

The Colony Parks and Recreation

Youth Volleyball Rules



Revised 8/14/2026

All league games will be played in accordance with NFHS Middle School Rules with the exceptions below.

I. Rosters/Equipment:

1. A team roster will consist of no more than ten (10) players, and no less than 6.
2. Qualification is determined by what age the participant is on 9/1/2026
3. The net shall be 7'0 for 9U, 7'4" for 11U & 13U
4. 9U & 11U will use the Volley Lite ball
5. 13U will use an official size ball
6. Uniform tops will be provided by the city's parks and recreation department.
7. No black soled, "turf shoes", boots, or any type of open toe footwear may be worn at any time.
8. NO JEWELRY MAY BE WORN AT ANY TIME DURING A GAME, INCLUDING HARD HEADBANDS.
9. Officials may ban any equipment that they deem as unsafe or illegal.
10. Kneepads are strongly recommended, mouthpieces are optional.

II. Court Regulations:

1. Any ball that comes in contact with the ceiling can continue to be played as long as it stays on that team's side of the net. If the ball touches any part of the ceiling and crosses over the net the play will result in a dead ball and a point awarded to the non-involved team. The partition will be played as part of the ceiling. If the ball hits the wall or AC Duct the play will result in a dead ball and a point awarded to the non-involved team.
2. The ball is considered inbounds if it touches the line.
3. Players are not allowed to cross the centerline with any part of their body other than their hand or foot during play, and if they do, their team loses the point.
 - A player's foot can land on the centerline, but it can't be entirely over it.
 - Players can also reach under the net while playing the ball in their court, but they can't touch the floor over the centerline.
 - Players are not allowed to interfere with opponent's play in any way.

III. Playing Rules:

Game Start:

1. Teams should be present at least fifteen (15) minutes prior to game time. A five (5) minute grace period will be allowed. After the grace period the game will be ruled a forfeit.
2. Teams must have a minimum of 4 players to start a game.
3. A coin toss will be conducted between the head coach from each team and the official to determine serve/receive for the first set. The home team will call the toss.
4. First service will be determined by the winner of the coin toss. The other team will have choice of court side. The second set will begin with the original first set receiving team serving first. If a third set is needed a coin flip will determine what team will serve first. The visiting team will call the toss in this situation.

Line Judge

1. Each team must **provide a volunteer representative** to serve as a line judge. Failure to do so will result in a forfeit.
2. The volunteer line judge cannot be a current coach or player for the season.
3. The volunteer line judge must be 15 years or older.
4. The line person does not change sides during the match.
5. The referee has the right to overrule a lineperson at any time.

Scoring:

1. An official game shall consist of the best two-out-of-three sets or a 55-minute time limit, whichever comes first. The first team to win two sets shall be the winner of the game. **Exception:** There will be no time limit for playoff games.
2. All games will be played by rally scoring rules. Every time the ball hits the floor a point will be awarded (i.e. a point will be awarded with the change of serve.)
3. If the serving team makes the point, they will retain service.
4. Sets in all divisions will be the first to twenty-five (25) points (must win by two points) sets will cap at thirty (30) points. If teams are tied when the time limit expires, ***SEE TIE-BREAKER PROCEDURES.
5. The third set if necessary, will be the first to fifteen (15) points. A team must win by two (2) points, or cap at twenty (20) points.
6. A forfeit game will be scored 15-0 in favor of the team that does not forfeit.
7. Teams will switch courts after each set.
8. **Time Outs:** Each team is limited to two (2) 60 second time outs per set for the first two sets. Each team will be limited to one (1) 30 second time out in the third set.
 - Time outs do not carry over from set to set.
 - The time-out will begin once recognized by the official and end when the official signals.
 - If a timeout is called in the final minute the clock will be stopped during the time out.
 - If a timeout is called which would result in the clock going under a minute, the clock will stop at 1 minute until play resumes.

