

## Denver Parks & Recreation Youth Sports Volleyball Rules Quick Reference Sheet Spring 2026

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

1. Rosters are coed.
2. **All jewelry shall be removed, except small, secured jewelry (stud or post). No jewelry shall be permitted below the chin.** Religious medals and/or other religious items shall be taped to the body and worn under the uniform. A medical-alert shall be taped to the body and the alert may be visible. See full rules for more details.
3. 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).
4. **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.**
5. 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.
6. No player is permitted to complete a spike or block on the opponent’s serve.
7. Rafters and ceiling in line with the plane of the net are playable on your side only.
8. 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.
9. Net violation: All body contact with the net, initiated by the player, will be a net violation.
10. Coaches are responsible for refereeing all games. One coach from each team must be on the court with a whistle to officiate.