



PenMet Parks Youth Volleyball Rulebook 2026

Youth Sports Philosophy

PenMet Parks Youth Sports are guided by three core principles: Everybody Plays, Joy in Being Active, and Building Community. Our leagues prioritize participation, skill development, character, and sportsmanship over winning, ensuring every athlete has a meaningful and positive experience. We are committed to creating an encouraging environment where players, coaches, officials, and families work together to build confidence, friendships, and lifelong enjoyment of being active.

Division Information:

Division	Players	Ball Size	Net Height
4 th /5 th Grade	6 v 6	Volley-Lite	6'8" (approximate)
Middle School	6 v 6	Regulation Ball	7 feet (approximate)

Pre-Game Warm-Up (10 minutes total):

- 5 minutes: Ball handling on your own half of the court
- 3 minutes: Shared hitting
- 2 minutes: Shared serving

Game Rules

1. The home team will serve first in Set 1, and the away team will serve first in Set 2.
 - If teams are tied 1–1 going into Set 3, rock–paper–scissors will determine first serve.
 - If a team is down 0–2, that team will serve first in Set 3.
2. Each team must supply a line judge. The home team supplies a score keeper. The line judges and score keeper may be a parent, sibling, or other helper.
3. Matches consist of three rally-scoring sets.
 - Sets 1 and 2 are played to 20 points, capped at 22.

- Set 3 is played to 15 points, capped at 15, or until 45 minutes of total match time has elapsed, whichever comes first.
4. Games must begin on time. If a team does not have at least 6 players at game time, players will be borrowed from the opposing team.
 5. Players will rotate after each side-out.
 6. While serving, if a player does not get a good toss, they may drop or catch the ball for a reserve opportunity.
 - Each player is allowed two drops/catches per service turn.
 - A third drop/catch results in a side-out and point for the opposing team.
 7. Let serves are allowed. The ball may touch the top of the net on a serve.
 8. Players may serve overhand or underhand.
 - Players may serve from inside the end line if needed.
 - After each successful serve from a shorter distance, the player must take a step back until reaching the end line.
 - Players may not serve from closer than the farthest distance they previously reached for the remainder of the match.
 11. **Consecutive Serves:** Players may serve no more than four (4) consecutive serves.
 - After the fourth serve, there will be a side-out, regardless of the outcome of the serve.
 - If the serving team wins the point on the fourth serve, the point is awarded, then the ball is given to the opposing team.
 - No point is awarded to the receiving team on a side-out they did not earn.
 12. **Timeouts:** Each team is allowed one 30-second timeout per set.
 13. **Service Rotation & Substitutions:**
 - Players must enter the game in the middle back position after a side-out in their favor.
 - Once in the game, players rotate clockwise each time their team regains service until it is their turn to serve.
 - After serving and losing service, the server will rotate out of the game (unless there are no substitutes).
 14. Teams will switch sides between sets 1 & 2. They will remain on the same side for set 3.

15. Each side is allowed three consecutive contacts.

- A player may not contact the ball twice in a row, unless it's all in one motion.
- Blocks do not count as a contact.

16. Officials will be as lenient as possible, especially early in the season, to encourage continuous play.

- Net violations, lifts, and double hits will only be called if they are very obvious.

Bench Rules

- Only the head coach may confer with game officials during play.
- The head coach is responsible for the behavior of assistant coaches, players, and parents.

Officials

- Officials are representatives of the league and are authorized to enforce all rules.
- Officials may direct any player, coach, or fan to take or refrain from actions affecting game administration.
- Officials may disqualify or remove any individual for unsportsmanlike conduct, inappropriate language, or continued objections.
- Officials have authority to rule on situations not specifically covered in these rules.
- Teams may not refuse an assigned official.
- Harassment or verbal abuse toward officials will result in a minimum one-game suspension. Severe offenses may result in a season-long ban.

Site Supervisors

- Site Supervisors are representatives of the league and PenMet Parks and are authorized to enforce all rules.
- They may direct any player, coach, or fan to take or refrain from actions affecting game administration.

- They may disqualify or remove any individual for unsportsmanlike conduct or inappropriate behavior.
- Site Supervisors have authority to rule on any matter not specifically addressed in these rules.