

Woodridge Park District: Youth Volleyball League Rules

Revised: 1/5/2026

All rules are subject to change anytime based on the Woodridge Park District's discretion. Any rules not stated will go by the IHSA (Illinois High School Association) Volleyball rule book. The referee's decision is final. No protests are accepted!

League	Ball	Court Size	Net Height
3 rd -4 th Grade	Vollelylite	Yellow Court Lines: 26' x 55'	6ft
5 th -6 th Grade	Vollelylite	Red/White Court Lines: 30' x 60'	7ft
7 th -9 th Grade	SV 18 S	Red/White Court Lines: 30' x 60'	7ft

General:

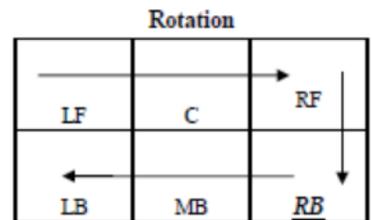
1. Games are played with each team fielding 6 on a court.
 - a. There will be no forfeits. If a team has less than 6 players, they must pick up players from the team they are playing against. Coaches providing players for this purpose must rotate players.
2. A coin flip is held before the first & third game to determine which team will serve. The team that does not serve to start the first game will serve the second.
3. Games will be scored using the rally scoring method. Rally scoring is when a point is scored on every serve, no matter which team served. The team who wins the point gets to serve the next point.
 - a. For example, team A serves the ball out of bounds, so team B gets the point and the next serve.
4. A match will have a 50-minute time limit and consist of three games.
 - a. Games 1 & 2 will be played to 25, win by 2, with a cap at 27.
 - b. Game 3 will be played to 15, win by 2, with a cap at 17.
5. If time expires before the third game has ended, the game will be considered complete. If the game is tied at this time, then next point wins that game.
6. After game 3 of the match, teams are able to continue playing but must be off the court once the 50-minute time limit has been reached. Referees are not obligated to continue with the match during this time.
7. Each team will receive two 1-minute time-outs per game.
 - a. The match's 50-minute time limit will not stop during a time-out.

Serving:

8. A team continues serving until it loses the rally or the game ends. The server will get a maximum of 3 serves. After the third serve, players will rotate and there will be a new player to serve.
9. The server can choose to underhand or overhead serve from anywhere on the server's side of the court.
 - a. This rule is in effect to get players comfortable in overhead serving, not to give a team an advantage.
 - b. **If the referee thinks in his/her judgment that a player is gaining an advantage, the referee will ask the server to move back and re-serve at a position that is more challenging.**
10. The receiving team is not allowed to block a served ball. Attacking a served ball, while the ball is completely above of the net is not permitted.

Substitution and Rotation

11. Continuous substitutions will be used. Players will rotate into the game when their team is the new serving team. At the beginning of the game, the second team to serve must rotate before serving.
12. **Every child must play in the same position of the rotation throughout the entire match.**
13. **Each player must be a starter on the court for at least one game each week.**
14. The first server of the game is the right back position. Thereafter, when a team is awarded a loss of rally, the player in the right front position rotates to the serving area.



Sportsmanship

18. All un-sportsmanlike penalties will result in loss of serve and a point added to the other teams score. A coach or player will be ejected from the game automatically on his/her second infraction for un-sportsmanlike conduct. Coaches may be suspended from coaching if behavior is deemed unacceptable by Referee and/or Athletic Supervisor.