

Rules - Fall Youth Volleyball 2026

Any rules not specifically listed in this document will refer to the UHSAA Volleyball Rules.

The Game

- Before each 45-minute match, a 15-minute practice session will be held.
- Matches will consist of three (3) sets. The first two sets are to 25 and the third is to 15. RALLY SCORE. Teams must win by at least 2 points. Point caps for each set are 27 during the first 2 sets, and 17 for the 3rd set. If there is still time within the 45 min match allotment, teams may play extra practice sets.
- 1 (30 second timeout) timeout will be allowed by each team per set. Teams must return to the court upon notification by the referee.

Teams

- This league plays 6v6. The maximum number of players on the court at any given time is 6. A game may start and end with 4 players on the court.
 - If a team has less than the minimum, it will be a forfeit. The teams can mix up to play a practice game in the event of a forfeit.
- Please remember that this is a recreation league. All players will receive an equal amount of playing time. See the "Substitutions" section for how this will be managed.

Court and Player Equipment

- Court size - 30' x 60'
- Net Height
 - 4-7th Grade: 7'0"
 - 8-9th Grade: 7'4"
- Team jersey is required for play.
- 4/5th graders will use a volley-lite ball, 6-9th will use a regulation ball for game play.
- Knee pads are optional.
- Jewelry and hats are not permitted during the game for player safety.
- Athletic closed toe shoes must be worn at all times, no bare feet or sandals will be allowed.

Coin Toss

- At the start of the game, the official will have a team captain from each team participate in a coin toss (or rock/paper/scissors). The team that wins the coin toss will choose whether to serve or receive the first serve, or which side of the court they want for the first set. The team that loses the coin toss will be given the remaining option.

Net Contact

- Touching the net is only a fault if it interferes with play. Interference includes:
 - Touching the top band of the net or the top 80cm of the antenna while playing the ball.
 - Using the net for support while playing the ball.
 - Gaining an advantage over an opponent by touching the net.
 - Hindering an opponent's legitimate attempt to play the ball by touching the net.

Serving

- Service lines: 4/5th and 6/7th graders serve from a taped line appx. 10 feet in front of the regulation service line. 8/9th will serve from behind the regulation service line.
- Balls may touch the net on a serve.
- Participants may re-serve their first serving attempt if the ball **does not clear the net**. Subsequent serving errors will result in the loss of a serve.
- In the event of a 3rd set, a re-serve will not be awarded at any time.
- The server may have 3 tosses before loss of serve.
- There will be a **serving cap of 7 for all leagues**. Once a server has served 7 points in a row, a sideout will be awarded to the opposing team. (no point)
- 4-7th grade leagues may serve underhand. 8/9th grade leagues must do an overhand serve.
 - It is encouraged that coaches teach overhand serves and have players attempt to do an overhand serve before they revert to attempting an underhand serve.

Substitutions

- Players will all substitute in and rotate on their teams, serve as the server, and rotate clockwise to every position.

Re-plays

- If the ball hits any of the end basketball hoops and would have been a playable ball, it will be a re-play. If a ball rolls on the court from the other court during play, it will be a re-play. If the ball hits the ceiling and lands on the same side, it is playable. If it hits the ceiling and lands on the opposite side, it is out.

