

# TSP Volleyball Rules

*Sport-specific rules / 2026 standardized edition*

**These sport-specific rules must be read together with the TSP General Rules. The General Rules govern unless this document clearly states a sport-specific exception.**

NFHS rules apply unless modified below. These rules prioritize player safety, fair participation, sportsmanship, and age-appropriate skill development.

## League and Game Administration

- Games are played as scheduled. Changes or cancellations must be reported to league officers.
- TSP provides game officials, line judges, and scorekeepers. The referee completes the playing score sheet; coaches review and initial it before leaving. Concerns are addressed first to the host official and then, if needed, to the Volleyball Director.
- Coaches in the first and last games are encouraged to organize parents and players to help set up or clean the gym. Teams will be awarded extra sportsmanship for helping.
- Players wear gym or tennis shoes and knee pads. No knee pads means the player may not enter play. Jewelry is prohibited; nonremovable earrings must be securely taped. Hair devices must be soft.
- TSP provides game and practice balls. Games use a Volley-Lite ball of regulation size.
  - If a player is being disciplined or sick and will not be fulfilling the playing requirements, it must be reported to the game officials and opposing coach prior to the game starting.
  - Commons- Children are not allowed to be in the commons unsupervised. No running, no jumping, no warming up, and no rolling on the floor allowed.
  - Failure to follow these rules will be an automatic forfeiture of the game.

## Match Format and Playing Time

- Matches use rally scoring and are best two of three. A third set may be played if time permits even when the match winner is already determined.
- 3rd-4th grade: first two sets to 20, games must be won by 2 points; the game will end once a team reaches 25
- 5th-6th grade: first two sets to 25, games must be won by 2 points, the game will end when one team reaches 30.
- All divisions: third set to 15; the game must be won by 2 points, and the game will end when one team reaches 20.
- Each player rotates after each side-out. The lineup must provide equal playing time.  
Substitutions are limited to injury; the next player on the roster enters.  
Each team receives one 1-minute injury timeout per match.
  - Each team plays with 6 players on the court. If a team has less than 4 players, it is a forfeit.

## Opening the Match

- Captains participate in a coin toss; the visiting team calls. Winner chooses serve or receive, and loser chooses court. The team that did not serve first serves first in set two. A new toss determines set three.

## Court Standards

- 3rd-4th grade: 6-foot net; 50-by-30-foot court; 17-foot service line.
- 5th-6th grade: 6-foot-6-inch net; 60-by-30-foot court; 25-foot service line.

## Serving and Rotation

- The service line is measured from center court toward the net. The server may not touch the line while serving.
- If the server contacts and drops the ball, no second attempt is allowed. If the ball is dropped without contact, one additional attempt is allowed.
- A server may score no more than three consecutive points; after the third, service goes to the opposing team for service.
- Only the receiving team rotates on a side-out. Rotation proceeds from right back to left back, then front right, then out, with extra players entering in the serving area.
- Back-row line is 10 feet from the net. Back-row players may cross forward only to make an out-of-bounds save.
  - Underhand and overhand serving is permitted.

## Playing the Ball and Fouls

- A team may contact the ball up to three times. A player may not make two consecutive contacts, except that a block does not count as a contact and the blocker may play the next ball. (Blocking is only allowed in the 5th division.)
- The ball may not visibly come to rest or roll from one body part to another. Two teammates may not contact the ball simultaneously.
- A player may use one hand with a closed fist or heel of the hand.
- No player may touch the net during play or step completely across the center line; standing on the line is allowed.
- 3rd-4th grade: a served ball touching the net is a fault. During play, it remains live if it crosses.
- 5th-6th grade: a ball touching the net remains live if it crosses.
  - 5th-6th: Blocking and spiking are allowed only in this division.
- A serve may not be blocked or spiked. A two-handed overhead contact above the chest with bent elbows is considered attacking the serve.
- A ball contacting a teammate, ceiling, or an out-of-position server is a fault. A ball passing between rafters is playable. A ball touching rafters on the team's own side is playable; if it rebounds to the opponent's side, it is dead and awards a side-out point.
  - Players on the same team are not allowed to hit the ball at the same time.

## Coach and Player Development

- Coaches create an enjoyable, instructional environment and teach sportsmanship, fair play, team

responsibility, and volleyball fundamentals.

- Coaches hold a preseason parent meeting covering rules, attendance, communication, pickup expectations, and spectator responsibilities.
- 3rd-4th grade emphasis: forearm pass, serving, and setting. (very difficult)
- 5th-6th grade emphasis: forearm pass, serving, setting, blocking, and hitting.
- It's recommended that players and coaches arrive 5 minutes before practice and 30 minutes before games, bring water and knee pads, remain until excused, and encourage teammates.

## Spectator Conduct Guidelines

Every Parent, guardian, and spectator is expected to conduct themselves responsibly, including but not limited to:

- Players, siblings, and fans are not allowed on an empty court at any time during other games.
- Respect decisions of officials, referees, and line judges.
- Refrain from coaching your child from the sideline.
- Do not expect your child to look at you during matches and time-outs.
- Contact the coach through agreed-upon procedures.
- Understand that the coaches are responsible for doing what is best for the entire team, not just one player.
- Be a fan of the team and your child; we encourage you to encourage them.
- Respect the chain of command: Coach, volleyball director, and TSP board; allow each to examine the issue.
- Refrain from making negative comments towards their child, the child's teammates, coaches, referees, members of the opposing team, or other spectators.
- Refrain from any actions that would violate any federal, state, or local discrimination or other laws.
- Enforcement: TSP officials may order a parent or spectator to leave the premises of any TSP event if the person is engaging in inappropriate behavior. Failure to leave the premises immediately could result in further sanctions up to and including permanent suspension from all TSP activities.