

Volleyball Serving Rules & Rotating In Cheat Sheet

4th Grade

- Step 10 ft in for 2 serves → then 5 ft in for 2 serves → then end line.
- Once moved back, cannot step up again until next match.
- Officials may move servers back if rule is abused.

5th Grade

- Step 5 ft in for 2 serves → then end line for rest of match.
- Same restrictions as 4th grade.

6th Grade

- Serve from end line.
- If overhand: may step 5 ft in for 2 serves → then end line rest of match.

7th/8th Grade & Rec Plus

- All serves from end line.

All Divisions

- Foot fault = loss of rally, no re-dos.
- Max 7 serves per player, then rotate.
- No time limit on serves.
- Overhand never required.

Rotating In – 3rd Set (Regular Season)

- Goal: Ensure equal playing time for all athletes.
- No rotating in during the first 2 sets.
- In the 3rd set (if not exactly 9 players), all players should be included.
- Method: When a player rotates from right back to middle back (last server), a bench player rotates in for the middle back spot.
- The player who rotated out goes to the end of the bench line.
- Usually 2–3 players will rotate before the first player re-enters.