

Stratford YMCA Volleyball League Rules & Regulations

YMCA Recreational Volleyball League Rules & Regulations Manual (Co-Ed, Men's, and Women's Leagues)

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1. Introduction This manual provides the rules and regulations governing the YMCA Recreational Volleyball League, including Co-Ed, Men's, and Women's Divisions. The purpose is to ensure fair play, safety, and enjoyment for all participants across all league formats.

2. League Objectives

- Promote recreational volleyball in a fun, inclusive environment
 - Encourage good sportsmanship and teamwork
 - Provide opportunities for skill development and community engagement
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3. Player Eligibility

- All participants must be registered through the YMCA ([TeamLinkt](#)).
 - Players must be 18 years or older.
 - Substitutes must be registered and approved by volleyball coordinator. Late substitutions are subject to denial after the midway point of the season.
 - Players can substitute on an **occasional** basis for other teams outside of their own division but cannot participate outside of their own division during playoffs (I.e. Ladies A4 player can substitute for an A3 team IF needed).
 - ***Ladies AA & Men's A players are excluded from the above rule and cannot substitute across divisions*.**
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4. Team Composition & Rosters

- Minimum of 3 players to start a game.
- Maximum of 6 players on the court.
- If after 10 minutes the required players are not present, the first game is defaulted. Second game defaulted after 15 minutes. 3rd game defaulted after 20 minutes.
- Co-Ed: Teams must have at least 2 players of each gender on the court.
- Rosters must be submitted before the season begins.
- Player substitutions across divisions must be approved by volleyball coordinator.
- Men's A & Ladies AA players **cannot** substitute for other divisions.
- Should a team become incomplete during a match and no substitutes are available, this team is declared the loser of the remaining sets. The team keeps the sets and points they have already won.

5. Game Format

- Matches consist of three sets.
- Each set played to 25 points (win by 2, cap at 27).

- If a time limit is required, the third set will be played to 15 (cap at 17).
 - Referee can apply time cap on third set to ensure schedule adherence.
 - All games are to start at the scheduled times. At least a 5 minute warmup is required.
 - Before the match, the referee carries out a toss to decide first serve in the presence of the two captains. The winner of the toss chooses first serve or to receive the serve and which side of the court they prefer to start.
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6. Scoring & Match Structure

- Rally scoring is used (point awarded on every serve)
 - Teams switch sides after each set
 - Referees are responsible for scorekeeping and recording the final score
 - Teams are encouraged to record final scores for cross reference
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7. Serving Rules

- Serve from behind the end line (when space is provided).
- Ball may touch the net on serve and still be live.

- Players must wait for the referee's signal to serve. A service executed before the referee's whistle is cancelled and repeated.
 - Winner of rally earns the right to serve (If the serving team wins a rally, it scores a point and continues to serve; if the receiving team wins a rally, it scores a point and it must serve next.
 - Only Men's A, Co-ed A, Ladies AA & Ladies A1 are permitted to serve overhand.
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8. Playing the Ball

- Maximum of 3 contacts per side.
- A block does not count as a team hit.
- No catching, lifting, or prolonged contact.
- Ball may contact any part of the body (kicking the ball is allowed).
- Aggressive spiking toward another player is not permitted.
- Faults in playing the ball:
 1. FOUR HITS: a team hits the ball four times before returning it.
 2. ASSISTED HIT: a player take support from a team-mate or any structure/object in order to reach the ball within the playing area.
 3. CATCH: the ball is caught and/or thrown.

4. DOUBLE CONTACT: a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.

9. Rotation & Substitutions

- Teams must rotate clockwise upon gaining serve.
 - Substitutions must be made at the back right position.
 - Unlimited substitutions allowed; players must maintain rotation order.
 - **Co-Ed:** Teams should aim to maintain gender balance during rotation whenever possible. However, occasional exceptions may be made due to unforeseen circumstances such as weather, family-related absences, and shift work. In such cases, teams may proceed with an unbalanced lineup to avoid delays/cancellations, *however* the Volleyball Coordinator must be notified **prior to the start of the game** or the team risks being penalized.
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10. Violations & Faults

- Net contact by a player.
- Foot faults on serve.

- Double hits or lifts.
- Crossing the center line under the net in a dangerous manner.
- Blocking or attacking a serve.
- Faults in playing the ball:
 1. FOUR HITS: a team hits the ball four times before returning it.
 2. ASSISTED HIT: a player take support from a team-mate or any structure/object in order to reach the ball within the playing area.
 3. CATCH: the ball is caught and/or thrown.
 4. DOUBLE CONTACT: a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession.
- Faults at the net:
 1. In blocking, a blocker may touch the ball beyond the net provided that they do not interfere with the opponents' play before or during the attack hit.
 2. It is permitted to penetrate into the opponents' space under the net provided that this does not interfere with the opponents' play.
 3. Contact with the net: Contact with the net by a player is not a fault, **unless it interferes with the play.** Players may touch the post, ropes, or any other object outside the antennae, including the net itself provided that it does not interfere with play.

4. Player faults at the net: A player touches the ball or an opponent in the opponent's space before or during the opponent's attack hit. *A player interferes with the opponent's play by: touching the top band of the net or the antenna during play or taking support from the net simultaneously (grabbing/holding the net).

11. Conduct & Sportsmanship

- Respect teammates, opponents, and officials.
- **Zero tolerance for abusive language or aggressive behavior**
- Referees may issue warnings or remove players for misconduct. The volleyball coordinator will suspend players when abusive behaviour occurs.
- When repeated offences occur by the same team: the team will be penalized first by points and if the offences continue after suspensions/point deductions, the team will be removed from the league without refund of registration.
- **Captains:** team captains are responsible for the conduct and discipline of their team members. Only the captain is authorized to speak to the referee about disputes and calls. At the end of the match the team captain should thank the referee and sign the score sheet to ratify the outcome.

12. Equipment & Uniforms

- Athletic & clean footwear required.

13. Forfeits & Defaults

- 15-minute grace period from scheduled start time.
- A team forfeits if unable to field the minimum number of players (minimum of 3 players at the team's disadvantage).
- Co-Ed: Must have minimum of 2 male and 2 female players on the court to play.
- Notify volleyball coordinator in advance if forfeiting.

14. Injury & Safety Protocols

- Injured players should notify referees immediately.
- Referees will stop play for injuries & fill out incident reports.
- First aid is available on site.

- Players are encouraged to warm up before games & not push beyond their own physical limits.
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15. Inclement Weather & Cancellations

- Games may be postponed due to unsafe conditions & weather conditions.
 - Cancellations will be communicated via email or phone by league coordinator.
 - Any games cancelled will be rescheduled to the end of the season.
 - The YMCA does not control when or if schools may cancel our permit use unexpectedly due to school events.
 - Game locations are subject to change and teams will be notified by email.
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16. Appeals & Disputes

- Only team captains may file formal appeals.
 - Appeals must be submitted in writing within 24 hours.
 - The League Coordinator will make final decisions.
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17. Contact Information League Coordinator: Samuel Gilson

Email: Samuel.Gilson@ytr.ymca.ca

Phone: (519) 271-0480 ext. 2511

Website: <https://leagues.teamlinkt.com/stratfordvolleyball/Home>

Thank you for being a part of the YMCA Volleyball community. Let's serve, set, spike, and support each other through the game!