



# DENVER YOUTH SPORTS VOLLEYBALL RULES SPRING 2026

## I. GENERAL INFORMATION

- A. All head coaches must be at least 18 years of age by the first scheduled game unless approved by Youth Sports. Failure to comply or falsification will result in the expulsion of the coach from the league. All volunteer coaches must complete volunteer application and pass an annual background check before coaching or assisting.
- B. Parents will be required to sign Parent Code of Ethics prior to the first game of the season.
- C. Team Roster/Paperwork - Paperwork will include a complete team roster, Coaches', Parents', and Players' NAYS Code of Ethics forms, and valid proof of age for each participating player. Recreation Centers will be responsible for providing required paperwork if requested by Youth Sports within 24 hours of the request. Player additions to teams may be made up to **April 26, 2026**. The official rosters will be produced through ActiveNet by Youth Sports or Rec Center Staff. A PENALTY FOR FAILURE TO COMPLY WITH ABOVE OR FALSIFICATION WILL RESULT IN DISCIPLINARY ACTION TO THE COACH AND CENTER.

## II. SAFETY RULES

- A. Sportsmanship and Conduct
  - 1. Managers, coaches, players, parents, and spectators will not attempt to instruct, taunt, threaten or in any way verbally or physically abuse a Referee/Official, Site Supervisor, coach, player, or member of the Youth Sports team before, during, or after any game.
  - 2. Any unsportsmanlike conduct by players, coaches, and/or spectators is not allowed before, during or after any game. Failure to comply may result in immediate removal from the game, as directed by the official or DPR Staff.
  - 3. Ejection from a game for any rule infraction may result in immediate removal from the facility, as directed by the official or DPR Staff.
  - 4. Ejection from a game for any rule infraction will result in suspension from the team's next scheduled game and may result in suspension from practice or attending other DPR facilities or activities at the discretion of DPR Staff.
  - 5. Failure to comply with the departmental policies and Code of Ethics may result in probation/termination.
  - 6. If a player, manager, coach, or assistant coach is ejected from any two (2) games during the season, s/he will be terminated from their position with the Youth Sports program. If the coach is a full-time employee, they will be reported to their immediate supervisor, as well as the Directors of Recreation.
- B. After each game, each team is responsible for removing their trash (water bottles, cans, etc.).
- C. No drugs, alcohol, or tobacco (including vapor pens) should be used in or near the field of play or within indoor facilities. Also, any spectators under the influence of drugs or alcohol will be asked to leave the premises.
- D. In the event of an injury which requires medical assistance, call 911. The Site Supervisor, manager, or coach will remain in charge of emergency treatment until proper authorities arrive. If injury dictates that injured player is not to be moved, game play will be delayed as necessary.
- E. It will be Youth Sports responsibility to decide to make up the games cancelled because of inclement weather, as well as arrange for officials.
- F. A player bleeding must come out of the game, until it is stopped. If blood is on a game jersey, the player must put on another jersey.
- G. No casts, hard or soft, are allowed during league play.

- H. **All jewelry shall be removed, except small, secured jewelry (stud or post). No jewelry shall be permitted below the chin.** String bracelets and body jewelry are considered jewelry and are not permitted. 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). A medical-alert shall be taped to the body and the alert may be visible. Religious medals and/or other religious items shall be taped to the body and worn under the uniform.

### III. AGE DIVISIONS

1. 7-8 age classification: any player turning 9 years of age before April 19, 2026 is ineligible
2. 9-10 age classification: any player turning 11 years of age before April 19, 2026 is ineligible.
3. 11-12 age classification: any player turning 13 years of age before April 19, 2026 is ineligible.
4. 13-14 age classification: any player turning 15 years of age before April 19, 2026 is ineligible.
5. Any player not listed on the team roster may not play in the league.
6. In the case of needing to fill the **minimum** number of participants for a team's game, the coach will be allowed to move up no more than **three** rostered players, if they meet all requirements. The participant(s) must be: (1) on an ActiveNet roster for the same sport/recreation center, and (2) only one year younger than that age group (i.e. a 10-year-old playing for the 11-12 age group). Also, coaches must notify a Youth Sports Coordinator at least one hour prior to game time to move a player up.

