **Net height will be 7'0" for all grades.**
- **Warm-ups prior to the first game should be no longer than 6 minutes with 2 minutes of shared serving time within those 6 minutes.**
- After each team has already played one match. Warm-ups will be 5 minutes and will start promptly after the end of the last game on the specified court. One minute shared serving time within those 5 minutes.
- Volley-lite balls will be used for 2nd-7th grade unless coaches want to use a regular ball, and it is agreed upon before the game.
- Coaches are encouraged to have their own warm-up balls. Game balls will be supplied by the Dubuque Community YMCA.
- If a ball hits an obstruction within the court, on either of the ends, or on the ceiling of the court such as a basketball hoop, the ball can be played. If the ball hits an obstruction on the sides of the court such as a court divider, the ball is dead and a point is awarded. If the ball hits the end wall, it is ruled dead and a point is awarded. Do not play over.

Offense:

- **1st through 4th grade may serve 10 feet up from the end line.**
- All hitting must be done with an open hand.
- **A five (5) consecutive serve rule will be in effect for all teams playing in the 2nd thru 7th grade divisions, and then a change of possession will occur (no point awarded).**
- Servers may serve either side arm, over, or underhand.
- Serves that hit the top of the net without touching the antennas and cross the net are considered playable.
- **Servers in all grades/divisions will be given 2 attempts to get the serve over the net, and then a side-out will occur. A ball passing over the net is considered a successful attempt, even though it**

may land out-of-bounds and result in a point being awarded. Should this occur on the first serve, there is no second attempt, even though it may land out-of-bounds and result in a point being awarded.

- Rotations must be followed so every player gets an opportunity to serve.

Defense:

- The first contact following a serve can be an underhand or over hand pass, set, or any other touch that doesn't allow a double contact to occur or the ball to come to a complete stop.

Other League Rules:

- All coaches, officials, participants, and parents will hold sportsmanship at a very high level. •
Opposing teams will shake hands following each match.
- Injury substitutions may be made at any time. If injuries cause a team to have fewer than 6 players on the court, the team is encouraged to borrow players from the opposing team. Both teams must play with the same number of players on each team. (ex: one team cannot play with 6 and the other play with 5)
- Each team must provide 1 parent line judge and 1 scorekeeper for each match. **Line judges and scorekeepers must be at least 18 years of age – no exceptions.**

Conduct/Sportsmanship:

- Players and coaches are asked to hold themselves to high standards in regards to Sportsmanship. • If a player is asked to sit because of poor behavior or sportsmanship, that player will be removed from the game and is not allowed to play the rest of that match.
- If a coach is asked to leave, he/she will be removed from the gymnasium entirely and not allowed to finish the matches for that entire week.
- If a parent is asked to leave the gymnasium for any reason, he/she will not be allowed to return until the following week.
- If multiple infractions are given throughout the season to a player, parent, or coach the Sports League Association along with the Dubuque Community YMCA will determine the future of the player, parent, or coach within the league.
- Removal from the game has a result of 2 points and the ball given to the opposing team. •

Coaches, parents, and players will NOT dispute any call made by the officials. • Inappropriate or foul language will not be permitted from anyone. Players using inappropriate language will sit out. Parents or fans will be asked to leave immediately. Remember you are setting an example for the youth. Be supportive not destructive to the development of the youth participants.

KYLE HELBING

Senior Program Director
Dubuque Community Y
khelbing@dubuquey.org

563-556-3371