2026 OTRD Rec Volleyball Rules

Matches: Matches will consist of two set, three set if time allows, even if the same team won both previous sets. Rally scoring will be used in all games. The first two games will be to 25 but a team must win by 2 points. The third game will go to 15 must win by 2 points. 6:00 games need to clear the court by 6:50 pm.

Time Outs: One 30 second time out per set per team will be allowed.

Courts & Nets: 3rd-5th grade league Net height will be 6'10" (or as close to that height as we can get it) and the serving line will BEGIN at 14'. The court will be shortened to the 25' line (Black Line) for out of bounds for 3rd - 5th Grade League. Regulation court will be used for 6th - 8th Grade League (7'4" Net height).

Serving: Overhand serve must be attempted for first serve at first gray line (14') for 3rd-5th grade league or the red line for the 6th-8th grade. When 2 consecutive serves are made, server must step back to the next line and continue until serving from regulation serve line.

If the player serving the ball makes a bad toss, on an overhand serve, they can let the ball drop to the ground and wait for the official to signal for a new serve. There can be a maximum of three tosses to hit the ball for the serve. After the third toss, if the player does not successfully hit the ball and lets it drop to the floor, it will be a side out and point for the opposing team.

Underhand Serve attempt - The first attempt MUST be an overhand serve. If the first serve of each turn does not put the ball into play - they will be allowed to underhand serve from their respective line. If the ball is not put in play on the second serve, it is a side out and other team serves the ball. If put into play the server may continue to serve underhand or overhand during their serving turn.

Uniforms: All players in attendance will play in every game unless they are injured and unable to play. Players need to wear the provided uniform shirt and must wear CLEAN tennis shoes to play. No denim jeans please. The players can wear shorts, volleyball shorts, leggings or sweatpants…whatever they are comfortable playing in, just no Levis. If the uniform shirt is longer than the shorts worn by the player, then the player will be asked to tuck in the shirt.

Rotation/Substitution: Running rotation is recommended instead of substitution. Teams may decide what position they will rotate their players in at. Players will need to hustle in and out to not waste playing time. Substitution can be used but coaches need to make sure all girls get equal playing time and try in different positions as this is a pay to play league. No libero will be used for either age.

Changing Courts: At the end of each game, players should change sides quickly so the next game can be started to keep the match moving.

Replay: If a ball enters the court during game play it will be the responsibility of the referee to determine whether or not to continue play or call a replay. (If the ball entering the court interferes in the play or is deemed to be a potential danger to the players then a replay should be called) .

Officiating: Head Officials will be provided. The team labeled Home on the schedule will need to provide an **ADULT** score keeper and the team labeled Visitor on the schedule will be required to provide 2 line persons, 16 years old or older for each game.

Choosing Courts: Five minutes prior to game start time one of the referees will get a team captain from each team for the coin toss. The team winning the coin toss will choose if their team wants to serve first or select the side they start play on.

General Rules:
Hits will be called loosely. Unless it is a blatant catch and throw, officials will allow the play to continue.

Line violations that occur at the net and net violations will be called to prevent injuries.

Players must watch the official and wait for the whistle and signal prior to serving the ball. Due to the fact that the serving line has been moved into the court by a significant amount, the server cannot step on or over the serving line or it will be a side out and point for the other team.

Line judges should be professional and not speak to the players. They should be responsible and attentive.

Questions or concerns contact Michelle at 208-312-5241.