

Rec Volleyball Rules

3rd- 4th

1. Ball: Volley-Lite
2. Net Height: 7 ft
3. Serving Line: 20 ft; Player can move 1 step in if needed for the first few weeks
4. Rotate in from center back
5. Substitutions: Unlimited
6. All Players will rotate in equally
7. Time/Score Limit: All games will be 15 minutes or first to 25 points with a two-point margin
8. Teams will always play three sets
9. Each server gets three (3) attempts to put the ball in play (over the net and in bounds)
10. Once serve is in play, regular rules apply with the team taking the point getting the serve
11. Each server is limited to three (3) points per rotation; After three points are scored, side out
12. No Jewelry
13. All players must wear tennis shoes and have knee pads
14. Each team may have one 30 second timeout per game
15. Service toss error: once per player per service

5th-6th

1. Ball: Regulation volleyball
2. Net Height: 7 ft
3. Serving line: 30 ft; Player can move 1 step in if needed for the first few weeks
4. Rotate in from center back
5. Substitutions – Unlimited
6. All players will rotate in equally
7. Time/Score limit: All games will be 15 minutes or first to 25 points with a two-point margin
8. Teams will always play three sets
9. Each server gets two (2) attempts to put the ball in play (over the net and in bounds)
10. Once serve is in play, regular rules apply with the team taking the point getting the serve
11. Each server is limited to five (5) points per rotation; After five points are scored, side out
12. No Jewelry
13. All players must wear tennis shoes and have knee pads
14. Each team may have one 30 second timeout per game
15. Service toss error: once per player per service