

ADULT VOLLEYBALL LEAGUE



Playing Sites:

Recreational & Competitive | 5 Naches Ave | Yakima, Wa 98901

1st Match Starts: 6pm

2nd Match Starts: 7pm

Team Check In:

- Team captain will check in with official in charge and go over active players for that game.

General:

Downtown Facility:

- Bleachers will not be out for use so bring camp chairs
- All chairs must sit on covered placemat (ex. Carpet, towel etc)
- NO GUM or FOOD allowed in gym
- **Please supervise all children**

Adult Volleyball League Format

- 5 minutes warm up will be allowed at the beginning of the match to each team
- Teams will switch sides after each set
- Teams will play best 2/3, first to 25 - no cap, win by 2
- Teams will be randomly placed into two pools within their division

[Playoffs]

All teams will qualify for the playoffs. The 1st and 2nd seeded teams will receive a first-round bye. Playoffs will follow a single-elimination format.

ALL START TIMES ARE APPROX. GAMES WILL BEGIN IMMEDIATELY FOLLOWING THE PREVIOUSLY SCHEDULED MATCH.

Welcome to the YMCA Adult Volleyball League. We encourage you, friends and family to participate. The YMCA's purpose of this league is to have fun with others, promote physical fitness and encourage sportsmanship. The Y league provides the perfect opportunity to be active, social and reconnect with the game you love.

LEAGUE RULES:

1. Rally scoring (point-per-serve) will be used.
2. The winner of a coin flip will choose the right to serve or receive, or the side of the field. Loser of the coin toss selects the remaining choice.
3. During each set (game), each team is allowed 1 timeout of 30 seconds in duration.
4. **Recreational League ONLY:** will make your own calls whereas the *Competitive Division* will have an official on site
5. A served ball may contact the net
6. A serve may not be blocked.
7. A serve may not be attacked in a downward trajectory.
8. It is legal to receive a serve in a setting action, provided the action is not considered a lift or held ball.
9. Players cannot receive a serve with open hands, the point will be given to the opponent
10. Teams will switch sides after each set.
11. There is no center line for recreational pools. A violation occurs only if a player impedes the playing ability of opponent through contact beneath the net.
12. Player substitutions are allowed. Subs must be registered players on team's official roster submitted prior to the team's first set. No roster changes are allowed after the first serve.
13. Teams are not allowed to change form of substitution being used. Players may be subbed into game in "rotational method" or regular spot rotation by letting the referee know before a serve is made on your side.
14. At least 5 players from a team must be present to begin a game
15. Each team may have up to 6 players on the court at a time—3 in the front row and 3 in the back row. If a team has only 5 players, the rotation will adjust to 3 in the front and 2 in the back.
16. **10-MINUTE RULE:** If a team fails to arrive within 10 minutes of the scheduled game time, that team will forfeit.
17. **USE OF PROFANITY, TAUNTING, AND ANY UNSPORTSMANLIKE CONDUCT IS PROHIBITED AND GROUNDS FOR LEAGUE SUSPENSION.** 1st warning will be issued for profanity use, and each additional infraction will result in a technical foul. Excessive use of profanity may result in game termination. Any unregulated bodily contact will result in a technical foul or immediate ejection. If an ejected player(s) continues to be disruptive, he/she will be asked to leave the property. Failing to leave the property will result in a forfeit for the offender's team.
18. **ROSTERS:** Only the team captain may make any roster changes. Only paid registered teams may participate in the Adult Volleyball League hosted by the Yakima Family YMCA. Maximum of 12 players on a roster. Rosters to be submitted at time of registration.
19. No players may be added to your roster after your team's 3rd game of the season. **ALL ROSTERS WILL BE FINALIZED AFTER THE 3rd GAME.**
20. If an injury happens during the season that leaves your team with 6 or fewer players, you can add more players for a total of 8 players.

Volleyball Rules

Here are the fundamental, must-know rules of a volleyball game:

- Only 6 players on the floor at any given time: 3 in the front row and 3 in the back row.
- Points are made on every serve for the winning team of the rally (rally-point scoring).
- Players may not hit the ball twice in succession (a block is not considered a hit).
- Ball may be played off the net during a volley and on a serve.
- A ball hitting a boundary line is in.
- A ball is out if it hits an antennae, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, or the ceiling above a non-playable area.
- It is legal to contact the ball with any part of a player's body.
- It is illegal to catch, hold or throw the ball.
- A player cannot block or attack a serve from on or inside the 10-foot line.
- After the serve, front-line players may switch positions at the net.

Volleyball Rule Violations

Committing any of these volleyball rule violations results in a point for the opponent.

- Stepping on or across the service line when serving while making contact with the ball.
- Failure to serve the ball over the net successfully.
- Ball-handling errors and contacting the ball illegally (double touching, lifting, carrying, throwing, etc.)
- Touching the net with any part of the body while the ball is in play.
- Blocking a ball coming from the opponent's court and contacting the ball when reaching over the net if your opponent has not used 3 contacts AND has a player there to make a play on the ball.
- Attacking a ball coming from the opponent's court and contacting the ball when reaching over the net when the ball has not yet broken the vertical plane of the net.
- Crossing the court centerline with any part of your body, with the exception of a hand or foot. It is only considered a violation if the entire hand or entire foot crosses the court centerline.
- Serving out of rotation or out of order.
- Back row player blocking (deflecting a ball coming from the opponent) when, at the moment of contact, the back row player is near the net and has part of their body above the top of the net. This is an illegal block.
- Back row player attacking a ball inside the front zone (the area inside the 3M/10-foot line) when, at the moment of contact, the ball is completely above the net. This is an illegal attack.