Serving:

1. Serving Lines:
 - 9U – Serve anywhere behind the 15-foot line
 - 11U – Serve anywhere behind the 23-foot line
 - 13U - Serve anywhere behind the back court line
2. A serving area will be the width of the court. A service violation will occur if the server's foot touches the line before contact with the ball.
3. If the serving team makes the point, they will retain service.
4. Service may be performed underhand or overhand in any age division, as long as the ball makes contact with the body only once (no double-bump).
5. At the moment of the serve, all players except the server shall be within the team's playing area.
6. First Serve Re-Do:
 - 9U – **If the first serve does not go over the net, the server gets a "first serve re-do"**. If the player serving gets a second serve from winning a point, they now must serve the ball into play on the first attempt for the remainder of their turn. Players must attempt to serve the ball to receive a second attempt, a dropped toss will not count as a service attempt.
 - 11U & 13U – **If the first serve is an overhand serve and does not go over the net, the server gets a "first serve re-do"**. If the first serve is an underhand serve and does not go over the net, a "re-do" will not be awarded. If the player serving gets a second serve from winning a point, they now must serve the ball into play on the first attempt for the remainder of their turn. Players must attempt to serve the ball to receive a second attempt, a dropped toss will not count as a service attempt.
7. If the first serve goes over the net, but out of bounds, no "first serve re-do" will be allowed.
 - "Over the net" consists of the ball crossing over the mid court line and landing on the opponents side (in or out).
8. Bad Toss
 - 9U - If the server does a bad toss, the ball must be caught or let it drop to the floor. The server may only do this once during their term of service. Term of service begins when the players assumes the right back position as the server and ends with the loss of serve.
 - 11U & 13U - If the server does a bad toss, the player must allow the ball to drop to the floor. If the server catches the ball, it will result in a loss of serve and a side out being called. The server may only do this once during their term of service. Term of service begins when the players assumes the right back position as the server and ends with the loss of serve.
9. Players will have **eight seconds** from the time the official signals the serve to make contact with the ball. Failing to do so will cost the team possession and will result in the opposing team receiving a point.
10. **After a single player has scored five consecutive points, a side out will be called, and the ball awarded to the opposing team.**

Positions/Substitution:

1. The position of the players in order of the serve shall be Right Back, Right Front, Middle Front, Left Front, Left Back, and Middle Back.

***** (NET)

3 (left front) → 4 (middle front) → 5 (right front)

2 (left back) ← 1 (middle back) ← 6 (right back)

2. When a side-out is awarded to a team (change of serve), that team shall rotate clockwise one position (front row rotates right, back row rotates left).
3. Substitutions may only be made when the teams subbing is rotating.
4. 9U and 11U must use the middle back substitution method. When using the middle back method teams must substitute every time they rotate, and players must stay in order. The player moving into the middle back position (after just serving) will come off the court, the player coming into the game will go into the middle back position.
5. 13U can use one for one substitution or middle back substitution.
6. After each set, teams will change sides.

IV. Tie-Breaker Procedures:

1. **Game Tie:** If two teams are tied when the time on the clock expires, the following procedure will be used to conclude the game
 - i. Two minutes will be placed on the clock, and play will resume with the team serving at the end of regulation, serving in this overtime. **Exception:** There will be no time limit for playoff games.
 - ii. Each team will receive one (1) additional time-out in the 2 minute overtime.
 - iii. If at the end of 2 minutes, teams are still tied, a coin toss will be held to determine serve. Two minutes will be placed on the clock, and the first team to score wins the game.
2. **League Seeding** – in case of a tie for award positions at the conclusion of the season, the following tie-breaker procedure will be used:
 - i. Winning percentage
 - ii. Head-to-Head
 - iii. Total point differential
 - iv. Total points against
 - v. Coin flip

V. Conduct/Sportsmanship Zero Tolerance Policy:

The City of The Colony has zero tolerance for unsportsmanlike conduct by any coach, player, or spectator before, during, or after a game. This includes but is not limited to: booing, shouting at the officials, or arguing any call. Expressing any negative behavior or comments, threats, or obscene gestures to players, coaches, or officials is also unacceptable.

1. Any player, coach, or spectator ejected from any league match will be suspended for a minimum of one (1) league match.
2. Players, coaches, and spectators who have been suspended must leave the complex and may not return until the completion of their suspension.
3. Each teams coach is held responsible for the conduct of their spectators and team participants.
4. No player, coach, or spectator shall interfere with the scorekeepers/officials. Any concerns regarding the scorekeepers/officials must be brought to the Athletics Staff onsite.
5. No fighting is allowed. First offense is a suspension for the rest of the season, second offense results in one year loss of eligibility in all league play or indefinite suspension if deemed severe.
6. Suspensions carry over from season to season.

