

Denver Parks & Recreation Youth Sports Volleyball Rules Quick Reference Sheet

Fall 2025

	Ages 7-8	Ages 9-10	Ages 11-12	Ages 13+
Duration of Game	3 games 12 minutes each	3 games 15-minute limit per game	3 games 15-minute limit per game	3 games 15-minute limit per game
Ball	Volley-Lite	Volley-Lite	Regulation	Regulation
Net Height	6 ft.	6 ft. 6 in.	7 ft.	7 ft. 4 in.
Rotation	On Serve (see #4 below) OUT PLAYER – Last Server IN PLAYER – Middle Back	On Serve (see #4 below) OUT PLAYER – Last Server IN PLAYER – Middle Back	On Serve (see #4 below) OUT PLAYER – Last Server IN PLAYER – Middle Back	On Serve (see #4 below) OUT PLAYER – Last Server IN PLAYER – Middle Back
Service Point Max.	3	5	7	7
Back Line	5 ft. in from regulation serving line	5 ft. in from regulation serving line	Regulation serving line	Regulation serving line
Serve Line	Up to 10 ft. line	Up to 10 ft. line	5 ft. in from regulation serving line	Regulation serving line
Game Scoring	No score will be kept. Unlimited hits allowed.	Rally to 25, Win by 2, Cap 27 OR Team Leading at 15-minute time limit If tied at 15-minute time limit, one tie breaker point will be played.		
Time Outs	No time outs	One (1) per game, 30 seconds		

- Rosters are coed.
- Jewelry is prohibited.** This includes but not limited to watches, bracelets, necklaces, earrings, or other piercings (taping over is not allowed), and acrylic nails. Hair adornments (hair beads, hard head bands, hair bobby pins, hard hair clips) may be worn in the hair if they are secured close to the head and do not present a risk of injury to the player, teammates, or opponents (at the discretion of Site Supervisors and Officials). Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
- A team can start and can finish the game with five players for all age divisions. A “ghost player” will be designated and result in a side-out and a point to the opposition when up to serve (ages 9+ divisions).
- THERE IS NO ROTATION ON THE FIRST SERVE FOR EITHER TEAM. AFTER THAT, ALL PLAYERS PRESENT MUST CONTINUOUSLY ROTATE IN ORDER FROM THE MIDDLE BACK POSITION. FAILURE TO COMPLY WILL RESULT IN FORFEIT OF GAME.**
- Each player will be given 10 seconds to complete their serve for each point. One re-toss is allowed per player at each rotation or term of service. A side-out and a point for the opposing team will be issued if a player performs a second re-toss in the same term of service.
- No player is permitted to complete a spike or block on the opponent’s serve.
- Rafters and ceiling in line with the plane of the net are playable on your side only.
- Center line violation: Players may step on the center line. Crossing center line will only be a violation if it causes interference of play for opposing team.
- Net violation: All body contact with the net, initiated by the player, will be a net violation.