



2025 5TH - 6TH GRADE VOLLEYBALL RULES

NFHS volleyball rules will apply with the exception of the following:

- The match:
 - Consists of the best 2 out of 3 games using rally scoring
 - First two games to 25, third game to 15 (if third set is not needed to determine outcome, it will still be played for fun to maximize playing time and touches)
 - Games must be won by a minimum of 2 points (cap at 30).
 - A one minute break will be provided between each set.
 - Teams are allowed one 30-second timeout per set.
 - Final game scores and league standings are not kept.
 - Games are played with 6 players per side; teams may play short-handed with 5 and/or borrow a player from the opposing team.
- Warm-Up:
 - A 10-minute warm-up period will precede each game, with a 4-4-2 format.
 - The home team shall take the net for 4 minutes while the visitor warms up at the end of court.
 - Then teams switch positions and warm-up for 4 more minutes.
 - Lastly, both teams shall practice serving for the remaining 2 minutes.
- Home team on the game schedule serves first
- Serve:
 - A player is allowed to serve and score up to 5 points at each serving turn.
 - Then, a side out is awarded and the other team will rotate and serve, with no point being recorded.
- Player Equipment:
 - Jewelry (earrings, necklaces, bracelets) must be removed or taped before games and practices
 - Players must have non-marking court shoes (tennis shoes) on to play
 - Players should wear their **reversible black/white** jerseys and comfortable attire.
 - Knee pads are not required but recommended.
- Substitutions:
 - Method 1: all players rotate through court positions and bench
 - Method 2: player for player (NFHS substitution rules)
- Miscellaneous:
 - Ball-handling will be called loosely to encourage play
 - Net Height is 7 feet
 - Court Dimensions: 60 feet long by 30 feet wide

For courts in East/West Gyms:

- Boundary Lines: blue lines mark side and end lines
- The service line is the blue end line (players may move up as far as the black line if needed. Encourage them to move back to the original serve line "blue" once they can consecutively make it over).