

Fall 2025

Southwest Suburban Recreation Volleyball Rules

Broadview Hts., Brecksville, Berea, Brook Park, Brooklyn, Middleburg Hts., & Strongsville

Ohio High School Athletic Association volleyball rules (NFHS) apply in this program with exceptions contained within:

1. **Team:** A team consists of 6 players. A team may play with 4 players.
 - a. Each city will divide teams up as evenly as possible by **both skill and grade level**. For example, in the 3rd-4th grade level, a city with 2 teams should not have all the 4th graders on 1 team or vice versa.
2. **Officials:** Certified OHSA officials will be assigned by the home team
3. **Equipment:**
 - a. **Ball** – Game Balls must be provided by the Home Team.
 - i. **3rd-4th & 5th-6th:** Use a Volley-Lite ball
 - ii. **7th-9th:** Use a regulation ball
 - b. **Net** – shall be set between 7'4" and 7'6" high.
4. **Uniforms:**
 - a. **Jersey** - Rec issued jerseys must be worn.
 - b. **KNEE PADS** are recommended but not mandatory.
 - c. **Jewelry** - chains, bracelets, hair bands on wrist, piercings, etc. may not be worn while participating. Tape and/or band aids cannot be put over the jewelry in an attempt to make it "safe & legal". Simple rule - player cannot participate wearing jewelry. "I just got them pierced & I can't take them out." is not accepted.
 - d. **Dangerous equipment** - players CANNOT wear anything hard on the arms, hands, and/or fingers period. Padding will not make those items legal.
 - e. The official has the final ruling on whether equipment is legal or not.
5. **Scoring:**
 - a. Rally scoring will be used throughout. **Teams do not need to win by 2 points.**
 - b. 3 Sets will be played in each match regardless if one team wins the first 2 sets.
 - c. Sets 1 & 2 will be to 25 points. Set 3 may be reduced to 15 points if it appears the match will run long. The official & scorer must determine the cap for Set 3 prior to the start of the set and communicate to the teams.
 - d. All Sets will be scored and counted towards the standings.
6. **Serve:**
 - a. **3rd-4th Grade-** Players may move as close as necessary to the net.
 - b. **5th-6th Grade-** Players must start behind the line, but can step over the line while serving
 - c. **7th-9th Grade-** Players must stay behind the line.
 - d. Overhand and Underhand serves are permitted. If moving up, an underhand serve must be used. If serving overhand, you must stay behind the line throughout the serve.

TURN OVER

- e. A server may serve a maximum of 5 consecutive points. The serve will then be passed to the opponent.
- f. The server has 5 seconds to serve after the whistle.
- g. The server may drop the ball 1 time, if necessary and restart the serve.

7. Ball Contact:

- a. As a recreational league, the official will only call the most obvious “carry” or “lift.” Most of the infractions will not be called by the officials. Instruction on proper technique should be given to the player.
- b. Balls off of the ceiling can be played on the hitter’s side of the court. A ball that hits the ceiling on the opponent’s side of the net will be dead.

8. Substitutions, Participation and Rotations:

- a. Teams must use a position rotation. This is a forced rotation; coaches do not get to choose when to rotate players. This ensures equal playing time for all players.
- b. A position rotation is defined as a player moving clockwise one position on the court. A position rotation will take place at the end of playing action once a team is awarded a point and service.
- c. **The player rotating into the game will take position in the service spot AND serve.**
- d. For the first rotation of the set, the team receiving first does not have to rotate for their first service
- e. Monitoring of the rotation will take place at the scorer’s table. Failure to comply will result in forfeiture of that set (not match)

9. Team Benches:

- a. The bench is limited to players and coaches ONLY.
- b. Team bench is located adjacent to the side of the court being played on by that team.

10. Coaches Responsibilities:

- a. Coaches are responsible for the supervision of their team before & after match.

11. Sportsmanship:

- a. Each player must be treated with dignity regardless of their ability.
- b. Coaches & players must display good sportsmanship at all times.

12. Time-Outs

- a. Head coach is only permitted to request a timeout. Each team has 1 time out (60 sec) per set.
- b. Official can call timeout at any time.

13. Court Protocol:

- a. Coin toss – the visiting team will call the toss to start the match. If a third Set is needed the home team will call the coin toss.

14. Post Season Tournament:

- a. A post season tournament will take place in each league, all teams make the tourney
- b. The 3rd set will only be played if necessary
- c. Set 3 will be played to 15 points
- d. Teams do not have to win by 2 in the tournament