

2026 NW Kansas League
4TH, 5TH & 6TH Grade Rec Volleyball Rules

RULES

1. Matches will be played by rally scoring to 25 points per set for first two sets, the third set will go to 15 points. Best two out of three sets wins a match. A “let” serve will be allowed.
2. All players must wear kneepads and a pair of non-marking athletic shoes. Rubber gloves and cloth face coverings are allowed.
3. A single server may only serve for 4 consecutive points, after 4 points the serving team retains service and rotates, if the next server serves 4 points, it is an automatic side out. Service goes to the other team, but no point is awarded.
4. 4th grade servers will serve with both feet behind a line 10 ft from the net. 5th grade servers may move up and serve at a line 20’ from the net with both feet behind the line. 6th grade must serve with both feet behind the regular service line. Servers may not step over the line until the ball has been served. Servers are allowed two dropped tosses during their turn at serve. A third dropped toss results in forfeit of serve and a point for the opposing team.
5. If a player plays in a higher division they may serve from the distance designated for their grade in rule 4. The coach will note the grade of a player playing up a division on the service chart for the officials and notify the opposing team also. The ref may also announce to the gym the reason a player is serving from a closer distance.
6. A coin toss called by the visiting team shall decide to serve or receive; the home team shall choose their bench (court side) before the coin toss. (NOTE: teams will not change benches during the match. EXCEPTION: In the event there is a clear and distinct disadvantage for a team on one side of the court AS DETERMINED BY THE REFEREE(S), the teams will switch sides after each set.) If there is a third set, coin toss or rock-paper-scissors will decide which team serves first.
7. Each team should wear matching, numbered uniforms (T-shirts).
8. Unlimited substitutions. A serving order by will be submitted to the scorer’s table at the start of each match. Each time a team wins a side out, or gets possession of the serve, the new serving team rotates one spot clockwise, the player in the back right serving position rotates out (even on first change of possession), the next player per the serving order will substitute into the center back position. An illegal substitution results in a point for the opposing team. In case of injury, the rotation shifts forward to fill the vacated position, and the next player, per the service order enters the center back position. The server may serve from anywhere along the serving line. Teams must be in their serving order on defense or overlapping will be called. A team playing with less than 6 players will be charged a side out for each empty serving position in the serving rotation. The opposing team is awarded a point for each side out.
9. The referee must call lifts, net calls, and illegal hits. Please call a relaxed game due to the ability and talent levels. Line judges are not required but may be used. The home team provides scorekeeper and referee.
10. Officials should show the teams the correct pre-game and post game procedures for entering the court and any other court procedures.

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11. All other high school KSHSAA volleyball rules apply.
12. Two 60 second time-outs per team are allowed each match.
13. Players should provide their own water bottle and towel (don't share with others)
14. Pre Match Conference - Team Captains will join the head coach and referee for this important meeting. This conference will take place in front of the officials' table.
15. Rosters must be turned in to Graham County Recreation Commission, Hill City, before season starts. If any town has more than one team per division, it must be stated as so on their rosters. The rosters turned in will be the rosters for the duration of the season including the tournament if there is a tournament. Registration fee is \$100 per team.

Revised 08/26/2024 – added that referees and coaches should announce that a younger player is serving at a closer distance than normal if they are playing up a division.