



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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TABLE OF CONTENTS

| YMCA INFORMATION | PAGE(S) |
|---|----------------|
| Welcome to Youth Sports | 3-4 |
| Connecting With Parents | 5 |
| Policies and Procedures | 6 |
| Parent Code of Conduct | 7 |
| Important Information | 8 |
| General Rules | 9 |
| 1 st -3rd Grade Rules | 10 |
| 4 th – 6 TH Grade Rules | 11 |

YMCA STAFF

YMCA personnel shall be present and visible at all games. If you encounter any problems or have any suggestions, please contact the Sports Director or Site Supervisor. They can be found wearing a sports Supervisor shirt. If you have a question or suggestion concerning the game or league, please present it before or after the game, not during the game. Sports Director or Site Supervisors have the final decision at all sites

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 in 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 practice 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 children 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 sorting 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.

YMCA CHARACTER DEVELOPMENT

The YMCA believes that character development, focusing on the values of caring, honesty, respect, and responsibility is an essential element of all its programs.

CARING

Demonstrate a sincere concern for all others, for their needs and wellbeing.

HONESTY

Have integrity, make sure that one's actions match one's values through participation in sports.

RESPECT

Treat others as I would want them to treat me, value the worth of every person, including oneself, one's teammates, opponents, coaches, and officials.

RESPONSIBILITY

Do what is right, be accountable for my choices of behavior and obligations.

OUR COMMITMENT TO SAFETY

All Coaches are required to:

1. Apply through our YMCA coaching link that will:
2. Complete a full background check.
3. Complete the Coaches' Agreement and Code of Conduct Form
4. Complete Child Abuse and Prevention training video
5. Attend the Coaches Meeting held in the YMCA Meeting Room each season.
6. Report suspected abuse of any form (new federal law that makes our sports volunteers mandated reporters) anonymous reporting can be reported to 800.743.6354)

In addition, the Salina Family YMCA:

1. Screens all coaches and volunteers and our database for registered sex offenders.
2. Observes practices and games.
3. Responds quickly to any potential concerns regarding coaches and team volunteers.
4. Has Child Abuse and Prevention Policies and Procedures in Place for all Coaches.
5. Coaches are not permitted to:
 - a. Be one on one with a child (unless it is their own). Please stay and observe practices and games.
 - b. Provide rides to children that are not their own**
 - c. Have any social media contact with children. This includes texting or calling. All communication should be done with the parents.

Connecting With Parents

FIRST CONTACT WITH TEAM PARENTS

This is a very important interaction because it will set the tone for the entire season. **Make sure your contact is reciprocated!** Make sure they have your name, team name and grade, and your contact information! What follows are most of the points that you will want to make in the first call to the parents:

- 1) Introduce yourself as the child's volunteer coach from the YMCA. Welcome the player and family to be on your team. Give them your contact information.
 - a. Coach's First and Last Name
 - b. Phone Number
 - c. Division
- 2) Verify the parents' names, the player's name, and contact information.
- 3) Tell them when and where the first Parent & Coach meeting will take place (usually after the first practice).
- 4) Inform them about scheduling and how you prefer to communicate.
- 5) If you must leave a message, be sure to give them your name and contact information and ask them to call you back to verify that they received your message!
- 6) **If you do not receive a call back within 48 hours, please call our sports department so that we can check the contact information right away!**

PARENT & COACH MEETING

It is important that you set up a Parent & Coach Meeting before you begin your practices. You can set your meeting for the same day, time, and location where you will be having your practices. Make sure you cover all the following information and any additional information that you want to cover to begin your season:

- 1) Welcome and Introductions!
- 2) Invite parents to come to every practice and help with supervision, organizing the players, setting up and helping with drills, etc.
- 3) Timeline for Season (practice schedules, first game, etc.)
- 4) YMCA Mission, The YMCA Philosophy of Youth Sports, & YMCA Character Development
- 5) Communication from the Sports Department:
 - a. Email is where Weather Information/Cancellations will be communicated.
 - b. We will also utilize Playerspace communications.
- 6) Tobacco Free Campus (this includes E-Cigarettes)
- 7) Only Labeled Service Dogs are allowed on our Campus.
- 8) Our Commitment to Safety
- 9) Parent Information (Code of Conduct, Rules, Snack and Drink Sign Up, etc.)
- 10) Uniforms (All players are required to purchase a YMCA reversible jersey from the Front Desk.)
- 11) Team Photographs – Not Provided by the YMCA

Policies and Procedures & Parent Code of Conduct

The YMCA is committed to providing a safe and welcoming environment for all. To promote safety and comfort, the YMCA asks all people to behave responsibly and to always respect the rights and dignity of others when in our facilities, on our property or participating in our programs.

The actions listed below, which are not intended to be an all-inclusive list of behaviors, are considered inappropriate and are prohibited in our facilities or on the property:

- Using or possessing alcohol or illegal drugs, or under the influence of drugs or alcohol on YMCA property, in YMCA vehicles or facilities, or at YMCA sponsored programs.
- Smoking tobacco on YMCA property – All of our YMCA buildings and grounds are smoke-free and tobacco-free environments; this includes e-cigarettes.
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior
- Physical contact with another person in an angry, aggressive, or threatening way.
- Verbally abusive behavior, including profanity, angry language, swearing, name-calling, or shouting
- Sexually explicit conversation or behavior; any sexual contact with another person.
- Inappropriate, immodest, or sexually revealing attire.
- Theft or behavior that results in the destruction or loss of property.
- Loitering within facilities or on the grounds of the YMCA after being requested to depart the YMCA's property
- Use of cameras or other picture-taking or recording devices is not permitted in the locker rooms.

