



2026 | Co-ed Youth Volleyball Rules | South Davis Recreation

This is a developmental league that's designed to allow all skill levels the opportunity to play at the recreational level. All teams should focus on developing and not the score. Three things to focus on are listed below:

1. **Three Hits:** Please focus on preparing for the next level. Do not teach sending the ball over in one hit. Try to pass the ball! Even if it means losing every game! Teach correct volleyball technique and play. It will prepare our players for the future.
2. **Positions:** All players need to play in all positions. Every player needs to learn to serve, set, pass, and spike.
3. **Playing Time:** All players need to play an equal amount of time. All players need to serve every match.

South Davis Recreation District will follow the National Volleyball Federation Rule Book with the Following Exceptions:

EQUIPMENT:

1. Volley-lite volleyball will be used for 3-6th grade
2. Official size and weight volleyball will be used for 7th -12th grade
3. League assigned colored jerseys to be worn by team and player
4. Nets will be provided by SDRC
5. Officials will be provided by SDRC
6. Home team may need to provide a Scorekeeper. Away team may need to provide a Linesman in cases where SDRC staff deem necessary.

GAME:

1. **Number of Players:**
 - Six players per team on the court at any given time (may play with a minimum of four if necessary).
2. **Timeouts/Scoring:**
 - One timeout for each team per set.
 - Set=25 points for all grades or first to 27 if the scores are tied.
 - Matches are best 2 of 3.
 - If a third game is necessary, we will play to 15 points or first to 17 if the scores are tied.
 - Once a team has won the match, we will not play extra games unless authorized by the supervisor.
3. **Obstructions:**
 - Any ball that hits the ceiling and goes across the net will be ruled dead. Any ball that hits the ceiling and does not cross the net will be playable. Any ball that passes through the beams without hitting them will be live, regardless of whether it crosses the net or not. Any ball that hits the walls or basketball hoops will be called a dead ball.

4. Rotation:

- Players will wait on “standby” near the front left position of the court and will rotate out from the back, left position. Players must remain in line behind their teammates and may not bypass the sub line when rotating back in. On a team that has both girls and boys, whenever possible, the rotation must reflect no more than 3 boys on the court at the same time & must be staggered (i.e... Girl, Boy, Girl).

SERVES:

1. Auto Side Outs & Serving Limits:

- If a player scores 5 straight points, the serve will rotate to the next player. Teams must rotate after each side out (even if it's their first serve of the set). Side out is given to the other team.

2. Service line/Net Height/Equipment:

- **7th-12th League** will serve from the standard volleyball service line. On courts where there is not 6 ft. from the back wall to the back line, a temporary line will be placed to signify the serving line. The temporary serving line will be 6 feet back from the wall. Server gets two attempts to get the ball over the net if the first serve is a fault for the **first three weeks of the season**. If the ball goes over the net (between the antennas) on the server's first serve but is out, that serve counts as a ball served over the net and the ball will be treated as a side out and the opposing team will serve the ball. The remaining games after the first 3 weeks servers will only be allowed one attempt to serve as per regulation rules.
- **5th/6th League** will serve from inside the big teal line. If they are unable to get it over the net after the first round of serves, the server may serve from behind the basketball free throw line for the remainder of that game. Two serve attempts will be allowed on a player's 1st serve. Once a player has a successful serve, they will be allowed only one serve to get it into play. Server gets two attempts to get the ball over the net if the first serve is a fault for all games.
- **3rd/4th League** will serve from behind the basketball free throw line. If they are unable to get it over the net after the first round of serves, the server may take one step forward from the basketball free throw line for the remainder of that game. Two serve attempts will be allowed on a player's 1st serve. Once a player has a successful serve, they will be allowed only one serve to get it into play. Server gets two attempts to get the ball over the net if the first serve is a fault for all games.

3rd-6th Grades: Net height should be set at **6 feet 8 inches**.

7th-8th Grades: The net height will be set at **7 feet 4 inches**.

9th-12th Grades: The net height will be set at **7 feet 8 inches**.



Code Of Conduct

For Parents:

- Support your child with positivity and respect.
- Show good sportsmanship toward all players, coaches, officials, and parents.
- Avoid abusive language, taunting, or negative comments.
- Respect coaches' and officials' decisions; raise concerns respectfully through proper channels.
- Help foster a safe, inclusive space free from bullying or discrimination.

For Coaches:

- Prioritize athlete well-being and development.
- Lead with fairness, respect, and sportsmanship.
- Create a supportive environment focused on learning and enjoyment.
- Communicate clearly and professionally with players and families.
- Ensure safety and follow all relevant guidelines.

For Players:

- Respect teammates, coaches, opponents, officials, and spectators.
- Play by the rules and compete with integrity.
- Handle wins and losses with grace and a growth mindset.
- Share concerns respectfully with coaches or trusted adults.
- Promote teamwork and avoid bullying or discrimination.

For Referees:

- Officiate fairly and consistently, upholding the rules of the game.
- Treat all participants with respect and professionalism.
- Maintain composure and neutrality, even under pressure.
- Communicate clearly and calmly when needed.
- Support a safe and respectful playing environment.

For Everyone:

- **HAVE FUN!!!**