



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE SALINA FAMILY YMCA
VOLLEYBALL
June 17, 2020

OUR MISSION – to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

OUR VALUES – In our youth sports programs, please keep in mind that the YMCA is all about values and character development for our children. Caring, Respect, Honesty and Responsibility are the four core values of the YMCA.

SPORTSMANSHIP – The Salina Family YMCA Youth Sports Program is not only dedicated to teaching sports fundamentals, but also good sportsmanship. Everyone involved in the sports program has a role to play in teaching youth good sportsmanship. Good sportsmanship is synonymous with respect. The most important way we teach others is by being a good role model.

Coaches are encouraged to enforce discipline. Teach your players to honor the officials call. Coaches are expected to serve as an example for their players and maintain the goals and high standards of the YMCA. Coaches are responsible for team members and spectators supporting their team, before, during, and after the game.

The referee will call the game as he/she sees it and according to their best judgement; his/her decision is final. The referee will warn any coach or player displaying unsportsmanlike conduct. 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.

TEAM ASSIGNMENT POLICIES:

Teams–The Sports Staff will form all team rosters. No player shall switch teams without the approval of the YMCA Sports Staff and affected coaches.

Coaches–All Coaches must complete the online application, background check documentation, and sign the Coaches Agreement/Practice Request Form before they may receive a team roster. Coaches will receive a YMCA Coach shirt which must be worn at the games. Only a documented coach wearing a YMCA Coach shirt may be allowed to coach at the games. Coaches should contact the YMCA Sports Staff if they need another parent to substitute for them in order for our staff to make the necessary accommodations.

PRACTICES – There may be one scheduled practice each week per team. Parents are encouraged to notify their child's coach prior to being absent from games and practices. Coaches should keep parents updated on practice times, days, and any cancellations. Parents are encouraged to attend practices and help the coach when needed. Coaches, please let the Sports Staff know of any cancellations you may have.



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Salina Family YMCA Volleyball Rules 2nd – 6th Grades

June 17, 2020

Divisions & Specifications

Grades	Net Height	Ball	Service Line	Scoring *(May adjust according to time)
2 nd – 3 rd	6'4"	Volley Lite	10' hitting line	Match: best 2 of 3 games Rally Score: 25 pts.; Cap of 30 pts Third Game: 15 pts.; Cap of 20 pts
4 th – 6 th	7'	Volley Lite	15' – 30' (Coaches discretion)	Match: best 2 of 3 games Rally Score: 25 pts.; Cap of 30 pts Third Game: 15 pts.; Cap of 20 pts
7 th – 8 th	7'	Official	30' end line	Match: best 2 of 3 games Rally Score: 25 pts.; Cap of 30 pts Third Game: 15 pts.; Cap of 20 pts

Equipment

1. The YMCA will furnish team t-shirts to be worn as the manufactures intended.
2. All players will be required to wear non-marking tennis shoes.
3. Kneepads are recommended, but not required or furnished by the YMCA.
4. The YMCA will provide volleyballs for practices and games held at the YMCA.
5. **No jewelry is allowed.** Players should remove all jewelry (earrings, necklaces, bracelets, etc.) before warming up or playing. This is for the child's safety and the safety of the other players.

Practices

There should be one scheduled practice each week per team. Players are encouraged to notify their coaches prior to being absent from games and practices. Coaches should keep parents updated on any schedule changes or cancellations. Coaches please contact the sports staff for approval of any changes you need to make regarding your practices or games.

Start of Play

1. The referees will conduct a coin toss with the team captains and coaches. The team that wins the coin toss has the choice of serve or side.
2. Each team is required to provide one volunteer to be a line judge.
3. Before the game begins the teams will meet at center court to recite the Salina Family YMCA Sports Pledge.

General Rules 2nd – 8th Grade Recreational Divisions

1. Each team shall be allowed two time-outs per game. Time outs are 1 minute.
2. No player can play the entire game if the team has extra players. Players will substitute in the middle back position at the rotation for 2nd through 5th Recreation. 6th – 8th grade can substitute according to KSHSAA rules; however, the YMCA still expects coaches to allow all players a chance to play as equally as possible.
3. Six players will be on the court at a time.
4. Each team must have a new player serve first each game.
5. Substitutions will be made in the center back position on every rotation.

6. No player can hit the ball more than once in succession.
7. The Let serve shall be allowed, and play shall continue provided net contact is entirely within the net antennas.
8. There will be a limit of three hits on one side.
9. Time Outs – Each team will have the option of one 1-minute time out per game.

2nd – 3rd Grade Rules

1. All matches will consist of the best of 2 out of 3 games. Games shall be played to 25 points (cap of 30), and the third and deciding game shall be played to 15 points (cap of 20).
2. Players serve from behind the 10' hitting line. The serve is allowed from behind this line the full width of the court.
3. 2nd – 3rd Grade will allow only 5 consecutive points from one team; the ball will then side out to allow the other team to serve.
4. Foot Faults and Net Fouls will not be called, but coaches should remind their player if this violation occurs.

4th – 6th Grade Rules

1. All matches will consist of the best of 2 out of 3 games. Games shall be played to 25 points (cap of 30), and the third and deciding game shall be played to 15 points (cap of 20).
2. Players serve from behind a 25' line. The serve is allowed from behind this line the full width of the court.
3. There will be a limit of three hits on one side.
4. 4th – 5th Grade Recreational Division will allow only 5 consecutive points from one player; the team will then rotate and the next player in the serving line-up will serve.
5. Foot Faults and Net Fouls will not be called, but coaches should remind their player if this violation occurs.

7th – 8th Grade Rules

1. All matches will consist of the best of 2 out of 3 games. Games shall be played to 25 points (cap of 30), and the third and deciding game shall be played to 15 points (cap of 20).
2. Players serve from behind a 30' end line. The serve is allowed from behind this line the full width of the court.
3. There will be a limit of three hits on one side.
4. Foot Faults and Net Fouls WILL be called.

MOST IMPORTANTLY: BE SAFE AND HAVE FUN!

Coaches are expected to teach and display good sportsmanship. An official's call is final and will be accepted. Please teach the players to honor the call. A player or coach guilty of violent conduct, abusive language, or gestures may be suspended from further participation in the game. The Sports Staff will be notified for any follow-up action.