2026 Recreation Volleyball Rules (With Subs)

Grades 7–8

Our volleyball league is all about learning, having fun, building confidence, and being part of a team. Good sportsmanship and fair playing time are important for every player.

1. Playing Time

- Every player must receive **equal 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 means players receive the same amount of playing time. It does not simply mean every player plays at least half the game.
- No player may play every point of a game.

2. Dress Code

- Players must wear the jersey or T-shirt provided for their team.
- Athletic shorts, athletic pants, or spandex must be worn. Jeans, jean shorts, or long skirts are not allowed.
- Knee pads are strongly recommended but are not required.

3. Officials and Sportsmanship

- The referees are in charge of the game and are responsible for enforcing the rules.
- Coaches and fans must treat referees respectfully.
- Arguing with a referee is not acceptable and may result in a coach or fan being removed from the game.

4. Team Sides and Starting Serve

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

5. Player Positions and Rotation

- Teams play 6-on-6, with 3 players in the front row and 3 in the back row.
- Players must be in the correct positions when the ball is served.
- Once the serve has been contacted, players may move freely around their side of the court.
- When a team wins the right to serve after receiving the other team's serve, players rotate one position clockwise.

6. Scoring

- Rally scoring will be used, meaning a point is awarded after every rally.
- Teams will play 3 games.
- Each game is played to 25 points.
- A team must win by 2 points, with a maximum score of 27.

7. Serving Rules

- Players may serve from either the red line (inside the regular service line), or the blue service line.
- A player may serve up to 3 consecutive serves from the red line. After the third successful serve, the player must move back to the blue service line.
- From the blue service line, the player may serve up to 2 additional consecutive serves.
- A player may score a maximum of 5 consecutive points while serving.
- After the fifth consecutive serve, the referee will stop play. The serving team will rotate, but will keep possession of the serve.
- Referees will track the serving count and signal to the server before each serve.

These rules are intended to give more players the opportunity to serve and participate.

8. Substitutions

- Coaches may substitute players when the ball is dead and play has stopped.
- The coach must get the referee's permission before making a substitution.
- Coaches may choose which player(s) to substitute, as long as playing-time requirements are followed.
- Players may enter and leave the game multiple times.
- Substitutions do not replace the normal clockwise rotation of players on the court.
- Coaches are responsible for tracking playing time and making sure all players receive equal playing time.
- If a player is injured, the coach may make an appropriate substitution with the referee's assistance.

The goal is to give every player a fair opportunity to participate while keeping substitutions simple and organized.

9. Timeouts

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

10. General Playing Rules

- Referees may use discretion with certain minor infractions, such as pushing, sliding under the net, or accidental contact with the net, when appropriate for the players' age and ability.
- Blocking a serve is not allowed.

- Each team has up to 3 consecutive hits to return the ball over the net.
- The ball may be played off the ceiling if it stays on the same side of the net.
- A ball that hits the ceiling on the opposite side of the net is out.
- A ball may not be played off a wall.
- Contact with the middle basketball hoop or any part of its structure—including the black pipes, backboard, rim, or net—is considered out. The opposing team receives the point.

11. Spiking

- Spiking is allowed at this age level.
- A spike occurs when a player jumps and attempts to hit the ball downward.
- Overhand hits that send the ball upward and one-handed serves are not considered spikes.
- If the referee determines that a spike is unsafe because of the age or ability of the players, spiking will not be allowed for the remainder of that game.

12. Pre-Game Meeting

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

Coaches should also use this time to confirm serving rules, substitution procedures, and any court-specific safety concerns.

Final Reminder

This is a recreational league, and the goal is for every player to learn, improve, participate, and have fun. Coaches, players, parents, and referees are all expected to help create a positive and respectful environment.