# Volleyball Rules

*Revised Oct 2026*

Volleyball rules for the Jeffco League are governed by NFHS Volleyball Rules.

Jeffco League observes the following exceptions to NFHS Volleyball Rules:

1. DIVISIONS: Two divisions are offered: 6th/7th Grade (Mon/Wed) and 8th Grade (Tue/Thu).
   a) 8th grade students may only play on 8th grade teams.
2. COED: Jeffco League Volleyball is a coed league. There is no gender rule for rotations.
3. UNIFORMS: Uniform tops are required to be like-colored. Jersey numbers are not required. Jeans are not allowed.
4. MATCH FORMAT:
   a) Regular season matches consist of four sets to 25. For schools competing with two teams in one division, both home teams will play both guest teams twice, totaling four sets.
   b) Sets are capped at 27. If one court is used for a four-team match, sets may be shortened at host discretion, usually to 21 (sets capped at 23) OR 15 (sets capped at 17).
   c) One time-out (1 minute) per set.
   d) Two minutes between sets.
5. MINIMUM NUMBER OF PLAYERS: 4 players minimum on the court or forfeit.
6. MIDDLE-BACK PLAYER SUBSTITUTIONS: After each side-out (including first serve receive) all player positions rotate clockwise. For the middle back substitution format, the player in position 1 (right back, server position) rotates to the end of the bench while the first player off the bench rotates into position 6 (middle back). The player in position 2 (front right) rotates to serve.
7. P.O.E. - LINEUPS DON'T RESET BETWEEN SETS: Before a set begins, players are returned to the same rotation as they were at the end of the previous set.
8. SERVING EXCEPTIONS:
   a) A maximum of five consecutive serves is allowed. After five serves in a row, the ball is returned to the receiving team. The receiving team rotates and serves next but does not receive a point for this form of side-out. (Serve max of 3 if playing sets to 15, serve max of 4 if playing sets to 21)
   b) Underhand servers from both the 6/7th and 8th grade divisions are encouraged to serve from behind the end line but may move up to the five-foot line, if necessary, this line is marked 5 feet in from the end line.
   c) Overhand servers: 8th Grade Division, must serve from behind the end line. 6/7th Grade Division, servers may move up to the five foot line but are encouraged to serve behind the end line.
   d) Foot faults are defined as the exact moment a player hits the ball for a serve or takes off for a jump serve, their foot must not touch the end line or the floor outside the service zone: Servers are allowed one foot fault per run of service (play out the first foot fault point). Official will warn the server and coach after the point. A 2nd foot fault results in an immediate side out and point awarded to the opposing team.
      - Foot Fault Line for Underhand Servers is the 5 foot line, measured in from the end line.
      - Foot Fault Line for Overhand Server is the 5 foot line for 6/7th Grade Division, and the End Line for 8th Grade Division.

**PLAYER / ACTION REMINDERS**

a) Jewelry shall be removed, except small, secured jewelry (stud or post) worn above the chin. Soft material hair accessories only. This applies to players during warm-ups or competition.
b) Teams do not switch sides between sets, unless requested by a team prior to the start of the match, or one side of the court provides a distinct advantage in the opinion of the official.
c) Players may only play for one team.
d) Bench players remain seated during play. One coach may stand (at least 6 feet off the court.)
e) Servers may catch or allow the ball to drop, once per term of service.
f) The receiving team may not attack or block a served ball. In this league, this applies regardless of the height of the ball when it is contacted. Penalty results in point for the serving team and keep the serve (unless max service was met).
    - The following are considered illegal attacks on the serve:
        - Swinging the arm to hit or spike the ball.
        - Striking or slapping the ball with one open hand or fist.
    - The following are considered illegal blocks on the serve:
        - Any player at the net who reaches up or jumps to stop or deflect the served ball back toward the serving team has made an illegal block (sets are legal).
g) Back row players may not attack the ball, while the ball is entirely over the top of the net.
h) Legal contact is a touch of a ball by any part of a player's body which does not allow the ball to come to rest or involve prolonged contact.
i) Blocking is encouraged. A touch off the block does not count as one of the team's three legal contacts.
j) A body part touching the floor completely across the center line, is a center line violation. If the body part remains on or above the center line, a violation does not occur.
k) A ball striking the ceiling (or overhead obstruction) shall remain in play provided the ball contacts the ceiling on the side of the net of the team that last played the ball, and the ball is legally played next by the same team. The ball cannot be played off the wall.

**Notes and Reminders**

2. HOME TEAM AND FACILITY
    a) Home teams are required to mark the court 5 feet from both end lines for underhand servers.
    b) Home teams are required to provide a ref and a scorekeeper. Referee minimum age of 16.
    c) Home teams are required to provide match balls. Away teams should bring own warm up balls.
    d) Both Home and Away teams are required to provide one line judge each, for each set. (16+ age preferred).
    e) Home teams are required to report set and match results to their coordinator after each match.

**Player Conduct**

1. Good sportsmanship toward opponents, referees, spectators, and staff is required at all times. All players and parents must sign the Jeffco League Agreement before playing. All players and coaches are expected to help maintain a family-friendly atmosphere. Prohibited behavior includes, but is not limited to:
    a. Shoving, striking, or threatening a league official, referee, player, or spectator.
    b. Refusal to abide by the referee's and/or league official's decision
    c. Use of foul or abusive language or gestures
    d. Participating while under the influence of alcohol or drugs
2. Yellow/Red Cards
    a. Yellow Card (1st offense)- removal from the remainder of the game.
    b. Red Card (2nd offense)- ejection from the match. The opposing team is awarded a point and side out. All yellow and red cards must be reported to the agency coordinator within 24 hours.
    c. If the same player/coach receives two yellow cards in one game or season, that player/coach will be ejected from the match and suspended for their teams' next scheduled match.
    d. Additional sanctions may be added at the discretion of the league's disciplinary committee.
3. Teams are responsible for cleaning the bench area after games. All substitutes must remain in the bench area during the game.