

City of Fort Collins Youth Volleyball Rules

Anything not covered in this rules document will default to the NFHS Volleyball Rules Book.

Updated June 2025. Rules changes will appear in *highlighted italics font*.

1. **Players:** A team consists of 6 players who must alternate in the serving rotation.
 - a. *Teams must start with a minimum of four players.*
2. **Start of the Game:** A coin toss will precede each match. The winner of the toss will be offered a choice of either the first serve/receive or side for the first game. There will be another coin toss for the third game.
3. **Hitting the ball during play:**
 - a. The ball may be double contacted on the first team contact. (Including the serve)
 - b. A maximum of three hits on a side is permitted and a total of three hits should always be encouraged.
 - c. The ball may not be contacted by the same player consecutively, except on the first hit in one motion.
 - d. The ball may not be caught, carried, thrown, or held.
4. **Play the Net:** *Players may not touch any part of the net during play.*
5. **The Center Line:** Their feet and hands may contact the center line, but may not entirely cross the center line.
6. **Interruptions of Play:** After the serve, the ball remains in play until the referee blows the whistle to signal a dead ball. Players must wait for the referees whistle before they serve.
7. **Time-outs:** Each team is allowed two 30 second time-outs per set. They may be requested by the team captain or coach. *No Timeouts in the last 4 minutes*
8. **Rally Scoring:** A team scores a point when they win the rally.
9. **Boundaries:** A ball touching a player or any part of the opponents' court, including the lines, is considered good. When the ball touches the ceiling and the ball lands on the same side of the court, it may still be played.
10. **Co-Ed Rules:** There are no co-ed play restrictions.

Grade Specific Modifications

Elementary (Grades 2nd-5th)

1. **Uniforms:** Each Player will get a team t-shirt before the first game
2. **Net Height**
 - a. *2nd-5th-7'4"*
3. **The Serve:** Players may underhand serve from the 10' line (attack line). Any overhand serves should be done as close to the end line as possible. *Officials and coaches may move players back if there is an advantage. Each player will be allowed to serve a maximum of 5 serves per turn. If and when 5 serves are accomplished, it will result in a side out with no point loss for the serving team.*
4. **Rotations:** Continuous substitution (rotation) is required.
5. **Length of a match:**
 - a. Three games (regardless of outcome on first two games) to 25 points
 - b. Rally scoring.

- c. Win by two points no cap.
- d. If the score is tied at the 45 minute time limit, the next point decides the winner of the game.
- e. The 45 minute time clock will start at the first serve; warm up time will vary depending on ending of previous matches.

Middle School (Grades 6th-8th)

1. **Uniforms:** Players will be given by the coach school color t-shirts at practice.
2. **Net Height:** 7'4".
3. **The Serve:** Players must serve from behind the end line for underhand serves. Players serving overhand may step no more than two strides into the court. No maximum serves allowed. *Officials and coaches may move players back if there is an advantage.*
4. **Rotations:** The rotation must be made after the ball is dead before your serve and must be in the same order throughout the game (only exception is for an injured player).
5. **Length of a match:**
 - a. Three games (regardless of outcome on first two games) to 25 points
 - b. Rally scoring.
 - c. Win by two points no cap.
 - d. The 45 minute time clock will start at the first serve; warm up time will vary depending on ending of previous matches.
6. **Substitutions:** Players must come to the Sub Zone. Free and unlimited substitutions will be allowed, however, if in the sole opinion of the game official or gym supervisor that a player is substituted to gain an unfair advantage the official and/or supervisor will make changes to the lineup that is deemed appropriate to the situation. (Do not sub a player for multiple players in order to gain serving advantage).