



2026 Saint Paul Parks and Recreation Youth Volleyball Minimum Playing Requirements

The goal of the Saint Paul Parks and Recreation Athletic Program is to encourage sportsmanship, teach fundamentals, provide skill development. One method we use to achieve these goals is mandating playing time for each participant.

10u and 12u Levels

- Use the Continuous Rotation method. For each new game within a match, a new lineup may be used.

14u and 18u Levels

- Use National Federation of High School rotation rules
 - Maximum of 18 substitutions per set.
 - Players are required to play a minimum of 15 points before the end of the 3rd set.
- Continuous Rotation rule may be used in lieu of NFHS Rules.

1st offense – Head Coach of the game in question will serve a 1-game suspension.

*2nd offense – Head Coach is suspended for the remainder of the season **and** playoffs.*

After 2nd offense, the coach's return must be approved by the Conduct and Eligibility Committee.

- *It will be the coaches' responsibility to monitor **their team's** minimum playing time requirements during the game and notify officials/scorekeeper if they believe an opponent has not played. St. Paul Parks and Recreation staff will oversee.*
- *Exceptions: Players that have not attended practice, arrived late to the game, and situations related to safety.*
- *If there is an issue or concern related to playing time, please bring it to the attention of your Community Recreation Specialist or Organization Director (for affiliate programs).*