



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**THE SALINA FAMILY YMCA
VOLLEYBALL
March 15, 2021**

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 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

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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 – 5 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
6 th	7'	Official	25' – 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

Equipment

1. Reversible jerseys are sold separately at the front desk. A player must wear a jersey to play.
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.
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 1 yard from the net to recite the Salina Family YMCA Sports Pledge.
"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."

General Rules 2nd – 6th Grade 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 Grade. 6th 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 – 5th 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.

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' – 30' 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. 6th Grade Division will not limit a team or player to a maximum of consecutive points.
5. Foot Faults will not be called, but coaches should remind their player if this violation occurs.
6. Net Fouls will be called.

Teams will not switch sides between the games.

At the end of the game the teams will come to the midcourt 1 yard away from the net to give "air high fives" and say, "Good game."

Only water is allowed in the gymnasium. No food or other drinks are allowed.

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.