



## DECATUR-DEKALB YMCA ADULT VOLLEYBALL LEAGUE RULES

**Rosters** - Teams must declare their roster before the start of their first game. There will be a maximum of 11 players per roster including substitutes. Team Captains need to fill out the official team roster and turn in to the registration desk with team payment. All players must be either a facility member or a current program member.

**Substitutes** - Substitutes are allowed to play in no more than four regular season games. If the substitute is not a facility or program member of the YMCA then they will be restricted to two games. The first time they substitute they will sign in at the front desk as a guest. The second time they substitute the team captain will need to notify the Sports Department staff or the director on duty by 6pm the day of substitution to be issued a one day pass. This is to keep with the policies and procedures of the Decatur-DeKalb YMCA.

**Practice Time** - All teams will be allowed to practice on Thursday evenings during Open Volleyball time, 7:00 p.m. until 9:45 p.m., through the end of the season.

**Matches** - All matches will consist of three rally point games to 25. In the case of a tie, a team must win by two points. If time runs out during the third game, which ever team is ahead by two points will be declared the winner of game three. A team must have a minimum of four players to start a match. The four players must consist of at least two or more women and at least one man. If time allows, teams will be given a five minute warm up before each match.

**Tournament Eligibility** - All regular roster players must play in at least one regular season game to be eligible to play in the end of season tournament. A minimum of four regular roster players are required to play during the tournament.

**Infractions** - Only team captains may question a call made by the referee. If a player is issued a yellow card they will be suspended for one game. If a player is issued a red card they will be suspended for one match.

**DDY In-house Gym Rules** - The running track and curtains will be considered out. If a ball hits the basketball rim and the referee deems it playable then the play will be done over. If the referee deems the ball not playable then the ball will be considered out. Players are not allowed to wear jewelry during play.

**USA VB Rules** - USA VB Rules will govern all other rules not specified.

\*For questions or concerns please call Michael N. Duncan, Sports Director, 404-371-3315 or email address: [michaeld@ymcaatlanta.org](mailto:michaeld@ymcaatlanta.org)