

PG REC

YOUTH VOLLEYBALL RULES 2026

7th - 12th Grade

GAME LOCATION: PG Rec Center Gyms 2 & 3. Games will be played on full courts.

PRACTICES: All practices will be held in Gym 2. Time and day will be determined by the coach. Schedule can be found on quickscores.

LEAGUE T-SHIRT: Registration includes a team t-shirt that will be handed out to the coaches on the first day.

LEAGUE: Season consists of 7 games and end of season tournament. Awards will be given to 1st and 2nd place.

Rules

Play will be governed by USA Volleyball rules (see full rules at www.usavolleyball.com).

Warm-Ups

*If teams are late there will not be time for warm-ups

- Each team will have 3 minutes at the net. While one is at the net, the other will be ball handling to the side
- Following the net warm-ups, teams will serve together for 2 minutes

Game Start

- Each game will start with a captain/ coach meeting at the net to choose serve or receive (rock paper scissors) and review rules
- A team consists of 6 players. However, a team can start and end with 5 players.
- If a team doesn't have 5 players by game start time, the team will forfeit the first game of the match. If the team is still not ready to play in 10 minutes, the team will forfeit the match

Player Conduct

- No wearing jewelry, watches, dangly earrings, rings, etc. for the safety of other players
- Players cannot play with a cast, even if wrapped

Scoring

- A point is scored every rally
- Best of 3 games. First two games are played to 25, cap at 27. If a third game is played it will be to 15, cap at 17.
- Teams will switch sides after the first game. If it goes to a third, teams do not switch sides again
- Scoring caps will apply to all season and tournament games except for the championship



Serve

- Server must serve from behind the serve line until after contact (may not cross or touch line)
- Ball can be served underhand or overhand
- A served ball that hits the net and still goes over is legal
- Players may not block or attach a served ball
- Players are allowed ONE service tossing error. They may re-toss if they catch the ball OR let it land on the floor

Time Outs

- Each team gets 2 (30) second time outs per game, called when the ball is dead

Substitutions

- Rotational substitution ONLY
- Teams rotate each time they win the serve
- If a team has more than 6 players at the game, every player needs to rotate out at a designated position, and a new player will come in. This is not optional.

Basic Violations (point will be given to opposite team)

- Hitting the ball illegally (carrying, lifting, throwing)
- Blocking or attacking a serve
- Touching the net or stepping full over the line under the net
- If hands aren't together on a pass, a 2 handed lift will be called
- Stepping on or over the line on a serve
- Rotations for serving must stay in order. Failure to do so will result in a side out

Game Play

- Max of 3 hits per side
- Players cannot hit the ball twice in a row
- Ball can be played off the net during a volley or net serve as long as player doesn't touch the net
- Ball hitting the boundary line is IN
- If a team touches a ball on their side and it hits the ceiling, it's still playable on *their* side if they stay within 3 hits. If a team passes it over to the opposing team and it hits the ceiling--it is the opposite teams point.
- If a ball is touched more than once by a team during a rally, **a female must make at least one of the contacts**
- If a player touches a ball on a block--that does **not** count as one of the three touches.

SPORTSMANSHIP POLICIES

- PLEASE SEE NEXT PAGE FOR IMPORTANT INFO

Important!

If a ball is touched more than once on a side

- ONE OF THOSE CONTACTS MUST BE

MADE BY A FEMALE



VOLLEYBALL DISCIPLINE GUIDELINES: YELLOW & RED CARDS

At Pleasant Grove Recreation, we want everyone to enjoy the game and embrace the spirit of friendly competition. To keep things safe and fun for everyone—players, fans, and coaches alike—we've introduced the Yellow and Red Card system. These guidelines apply to all age groups, so let's make sure everyone plays fair and stays respectful!

GENERAL GUIDELINES:

- Yellow and Red Cards are here to remind everyone to stay within the rules and enjoy the game.
- If you get a card, follow the simple steps below to get back on track.
- Fans and coaches—you're part of the game, too, so the cards apply to you as well.

Remember, any behavior intended to harm others—whether it's a player, a coach, staff, or fans—will result in an automatic yellow card.

WHAT WE DON'T WANT TO SEE:

- Tripping
- Grabbing clothes
- Charging
- Talking back to officials
- Kicking the ball out of frustration (especially if it could hurt someone)
- Wearing items that aren't allowed for safety reasons

YELLOW CARD

- 1st Yellow Card (Players):
 - Player must sit out for 5 minutes. After that, player can rotate back into the game.
- 1st Yellow Card (Fans/Coaches):
 - Individual must remain seated for the remainder of the game.
 - Failure to remain seated will result in automatic ejection.
- 2nd Yellow Card (Players/Fans/Coaches):
 - Automatic ejection from the game and the playing site.
 - The opposing team will be awarded 1 point and possession of the ball.

RED CARD

- 1st Red Card:
 - Automatic ejection from the game and removal from the site.
 - The opposing team will be awarded 1 point and possession of the ball.

WHAT HAPPENS NEXT?

- If you receive either a 2nd Yellow Card or a Red Card, you'll need to meet with the Recreation Coordinator before you're allowed to return. Once cleared, the individual is eligible to play/ attended as normal.

IMMEDIATE RED CARD OFFENSES:

THE FOLLOWING WILL GET YOU AN AUTOMATIC RED CARD:

- 1.USING VULGAR LANGUAGE TOWARD ANYONE—PLAYERS, STAFF, COACHES, OR FANS.
- 2.MAKING RUDE OR VULGAR GESTURES.
- 3.ANYTHING ELSE THE RECREATION STAFF CONSIDERS SERIOUS ENOUGH TO DISRUPT THE POSITIVE ENVIRONMENT.