



YMCA ADULT INDOOR VOLLEYBALL LEAGUE RULES AND REGULATIONS

The purpose of this league, to be sponsored by the YMCA, is to combine the interest of the volleyball teams of the community into friendly rivalry, wholesome recreation, and clean sportsmanship. The YMCA shall be responsible for the collection of team entry fees, the scheduling of all dates for league play, the enforcement of the Volleyball Rules and Regulations and Code of Conduct, and the provision of the necessary facilities, officials, and equipment for the operation of the program.

PLAYER WAIVER, RELEASE OF LIABILITY, INDEMNIFICATION & ROSTER FORM:

A completed roster must be neat and legible and have player=s names, signatures, addresses, e-mails and telephone numbers. Team Captains and additional contact person must also be designated. Rosters must be on file prior to a teams playing it=s first game.

All roster changes must be submitted and approved by the YMCA sports department. No roster changes will be accepted on site or by phone.

ELIGIBILITY:

Players may play may not play on more than one team in the same league. A play may serve as a sub for a team if numbers are needed and the opposing team approves.

High School participants: High School players are responsible for checking their IHSAA eligibility with their Coaches or Athletic Director prior to participation in any DPR league.

INELIGIBILITY:

A player will be considered ineligible if they:

- Are not listed on either the OFFICIAL ROSTER or a ROSTER CHANGE FORM of their team.
- Fail to sign the player waiver release on the roster form.
- Any player or team not paying a levied fine for disciplinary action or match forfeiture will be ineligible until that fine is paid.

FORFEITS:

- In SIXES, if a team does not have at least four (4) eligible players at the scheduled starting time of the first game, the first game will be a forfeit. While playing with four, teams must have two players in the front row and two in the back row. If a team remains short of players ten (10) minutes after the scheduled starting time, the second game will be considered a forfeit and the match shall be awarded to the offended team.
- Any team forfeiting twice during the course of the season may be dropped from the program with no refund of entry fee.

POSTPONEMENTS:

For weather cancellations please call our Sports Weather Hot Line at 401-9644 or check our Facebook page at www.facebook.com/theysportsacademy.

TEAM CAPTAIN RESPONSIBILITIES:

- Inform all team members of match times, dates, and locations.
- Ensure that all team members are recorded on the OFFICIAL ROSTER FORM, or a ROSTER CHANGE FORM.
- Ensure that all team members are familiar with the items covered in this manual, as well as those in the Player Code of Conduct.
- Matches will only be canceled in cases of EXTREME WEATHER CONDITIONS. The Sports Weather Hotline will be updated when matches are canceled or in question at 401-9644. **Please do not flood the YMCA or the YMCA Sports Department with questions regarding weather conditions or cancellations.** The hotline will be updated as soon as we become aware of potential weather concerns.
- Each Team Captain is responsible to report their score to the front desk immediately following their match.

GENERAL PLAYING RULES:

All play will be governed by the USA Volleyball Association except where YMCA rules are published. Any other rules concerning league play not covered in this manual will be interpreted by the YMCA Sports Staff.

MATCH PLAY:

- Match play will consist of the best 2 out of 3 games to 25 points. The winning team must win by two points, or be the first to score 30 points. **Rally scoring will be used in all games.** If there is less than fifteen minutes until the next scheduled match, the final game will be to 15 points. In rally scoring, a point is awarded on each service regardless of the outcome to either the receiving, or serving team. Standings are based on matches won and lost.
- A team that is reduced to fewer players than when it began may continue to play short for the remainder of the match provided they are not reduced to one player.
- If time remains following a match, or there is an open court, play will be allowed until ten minutes prior to the next match.
- Each team may have one 1-minute time-out per game if necessary.
- Please keep matches moving and avoid unnecessary delays between games.
- DON'T FORGET....MAKE SURE YOU HAVE FUN!!!