### IV. SPORT-SPECIFIC RULES

#### NFHS HIGH SCHOOL RULES WILL BE ENFORCED WITH THE FOLLOWING DENVER PARKS AND RECREATION MODIFICATIONS

1. Roster minimum is 6 players, maximum 12 players.
2. Players will only be allowed to be on **one** team/roster per sport-specific age group.
3. Each player present must participate in every game per match. The exception to this is if a player is sitting for injury/disciplinary reasons. This needs to be noted to the site supervisor and the opposing coach before the start of the match.
4. Athletic shoes and shorts or athletic pants/sweatpants must be worn during all games.
5. A 5-minute grace period applies to all games during league play. **Teams are highly encouraged to arrive 15 minutes prior to game time.**
6. Teams must have at least five players at the start of the game. If down a player, the coach must designate a "missing player slot (ghost)" before the game begins. When the ghost player is up to serve, it will be a side-out and a point will be awarded to the opposing team.
7. There will be a 5-minute warm-up before each match.
8. One 30 second time-out will be allowed per game. Time-outs do not carry over.
9. Flip of the coin will determine choice of serve or side. There will also be a flip for the 3<sup>rd</sup> game.
10. Let serves are allowed in all age divisions.
11. Rafters and ceiling in line with the plane of the net are playable on your side only. There will be a replay for basket interference if player attempted to play ball.
12. Serve may be initiated from anywhere behind the baseline or modified serving line. For jump serves, player must start and hit from behind the serve line but may finish in front.
13. Multiple contact definition - When there is more than one contact by a player during an attempt to play the ball. Multiple contacts are permitted when 1) receiving the serve, or 2) blocking/receiving a spike/hit.
14. Inadvertent contact with a live ball is playable.
15. 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.
16. Center line violation - Players may step on the center line. Crossing the center line will only be a violation if contact with any part of a player's body beneath the net on the opposing side causes interference of play.

17. Net violation - Any body contact with the net, initiated by the player, will be a net violation.  
Exception: if the net is driven into a player by the force of the ball, it will not be a violation.

**V. DIVISION: 7-8 YEAR OLDS**

1. Instructional League – Score will not be kept
2. Games will be played with a Volley-Lite volleyball.
3. Back line modified – 5 feet in from the regulation serving line.
4. The height of the net will be 6 feet.
5. Coaches must rotate players, in the same order, in and out of the middle back position.
6. Server can only serve 3 consecutive serves in a row. Side-out after 3 consecutive serves.
7. Server can move up to the 10' line if needed.
8. Coaches will be responsible for officiating the games. No violations will be called.
9. Unlimited hits allowed.
10. Duration of Game – Three games of 12 minutes. No score, only time will be kept.

**VI. DIVISION: 9-10 YEAR OLDS**

1. Games will be played with a Volley-Lite volleyball.
2. Back line modified – 5 feet in from regulation serving line.
3. The height of the net will be 6 feet 6 inches.
4. There is no rotation on first serve for either team. After that, coaches must rotate players, in the same order, in and out of the middle back position on serve. Coaches must have a continuous rotation.
5. Server can only score 5 consecutive service points. Side-out after 5 consecutive service points. (Side-out only, no point awarded to the opposition.)
6. Server can move up to the 10' line if needed. Coach and referee will encourage players to move back if possible.
7. No player is permitted to complete a spike or block on the opponents' serve.
8. **Duration and Scoring** – Three games will be played. Games will be rally scoring to 25 (win by 2 with a cap of 27) **OR** to a 15-minute time limit. If a score of 25 is not reached, the team leading at 15 minutes wins. If the score is tied at the 15-minute limit, the next point wins.
9. Score will be kept for gameplay purposes but will not be recorded.

**VII. DIVISION: 11-12 YEAR OLDS**

1. The height of the net will be 7 feet.
2. Serving line modified – 5 feet in from the regulation serving line.
3. There is no rotation on first serve for either team. After that, coaches must rotate players, in the same order, in and out of the middle back position on serve. Coaches must have a continuous rotation.
4. Server can only score 7 consecutive service points. Side-out after 7 consecutive service points. (Side-out only, no point awarded to the opposition.)
5. No player is permitted to complete a spike or block on the opponents serve.
6. **Duration and Scoring, League Play** – Three games will be played. Games will be rally scoring to 25 (win by 2 with a cap of 27) **OR** to a 15-minute time limit. If a score of 25 is not reached, the team leading at 15 minutes wins. If the score is tied at the 15-minute limit, the next point wins.
7. **Duration and Scoring, Tournament** – Best-of-three. Games will be rally scoring to 25 (win by 2, no cap) **OR** to a 15-minute time limit. If a score of 25 is not reached, the team leading at 15 minutes wins. If the score is tied at the 15-minute limit, the next point wins.
8. Score will be kept for gameplay purposes but will not be recorded.

**VIII. DIVISIONS: 13-14 YEAR OLDS**

1. The height of the net will be 7 feet 4 inches.
2. Serving line: regulation serving line.

3. There is no rotation on first serve for either team. After that, coaches must rotate players, in the same order, in and out of the middle back position on serve. Coaches must have a continuous rotation.
4. Server can only score 7 consecutive service points. Side-out after 7 consecutive service points. (Side-out only, no point awarded to the opposition.)
5. No player is permitted to complete an attack or block on the opponents' serve when the ball is in the front zone and the entire ball is higher than the top of the net.
6. **Duration and Scoring, League Play** – Three games will be played. Games will be rally scoring to 25 (win by 2 with a cap of 27) **OR** to a 15-minute time limit. If a score of 25 is not reached, the team leading at 15 minutes wins. If the score is tied at the 15-minute limit, the next point wins.
7. **Duration and Scoring, Tournament** – Best-of-three. Games will be rally scoring to 25 (win by 2, no cap) **OR** to a 15-minute time limit. If a score of 25 is not reached, the team leading at 15 minutes wins. If the score is tied at the 15-minute limit, the next point wins.
8. Score will be kept for gameplay purposes but will not be recorded.