



2026 Youth Volleyball Rules

The goal of the Saint Paul Parks and Recreation Athletic Program is to encourage sportsmanship, teach fundamentals, provide skill development.

Except as modified by the League, the National Federation of High School Association rules for the current year shall be the official game rules for all contests in which League members participate.

- 1 MATCH FORMAT & SCORING:** One match will consist of the best 2 of 3 sets.
 - a. All sets will be played to 25 points with rally scoring. A 2-point lead is required until the 27-point cap.
 - b. Teams are encouraged to play friendly sets after the match has concluded, referee will remain for calls, etc but score is not to be kept and additional points toward standings will not be awarded. Teams opting into friendly play must vacate the court 10 minutes prior to the start of the next match.
 - c. For league standings, teams will receive 1 point per set won within a match.

- 2 PRE -MATCH PROCESS:**
 - a. One coach (and one player, if desired) from each team will attend a pre-match meeting with the official. Coin Toss will determine who serves first, receiving team will serve first in the second set.
 - b. During the meeting, teams will have 2 minutes to serve to each other.
 - c. After the meeting, teams will line up on the sideline closest to spectators, while a coach reads the Sportsmanship Pledge provided by Municipal Athletics.
 - d. After the Pledge, teams may huddle as referee takes the stand. Upon official's whistle, starting 6 players will enter the court and present their jersey number to the official.
 - e. *Teams will not shake hands prior to or during the match.*

- 3 DURING-MATCH PROCESS:**
 - a. Teams do NOT need to switch benches between sets.
 - b. If the 3rd set is required, another coin toss will occur.

- 4 POST-MATCH PROCESS:**
 - a. Post-match, teams will immediately lineup on the serving line, then proceed up the sideline to the player's right side, and then shake hands with the opposing team under the net.

- 5 ROSTERS:** Must be turned into the MUNICIPAL ATHLETICS OFFICE by the first match.
 - a. Players may be added to rosters until the beginning of the 5th league game. Changes must be submitted in writing to Municipal Athletics.

- 6 GAME BALLS:** Each team will present a game ball to the official who will decide which ball will be used. (Tachikara, Baden or Molten are recommended brands).
- 10u & 12u will use the Volley-Lite style ball – regulation size, but less weight.
 - 14u & 18u will use composite volleyballs.
- 7 NET HEIGHT:** 10u – 6’6” 12u – 7’ 14u and 18u Girls – 7’ 4 1/8” 18u Boys – 7’ 11 5/8”
- 8 TIMEOUTS:** Two per set (no carry-over).
- 9 TEAM SIZE:** A team consists of 6 players on the court. No team may start or continue a set with less than 5 players. **10 Minute Grace Period** – the first set will be declared a forfeit if a team does not have at least 5 players 10 minutes after start time. The match will be declared a forfeit 20 minutes after start time.
- 10 LATE ENTRY:** A team that starts with 5 players may have a 6th player enter the match during a normal stoppage of play in the center-back position.
- 11 COACHING STAFF:** Coaches must be certified by the City of Saint Paul to be on the coaching bench - **maximum of two coaches on the bench at all times.** If a team wants a scorekeeper, they must sit in the spectator area and cannot sit on the bench. Coaches’ children, unless they are players on the team, will not be allowed to sit on the bench – no exceptions.
- 12 COACHES’ AREA AND BENCHES:** Coaches can stand in the area in front of the bench from the end line up to the 10-foot line and should be 6 feet away from the sideline (if space allows). Coaches cannot be on the end line or opposite side of the court. Only one coach may be standing at a time. Team benches shall on the opposite side of the court from spectator seating, at least 6 feet from the sideline and no closer to the net than the 10-foot line.
- 13 UNIFORM:** Jerseys of similar color with numbers on the back must be worn by all players.
- 14u and 18u teams that are using a libero player must have a distinctly different color jersey.
 - It is highly encouraged that 14 and 18u teams have jersey numbers on the front and back of the jersey for substitution purposes.
- 14 JEWELRY:**
- All jewelry must be removed, except small, secured studs or posts worn above the chin – no hoops or dangling jewelry. No jewelry is permitted below the chin, including string or commemorative bracelets, and body jewelry.
 - Exceptions: Medical alerts and religious pieces may be worn but must be covered or taped. Repeated jewelry infractions will result in a point for the opponent.
- 15 HEAD AND HAIR GEAR:**
- No hats or hard head coverings - any soft head covering must fit securely so that it is highly unlikely to come off during play.
 - Hair Adornments must be securely fastened and do not present a safety hazard, including bobby pins, flat clips/barrettes and hair beads. Refer to *Hair Adornment Guidelines* for examples.

