

YMCA Adult Volleyball League

2018 San Angelo YMCA Rules and Regulations

353 S Randolph, San Angelo, TX 76903 (PH) 325-655-9106

League Director: Stacy Duffell, sduffell@ymcasanangelo.org

I. Facilities and Locations:

- a. San Angelo YMCA Court 3: 353 S Randolph, San Angelo, TX 76903.
- b. Some matches may occur after hours, so all other parts of the facility will be off limits. We will have a supervisor on site to monitor and help with any issues.

II. League Format

- a. The league champion shall be the team that wins the tournament at the end of the season. Teams will be seeded in the tournament based on the following:
 - a. Head to Head
 - b. Record amongst tied teams (if more than 2 teams tied)
- b. The league champion will receive a free entry into the next available season.

III. Teams

- a. Team rosters are due via email or hard copy prior to your team's first game. Teams are encouraged to carry extra players to avoid playing short.
 - i. Rosters must include all players, including subs.
 - ii. Playing without a roster or with an un-rostered player may result in a forfeit.
 - iii. All players must be 16 years of age or older, unless special permission is obtained from the league director. Players under 16 must have a signed release from a parent/guardian.
- b. All matches are played 6 on 6 (with at least 2 women on the court at all times).
- c. Teams may start and play a game with 4 players, but may not play with less than 4 (must have 1 woman present).
 - i. The server shall be considered the "back row player" and may not attack
- d. If a team plays with 5 players the lineup will consist of 2 back row and 3 front line players. Must have at least 2 women on the court.
- e. If a team does not have the required minimum number of players, see rule XIV regarding forfeits.
- f. Players must participate in at least 2 matches to be able to play in the post-season tournament. The team manager is responsible for keeping the roster up to date throughout the season.
- g. A team found guilty of playing an illegal player is subject to forfeiting games that the illegal player participated in for the season.

IV. Match Breakdown

a. Matches are scheduled for a best of 3 format. The first team to win 2 games will be declared the overall winner.

b. Teams will be allowed a 5 minute warm up prior to their match.

c. Teams are allowed a 5 minute grace period prior to their first game ONLY if they do not have 4 legal players present (example: for a 6:30 match a team receives a 5 minute warm up period and a 5 minute grace period – the forfeit rule will be applied at 6:40)

d. If a team has 4 players present at the start of match time-they must begin play; (1 woman must be present)- See Rule III and XIV

e. All players must provide their own team shirt/jersey. Shirts must be same or similar color with a number on the back. No taped on numbers will be allowed. We will allow one player to participate without a number on their shirt. This player will be considered #0.

f. Each team will have two 30-sec. timeouts per game.

V. Scoring

a. Matches will consist of three games to 25 with a 27 point cap. A third game will be played if the two teams split the first two games.

b. Teams will have 2 minutes between games and will switch sides of the court from the first to the second game.

c. If a third game is needed, the home team will choose either the side of the court they wish to play on or if they want to serve first. Once the home team picks one of those options, the visiting team will have their choice of the other option.

VI. Serving

a. The home teams (as indicated on the schedule) has their choice of first serve, receive on court in the first and third game. Teams will alternate for the second game.

b. Only one toss or release of the ball which can be considered part of the service action will be allowed.

c. A served ball contacting the net between the antennas shall remain in play.

d. If a team is playing with less than a full squad on the court (4 or 5 players on the court), then it will be an automatic sideout when that designated spot or spots come up to serve. A point will be awarded to the other team each time this occurs in the rotation.

VII. Net Contact

a. Contacting ANY part of the net will result in a fault-no contact with the net will be allowed.

VIII. Position of Players

a. When the ball is served, each player will be in his/her own assigned area. After the ball is served, each player may cover any section of his own court. All players must stand inside the court boundaries except the player who is in the act of serving.

b. There are unlimited substitutions - they must be made in a logical pattern. All substitutes must be put in the rotation.

c. A player may not enter another court (defined as the area within the end lines and side lines) to play a ball.

d. For positioning of players on teams with less than 6 players, see rule III

IX. Ground Rules

a. The official shall go over the ground rules prior to each match.

b. Backboards attached to ceiling are considered part of ceiling and are playable on your side of the court as long as they are not hanging over non-playable areas (such as bleachers or another court). Backboards attached to walls (or other obstacles below 14 feet above the floor) are a judgment call: if a ball hitting the backboard (or rim or supports) would otherwise be out-of-play the ball is out of play.

c. The league will be conducted by NCAA Rules unless otherwise stated in this rule book.

X. Co Rec Modifications

a. Men and women shall be positioned alternately on the court.

b. When the ball is contacted more than once by a team on their side, one of the contacts must be made by a woman. Blocks are not considered to be one of the allotted three contacts per side.

c. A male player may be brought up from the back row to participate in a block when only one male is in the front row.

d. Teams may play with more women than men without penalty: ex. 3 women and 2 men or 4 women and 2 men is O.K.

e. Net height is 7'8 feet.

XI. Balls: Game balls will be provided, however, teams are encouraged to bring their own warm up balls.

XII. Conduct

a. Any participant who is involved in fighting or provoking fighting shall be eliminated from the league.

b. Only the floor captain (player actually in rotation so designated) may discuss calls with the official. Judgment calls are not subject to discussion. Captains may question officials (respectfully) if they have concerns about a rule interpretation. The official's decision is final. Unsportsmanlike conduct will not be tolerated.

c. Any team which consistently exhibits poor sportsmanship may be eliminated from the league with forfeiture of all fees.

XIII. Forfeits

a. If a team is not ready to play (with a minimum of four legal players on the court) following their 5 minute grace period and warm up period (a total of 10 minutes from the scheduled start time), they will forfeit the first game.

b. If a team is not ready to play after an additional 15 minutes (a total of 25 minutes after the scheduled game time), they will forfeit the match.

c. If your team is unable to attend a match, please call the opposing manager AND league director to notify them of the forfeit. PLEASE DO NOT NO CALL NO SHOW.

XIV. Gym Rules

a. Children are not allowed unless supervised at all times by an adult who is not participating in the match. Refs will give teams 1 warning on this matter, then the parent will be asked to leave the match.

b. Teams playing in the first or last matches of the night are encouraged to assist the gym staff with take down/put up of the nets and other equipment.

XV. Rule Set

- a. All rules not specifically discussed above shall follow San Angelo YMCA and NCAA Rules. Rule books are available upon request.

SCHEDULE AND STANDINGS: All standings and schedules will be posted on the San Angelo YMCA Playerspace website at

NOTE: Game cancelation decisions are independent of school closures and other activities. Please do not assume that games are cancelled because schools are closed.

PRIZES: All regular season champions will receive free entry into the next league.