



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING SKILLS DEVELOPING CHARACTER

Youth Volleyball Rulebook
1st – 6th GRADE
SALINA FAMILY YMCA

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Welcome to YMCA Youth Sports

YMCA MISSION

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

THE YMCA PHILOSOPHY OF YOUTH SPORTS

YMCA Youth Sports is not just another sports program. We have a mission, and that mission is stated in our Seven Pillars of YMCA Sports.

Pillar One-Everyone Plays. We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and equal playing time.

Pillar Two-Safety First. Although kids may get hurt playing sports, we do all we can to prevent injuries. We have modified each sport to make it safer and more enjoyable to play. Coaches make sure the equipment and facilities are safe, and constantly supervise their players and stop any unsafe activities.

Pillar Three-Fair Play. Fair play is about playing by the rules-and more. It is about coaches and players showing respect for all involved in YMCA Youth Sports. It is about coaches being role models of good sporting behavior and guiding their players to do the same.

Pillar Four-Positive Competition. We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective is when adults make decisions that put the best interests of the players before winning the contest. Learning to compete is important for youngsters and learning to cooperate in a competitive world is an essential lesson of life.

Pillar Five-Family Involvement. YMCA Youth Sports encourages parents to be involved appropriately in their child's participation in our sports programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

Pillar Six-Sport for All. YMCA Youth Sports is an “inclusive” sports program. We offer programs to all youngsters regardless of their race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the kids and their parents to do the same.

Pillar Seven-Sport for Fun. Sports are naturally fun for most kids. Sometimes when adults become involved in children's activities they over organize and dominate the activities to the point that it destroys kids' enjoyment of them. If we take the fun out of sports for young athletes, we are in danger of the young athletes taking themselves out of sports

ALL DIVISIONS

GENERAL RULES

Sportsmanship/Officials:

- The Salina Family YMCA Youth Sports Program is not only dedicated to teaching sports fundamentals but also good sportsmanship. The most important way we teach is by being a good role model.
- Coaches are encouraged to enforce discipline. Teach your players to honor the officials call. Coaches are responsible for team members and spectators supporting their team, before, during, and after the game. Any abusive language or inappropriate behavior by a player, coach, or spectator will result in the disqualification of a player, coach, or team.
- The Salina Family YMCA Sports Staff will be notified of any disqualifications and a conference with the Sports Staff will be held before further participation.

Equipment:

- All players are required to wear the YMCA reversible jersey for games. Jerseys must be tucked in all the way around.
- **Home team will wear WHITE. Away team will wear BLACK.**
- No jewelry, beads, and/or anything containing metal are allowed to be worn.
- Athletic shoes with non-marking soles are required.
- The YMCA will provide volleyballs for practices and games held at the YMCA.
- Knee Pads are recommended but not required or provided by the YMCA.

Start of Play:

- The home team (white) will provide a score keeper each game.
- The away team (black) will have the first serve.
- **EACH TEAM PROVIDE 1 LINE JUDGE FOR EACH GAME**
- A ball is considered in bounds if ANY part of the ball lands on or within the boundary lines.
- A ball is considered out of bounds when the entire ball is outside of the boundary lines.
- Warm-up time will be 6 minutes if time allows. Each team will have its own side of the net for the first 4 minutes and the last 2 minutes will be for serving.
- Each team will line up on the 10' line prior to the start of the game to recite the YMCA pledge and discuss any game day updates.

"Win or lose, I pledge before God to do my best to be a team player; to respect my teammates, opponents, coaches, parents, and officials; and to improve myself in Spirit, Mind and Body."

Matches:

- Each match will consist of the best of three sets.
- Sets 1 & 2 will be the first to 25 (cap of 30).
- Set 3 will be the first to 15 (cap of 20) if time allows.
- There will be 1 minute between sets.

SPECIALIZED GUIDELINES

1st - 2nd GRADE

Equipment:

- Competition Ball Size: Volley Lite
- Service Line: 10"
- Hitting Line: 10' (Coaches Discretion)
- Net Height: 6 ft 4in

Match Length:

- Match: Best 2 of 3 sets or 45-minute time limit
- Sets 1 & 2 will be played to 25 points with a Cap of 30 points using rally scoring.
- Set 3 (if time allows) will be played to 15 points.

Timeouts:

- Each team will receive one timeout per set. Time outs are 1 minute in length.