SERVICE:

- There is no serving line. Players may serve anywhere behind the end line.
- Serves **MAY NOT** be blocked or attacked at the net by the receiving team.
- A ball that is entirely in the opponent's court may not be contacted by an opposing player. (Exception: After the third hit has been executed, or the ball has been directed to the opposing teams side).
- If players of opposing teams simultaneously contact the ball over the net causing the ball to momentarily come to rest, the ball remains in play, and the team receiving the ball is entitled to another three hits. If the ball lands, it will be considered a fault of the team on the opposite side of the net from where the ball lands.
- Net Serves are IN PLAY.

CO-ED RULES:

- Hits to the opposing court are allowed anytime by a male or female player.
- When two or more hits are used, both a male and female have to play the ball at least once.
(Exception: "OPEN" rules are allowed only if both teams agree).
- A team may play with as many females as desired, however, males may not outnumber females on the court at any time.

PLAYER CONDUCT:

- Loud outbursts of profanity while playing will not be tolerated as it is inappropriate in a recreational league program. Problem players will be dealt with individually and will be required to report them to the YMCA Sports Dept Staff.
- The drinking of alcoholic beverages is not allowed by any participant during their match.

ROTATION:

- Substitutions must occur through continuous rotation or must be made on a person for the same person basis. Teams using continuous rotation must be consistent throughout the entire game and maintain the same serving order. Violations result in an immediate side-out and rotation order is restored.
 - One substitution will take place each time service is gained. The incoming substitute will replace the previous server and assume the last position in the serving order. The outgoing player will assume the last position in the substitution order.
- If a team is using continuous rotation and loses a player, the next available substitute will enter into that players spot immediately.
- Late arrivals assume the last position in the substitution order unless their team is short of players. In this case the player assumes the last position in the serving order and may enter play at the first dead ball situation.

BALL IN:

A ball will be considered "**IN**" if it hits a tape line, or causes it to move.

PLAYING THE BALL:

- The ball must be contacted cleanly and not held, lifted, pushed, caught, carried, or thrown. The ball cannot roll or come to rest on any part of a player's body.
- The ball may be played off any part of the body provided that it is a clean hit.
- Double hits are allowed in the defense of a hard driven ball.
- When two teammates simultaneously make contact with the ball, either player may make the next contact.
- Players are not allowed to enter another playing court, either in attempting to play a ball or in the continuance of making a play on the ball. If this occurs a side-out, or point is awarded.
- Over sets are not allowed unless the player is square to the area setting the ball to.
- Accidental over sets are to be called "honestly".

PLAYING AT THE NET:

- While the ball is in play, no player from either team may make contact with the net.
- The penalty for touching the net is side-out, or point.
- Players may partially, or completely cross the center line below the net, or outside the poles provided this does not interfere with the opponents play.
- If any part of the ball crosses the net, it may be played by the opposing team.

SPECIFIC PLAYING RULES:

- At the time the ball is contacted for service, the placement of players must conform to the service order. (Exception: The server may serve anywhere along the end line). The serving line-up must alternate male/female, (unless playing with more females).
- After the ball is contacted for service, players may move from their respective positions.
- Back row players are allowed to play at the net, however, they may not participate in a block, or spike the ball.

LEAGUE CHAMPIONSHIP:

Tournament SEEDS will be determined by "Match" records. In the event 2 or more teams tie for 1st place after league play, head-to-head records will determine who gets the highest seed position. The tournament is a single elimination tournament, best 2 out of 3 games, where the winner moves on to the next round. Last team standing wins. Tournament winners will receive Championship T-Shirts.

EMERGENCY:

- If you need assistance from the YMCA staff you may contact the Dunigan Front desk at (812) 401-9622.

- For Emergency Medical Assistance call 911.



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(812) 401-9644**

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www.facebook.com/theysportsacademy



Scan the QR code to join The Y Sports Academy e-mail mailing list. We'll e-mail you our newsletter, information, coupons and special offers.

Restrooms are available at the Pavilion (see map above).