2026 Recreation Volleyball Rules

3rd/4th Grade

Playing Time

- Every player must receive an **EQUAL amount of playing time**, measured by points played.
- If a team has fewer than 12 players, each player must play more than half of the total points.
- Equal playing time does not mean simply playing at least half the game.
- No player may play every point of a game.

Dress Code

- Players must wear the jerseys or T-shirts provided for their team.
- Athletic shorts, pants, or spandex are required. Jeans, jean shorts, long skirts, or long pants that are loose around feet are not allowed.
- Knee pads are highly recommended but are not required to play.

Officials

- The referees are in charge of the game and are responsible for enforcing the rules.
- Arguing with a referee is unacceptable and may result in a coach or fan being removed from the game.

Sides

- Before the game, the home team will use the bench on the east side of the court, and the away team will use the bench on the west side.
- Team captains will meet with the referee before the game.
- Captains will guess a number between 1 and 10 to determine which team serves first.
- Teams will not switch sides during the game.

Positioning

- Teams will play 6-on-6, with 3 players in the front row and 3 players in the back row.
- At the time of the serve, all players must be in their correct positions.
- Once the ball is served, players may move freely around their side of the net.

Scoring

- Rally scoring will be used, meaning a point is awarded after every rally.
- Teams will play 3 games.
- Each game will be played to 25 points.

- A team must win by 2 points, with a maximum score of 27.

Serving

- Players may serve from behind either the 10-foot attack line or the red service line.
- After a player successfully serves the ball over the net 3 consecutive times, they must move back to the 5-foot red service line for their next serve.
- The player may then serve up to 2 additional consecutive times from the red line.
- A player may score a maximum of 5 consecutive points while serving.
- After the fifth consecutive serve, the referee will call a dead ball. The serving team will rotate, but will keep possession of the serve.
- The purpose of this rule is to give more players an opportunity to serve and participate.
- Referees will track the serving count and use a hand signal to notify the server before each serve.

Substitutions

- Substitutions will be done in fixed clock-wise rotation. Coaches must maintain the rotation and will not be allowed to substitute for a random player unless player injury.

Timeouts

- Each team is allowed one 30-second timeout per game.
- Timeouts may only be called when the ball is dead.

Infractions

- Referees will use discretion with certain minor infractions, such as minor double hits, pushing, sliding under the net, or accidental contact with the net, based on the players' age and ability.
- Blocking a serve is not allowed.
- Each team has up to 3 consecutive hits to get the ball over the net.
- The ball may be played off the ceiling as long as it stays on the same side of the net.
- A ball that hits the ceiling on the opposite side of the net is considered out.
- The ball may not be played off a wall.
- No service-line foot faults will be called. However, referees and coaches should encourage players to serve from behind the designated serving line.

Spiking

- Spiking is not allowed at this age level.
- A spike is defined as a player jumping and using one or both hands above their head to hit the ball over the net in a downward motion.
- One-handed serving is not considered spiking.

Pre-Game Meeting

- Coaches must meet with the referee before each game to review the rules and discuss any special considerations involving their players.

- The middle basketball hoop and any part of its structure—including the black pipes, backboard, rim, and net—are considered out if the ball makes contact with any portion of the structure.
- The referee will call the ball out and award a point to the opposing team.