Anyone who feels that this Code of Conduct is being violated should immediately report the behavior to a staff person on duty.

Suspension or termination of YMCA membership may result from a violation of this Code of Conduct or other YMCA policies. While an incident is being investigated, the membership of the person(s) accused of violating this Code of Conduct may be temporarily suspended pending a final decision. All decisions are reviewed by the President/CEO and are final.

Parent Code of Conduct

1. I hereby pledge to provide positive support, care and encouragement for my child participating in YMCA Youth Sports.
2. I will encourage good sportsmanship by demonstrating positive support for all players, instructors, coaches and officials at every game, practice, or other youth sports event.
3. I will support the Sports Staff, coaches, instructors, and officials working with my child, to encourage a positive and enjoyable experience for all.
4. I understand the Salina Family YMCA campus is a drug, tobacco, and alcohol-free environment for my child and I will refrain from their use at all YMCA Youth Sports events.
5. I will ask my child to treat players, coaches, officials, and fans with respect.
6. I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan or assisting the coach.
7. I will strive to fulfill the mission of the YMCA and demonstrate and adhere to the YMCA Youth Sports philosophy.

Important Information

RULES, SCHEDULES, AND NOTIFICATIONS

All rules and schedules will be sent by the sports department to each team's head coach. Parents may have access to this information as well upon request.

All-important updates, changes, and notifications from the YMCA Sports Staff will be sent out through playerspace and email.

WEATHER UPDATES, GAME & PRACTICE CANCELLATIONS

In case of severe weather conditions cancellations will be made through Email communication and playerspace.

- 1) It is the responsibility of the coach to notify the Sports Department and all their team families if they are cancelling a practice. Please do so by email or playerspace!
- 2) Cancelled practices may be made up at another time if the practice schedule allows. If making up a cancelled practice Coaches must contact the Youth Sports Department first to see what is available.
- 3) Games will only be cancelled by the YMCA staff for inclement weather or extenuating circumstances. To best serve most of our participants please adhere to our Saturday game schedule.

2026 SPRING SEASON TIMELINE

COACHES MEETING:

All Coaches are required to attend the Coaches Meeting held in the YMCA Meeting Room. Those who cannot attend this meeting are required to meet with the Sports Staff 1:1 prior to receiving any season information such as Rosters, Practice Times etc.

Volleyball Coaches Meeting: March 10th at 6:30 PM

FIRST PARENT CONTACT MUST BE COMPLETE BY: March 17th

FIRST WEEK OF PRACTICES: Week of March 30th

GAME SCHEDULES WILL BE EMAILED BY:

End of Day, March 24th

FIRST SATURDAY GAME DAY: April 11th

LAST SATURDAY GAME DAY: May 16th

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.**
- 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.
- 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. 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 after warm ups.

"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:

- **Sets 1 & 2 will be played to 25 (win by 2). Wins/Losses will be recorded for sets 1 and 2.**
- **Set 3 will be extra reps play to 25 or until the 45 min clock runs out.**
- **There will be 3 minute between sets. No switching benches.**

SPECIALIZED GUIDELINES

1st-2nd GRADE

Equipment:

- Competition Ball: Volley Lite
- Service Line: 10' or behind
- Net Height: 6'0"
- Coach can be on the court.

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. Only 1 re-tosses per serve are allowed.
 - We will play triple ball: There are 3 balls per server rotation as well as 3 points recorded for each ball initiated. Each server serves one ball.
 - Team A and server 1 serves ball. Coach from team A sends a freeball to team B. Coach from team B sends a freeball to team A.
 - Team B rotates and server 1 serves the ball. Coach from team B sends a freeball to team A. Coach from team A sends a freeball to team B.
 - Team A rotates and server 2 serves the ball and continues.
 - A serve that hits the net is considered playable provided the net contact is entirely within the net antennas.
- 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.
 - Under the net violation will not be called unless they contact another player and is a safety concern.

3rd-4th GRADE

Equipment:

- Competition Ball Size: Volley lite
- Service Line: 20' or behind
- Net Height: 6'6

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 1 re-tosses per serve are allowed.
 - If the server successfully scores 5 consecutive serves in a row the ball will side out to the other team without a point.
 - A serve that hits the net is considered playable provided the net contact is entirely within the net antennas.
- 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 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.)
 - Under the net violation will be called if the entire foot crosses the middle line under the net.
 - Foot-Fault violations will not be called at the 20' line.
 - Double hits & lifts will also be called.

5th-6th GRADE

Equipment:

- Competition Ball Size: regulation volleyball
- Service Line: 20' or behind
- Net Height: 7'0

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 1 re-tosses per serve are allowed.**
 - If the server successfully scores 5 consecutive serves in a row the ball will side out to the other team without a point.
 - A serve that hits the net is considered playable provided the net contact is entirely within the net antennas.
- 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.
 - 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.)
 - Under the net violation will be called if the entire foot crosses the middle line under the net.
 - Foot-Fault violations will be called at the 20' line.
 - Double hits & lifts will also be called.