YOUTH VOLLEYBALL RULES

Rosters

- League play will be 6-on-6 in 7U and up.
- League play will be 4-on-4 in 6U division.
- Teams may play with fewer if necessary.

Equipment – ALL Leagues

Game balls: Provided at each location.
11U+ – Regulation | **10U and below** – Volley-lite

NET HEIGHT – League by League

11U+ – 7' | **7-10U** – 6'6" | **6U** – Pickleball nets

GAME PLAY – All Leagues

Game length: 2 matches, 3 games each | 10-minute limit per game > or play to 25/25/15 if time permits
Exception: 6U division will play *one match*, 3 games | 10-minute limit per game | score not kept
Rotation: Players rotate clockwise on side-out
Substitutes: All substitutes should rotate into center back position after side-out.
Timeouts: One 30-second timeout per team, per match

SCORES/STANDINGS

Scores and standings will be kept and posted online after the games.
Exception: No scores and standings kept in 6U.

SERVING – League by League

11U+ – No closer than 8 feet from end line | Limit of 5 successful serves before side-out is called | No second chance serve attempts
7-10U – No closer than 12 feet from end line | Limit of 5 successful serves before side-out is called | Server granted second serve attempt if first attempt does not go over net
6U – Server may get as close as needed to be successful |Limit of 3 successful serves before side-out is called | Server granted second serve attempt if first attempt does not go over net

MISCELLANEOUS

- Spiking is permitted in all age groups.
- 6U may play the ball off *one bounce* before returning, if necessary. – *New in 2026*

Updated September 24, 2026