Players on the Court:

- 6 v 6 (minimum of 4 to start)

Gameplay:

Serving:

- The server will be given two chances on their first serve only to serve a playable ball
- Service line will be 10" from the end line.
- Servers may straddle the service line.
- If the server successfully scores 5 consecutive serves, the ball will side out to allow the other team the opportunity to serve.
- A serve that hits the net is considered playable provided the net contact is entirely within the net antennas.

Substitutions:

Substitutes may enter the court only when the ball is dead.

- Only Come in during the rotation after a serve.
- Rotate on serve only

Teams may use any rotation

- We ask coaches to help ensure players a line up in correct rotation prior to serve

Violations:

- A maximum of 3 hits is allowed per side, per possession.
- Net Violations will not be called, but coaches should remind and encourage their players to adjust if this occurs.
- Illegal Hits - No open palm underhand hits will be allowed in any grade.

3rd – 4th GRADE

Equipment:

- Competition Ball: Volley Lite
- Service Line: 10'
- Hitting Line: 10' – 20' (Coaches Discretion)
- Net Height: 6'6"

Match Length:

- Match: Best 2 of 3 sets or 50-minute time limit.
- Sets 1 & 2 will be played to 25 points with a Cap of 30 points using rally scoring.
- Set 3 (if time allows) will be played to 15 points with a Cap of 20 points using rally scoring.

Timeouts:

- Each team will receive one timeout per set. Time outs are 1 minute in length.

Players on the Court:

- 6 v 6 (minimum of 4 to start)

Gameplay:

- Serving:
 - A line for each age division will be provided for the service line.
 - The server must contact the ball within 5 seconds of the first referee's whistle for service.
 - After a service tossing error, the referee will authorize a re-serve and the server must execute it within the next 5 seconds.
 - If the server successfully scores 10 consecutive serves, the ball will side out to allow the other team the opportunity to serve.
 - A serve that hits the net is considered playable provided the net contact is entirely within the net antennas and rolls to opposite side of net.
- Substitutions:
 - All teams will substitute rotationally from the middle back position. The server will be substituted when he/she is supposed to rotate into middle back.
- Violations:
 - A maximum of 3 hits is allowed per side, per possession.
 - Net Violations will not be called, but coaches should remind and encourage their players to adjust if this occurs.
 - No Foot-Fault violations will be called, but coaches should remind and encourage their players to adjust if this occurs.

5th - 6th GRADE

Equipment:

- Competition Ball Size: Regulation
- Service Line: 20' – 30' (Coaches Discretion)
- Hitting Line: 10'
- Net Height: 7'

Match Length:

- Match: Best 2 of 3 sets or 50-minute time limit
- Sets 1 & 2 will be played to 25 points with a Cap of 30 points using rally scoring.
- Set 3 (if time allows) will be played to 15 points with a Cap of 20 points using rally scoring.

Timeouts:

- Each team will receive one timeout per set. Time outs are 1 minute in length.

Players on the Court:

- 6 v 6 (minimum of 4 to start)

Gameplay:

- Serving:
 - The server must contact the ball within 5 seconds of the first referee's whistle for service.
 - After a service tossing error, the referee will authorize a re-serve and the server must execute it within the next 5 seconds. Only one re-tosses per serve are allowed.
 - If the server successfully scores 5 consecutive serves, the team will rotate and a new server from the same team will serve.
 - After 3 consecutive rotations by one team (15 points) in a row the ball will side out.
 - A serve that hits the net is considered playable provided the net contact is entirely within the net antennas and rolls to opposite side of net.
- Substitutions:
 - All teams will substitute as they wish if playing time is equal.
 - All substitutions will take place in front of the 10 ft line to get players used to regulation subbing.
- Violations:
 - A maximum of 3 hits is allowed per side, per possession.
 - Net Violations will be called. (Example: If player A runs into the Net Attempting to hit the ball, a violation will be called on Player A. If both player A (home team) and player B (away team) connect with the net during the same play the violation will be called on the player who connected with the net first.)
 - Foot-Fault violations will be called at the 20' line.
 - Double hits & lifts will also be called.
 - Receiving team may not spike the ball on a serve receive. This is called "attacking a serve.
 - No crossing line (Net Line)

SCORING

3rd – 6th Grade ONLY

Score will ONLY be kept starting in the 3rd grade division and above.

Officials will report the score to the YMCA department who will keep a general win-loss record.

Youth sports are powerful teaching moments. Parents and coaches now have the opportunity to model how to handle victory with humility, defeat with grace, and leadership with responsibility.