16 ROTATION RULES:

- a. 10u/12u: Use the Continuous Rotation method. For each new game within a match, a new lineup may be used. **Players must rotate into the back center position** (not serving).
 - i. Coed teams – genders must alternate on the court; two boys cannot be placed next to each other in the rotation.
- b. 14u/18u: Have the option to use National Federation of High School rotation rules OR Continuous Rotation. Whichever method is used is for the entire match – Coaches must inform the official which method they'll use at the Pre-Game Meeting.
- c. If Using NFHS Rules, Maximum of 18 substitutions per set, and all players are required to play a minimum of 15 points before the end of the 3rd set.
- d. If a player is removed due to injury, their spot in the rotation closes up, with no penalty. Injured player must remain out of the lineup for the rest of the game but can be re-entered for subsequent games within the same match.

17 SERVICE RULES:

- a. Play starts & ends with the referee's whistle. The server has five seconds to serve the ball after the whistle. A player who fails to serve within five seconds loses the serve and their team forfeits their turn of service/side out. Players will be given one re-serve during a team's term of service.
- b. A re-serve will be called when the server releases the ball for service, then catches it or drops it to the floor. Player is allowed a new 5 seconds for the re-serve.
- c. **Team that receives the first serve must rotate before their first serve.**
- d. On a Net Serve, (when the ball hits the net and then crosses over the top of net into the opponent's court), it is considered a legal serve & the ball is "live" and playable by the opposing team. Net Serves not crossing over top of net or landing out-of-bounds results in a side-out.

10u/12u leagues will have a line 7 feet closer to the net than the baseline for those who need it.

- e. Only underhand serves may be used with the closer line, all overhand serves must be behind the baseline
- f. 10u Only - all players must make one attempt from the 7 foot line but may move up an additional 2 feet at the discretion of the Official.
- g. Officials have the discretion to move players back if they are serving well.
- h. In 10/12u leagues, if a player serves 5 points in a row, the team will rotate, maintain the serve with a new player serving. Coaches are responsible for tracking their serves and rotating their team.

18 RECEIVING/CONTACT RULES:

- a. Player may receive serve with any part of their body; including with an overhead pass.
 - i. Please note: we recommend teaching players to pass with their forearms.
- b. Receiving team cannot block a serve, but setting a serve is allowed.
- c. Blocking and/or Blocking Attempts do not count as one of a team's three hits.
- d. Multiple successive contacts (shoulder, arm) are not legal unless they are the team's first hit or when a player is attempting to play any first ball over the net (including the serve and after a block.) A ball may contact two body parts above the waist at the same time (simultaneous contact) and be considered a legal play.

19 OVERHEAD OBJECTS

- a. If a 1st or 2nd ball played hits any overhead object (including the ceiling or basketball rims) on their own side, it may be played.
- b. If the ball hits any overhead object (including the ceiling or basketball rims) and goes over the net, it is to be ruled "out of bounds".

20 MISCONDUCT: Refer to the separate Misconduct document for information on yellow/red cards and penalties. All disqualifications will result in a minimum of a one (1) week suspension. Municipal Athletics reserves the right to impose additional penalties as warranted based on the severity of each situation. In addition, any unsportsmanlike conduct deemed severe enough by the on-court officials may warrant an automatic disqualification.

21 CANCELLATION: Games are played at the discretion of Municipal Athletics staff and Game Officials (referees). Games may be postponed for inclement weather or if the playing surface is deemed unsafe.

Weather Hotline (651-558-2118) will be updated by 4pm when necessary – afterwards, determination will be made on-site by game officials.

Schedules and Weather Info can be found online at
www.teamsideline.com/stpaul