



VOLLEYBALL



RULE BOOK

1st EDITION

2026 SUMMER VOLLEYBALL

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SEASON DATES:

-REGULAR SEASON — MAY 16 - JUNE 20

-SEMIFINALS/FINALS — JUNE 27

PLAYERS GROUPED BY GRADES:

-5/6TH GRADE GIRLS

-7/8TH GRADE GIRLS

ALSO 3/4TH GRADE DEVELOPMENTAL PROGRAM



COMPETITION, COMMUNITY, CHRIST

MISSION — OUR “WHAT”

3:16 Field House Sports exist to create an atmosphere of competitiveness and community so that Christ would be lifted up and draw all people to Him.

VISION — OUR “HOW”

3:16 Field House Sports seeks to impact our community for the Gospel by:

- 1) Creating authentic relationships which model the truth & hope of the Gospel.
- 2) Sharing the Gospel with every athlete, family member, supporter, and volunteer.
- 3) Striving to redeem the use of competition within our fallen world by focusing on the Character that sports reveals and transforming the way that participants compete.
- 4) Refocusing the emphasis on winning, so that the definition of a win mirrors the progress of a growing, authentic relationship with Christ.
- 5) Competing at the highest level that each athlete and coach is capable of, because the way in which we compete is an opportunity to honor Christ.
- 6) Celebrating victories, but also encouraging those who have fallen short to not quit.
- 7) Showing sportsmanship for all levels of play, from every athlete, coach, and volunteer, both on and off the field or court.

PHILOSOPHY — OUR “WHY”

The Language of Sports is a language that is spoken across all manner of cultures and communities. It is a common denominator that allows relationships to be built. When Jesus ministered to people He met a physical need, and *then* He met a spiritual need. Sports ministry helps us to build connections with people to appeal to their physical needs (exercise, community, purpose, vision, etc) so that we can meet their spiritual needs (salvation, exhortation, realization of their calling, etc).

WHAT IS COMPETITION, AND WHY DOES IT MATTER?

Competition is an issue that elicits several different responses, but when we understand a healthy reason for competition, we can see that competition is not only a good thing but is a necessary thing! God is the creator of all things— including competition!

The World wants to define competition as establishing dominance over their opponent. This is an example of “***Broken Competition.***” The World has a desire to take things that God has created and change the focus from God to ourselves. In this Broken mindset, it is easy for our identity to be rooted in wins and losses. The outcome of games can begin to define who we are and what we can be.

The opposite of Broken Competition is what we call “***Redeemed Competition.***” The Bible uses the imagery of competition quite often throughout Scripture. The Greek word that we use for “contest” or “compete” can be translated as “to strive ***with.***” If we view Competition as an opportunity to strive ***with*** one another in order to bring out the best in ourselves and our opponent, competition can be redeemed and the glory from competition can be shifted back to God.

No one finds joy in losing, but with a Biblical perspective on competition we can glorify God in how and why we compete. When we understand that competition is an opportunity to push ourselves and our opponents to improve, we can celebrate progress rather than outcomes. We are able to compete more intensely when we realize that our identity is not wrapped up in the outcome and we can leave it all on the field!

SCRIPTURE MEMORIZATION

Scripture memorization is an important part of spiritual development. With a high emphasis on hiding God's Word in our heart, teams will be given a theme verse every other game. This helps to hold our coaches and parents to a high standard when it comes to sharing the Gospel and helps develop these athletes both on and off the court. The teams will line up prior to each game and will recite the verse to a coach from the opposing team. Every athlete who successfully recites the verse will be tallied, and the total tally will go towards an end of season reward for the team with the most verses memorized. Scripture memorization will also be the first criteria in a tiebreaker scenario.

There will be several verses to memorize throughout the course of the season. If a player can't memorize the verse for the first game, they will get another opportunity to memorize a verse for the following game.

YOUTH VOLLEYBALL

5/6 GRADE GIRLS

LEAGUE FORMAT

-The 5/6 Grade regular season is 6 matches long, and a playoff consisting of a Semifinals and Finals.

-Each match will consist of a “Best of 3 Games” format.

-Teams will be awarded 1 point for each game won, and an additional 1 point for winning a match.

-For example—a team that wins the first game, loses the second, and wins the third game will receive 2 points for winning games 1 & 3 as well as an additional point for winning the overall match. The opposing team would accrue 1 point for winning the second game.

-The total number of aggregate points available for each match is 3 Points.

-During the regular season, Standings are determined by points accrued by each team.

-In the event of a tie in the points standings, aggregate point total will have the tie breaker.

-If that figure is equal, the team with the highest number of memorized Scripture verses will advance.

-If the tie is still not broken, the teams will advance on a coin flip.

-The top 4 teams will advance to the playoffs and be seeded based on standings.

TEAM SIZE

-There will be 6 players on the court for each team at a time.

-All athletes who are present must play in each week’s match.

-The league reserves the right to supplement rosters with athletes who are “free agents.”

GAME FORMAT

- Each team will line up 10 minutes prior to game time and will recite their memory verse to the Coach from the opposing team.
- The Coach from the Home Team will lead a prayer at mid-court for both teams prior to each match.
- Players and coaches will line up at mid-court and shake hands after each match.
- The Visitor team will be the first team listed in the matchup (Visitor vs Home) and will serve first to begin Game 1.
- The Home team will receive possession of the ball to start Game 2.
- The player who serves will continue to serve until the opposing team scores. **If a player has three consecutive serves that end in points for their team, then a side out will be called and the opposing team will begin to serve.**
- Once the opposing team breaks serve, that team will rotate clockwise, and a new server will be established.
- There is no Libero position in this league.
- All points will be kept using Rally Scoring—each serve is worth a point.
- The player who begins each side-out continues to serve until their serve is broken. Once a player's serve is broken, the opposing team receives possession and the next player in the rotation will serve until their serve is broken.
- The first team to reach 21 points will win Game 1, 2, or 3.
- There is no "win by two" scenario.
- The first team to win 2 total games will win the match.
- In the event that a team wins both Games 1 & 2, Game 3 will still be played to allow for a point aggregate.
 - The maximum number of aggregate points available for either team will be three (3) points per match.**
- All games will adhere to a 50-minute time limit.
 - If the time limit is reached prior to the end of Game 3, the team that is ahead will be the winner of Game 3.
- Games will be played on a regulation volleyball court.
- The official match ball for this division will be an Official Size Lightweight ball.
- There will be one referee positioned on an elevated platform for each match.
- Each team is responsible for providing 1 parent to volunteer as line judge for the match

YOUTH VOLLEYBALL

7/8 GRADE GIRLS

- Each match will consist of a “Best of 3 Games” format.
- Teams will be awarded 1 point for each game won, and an additional 1 point for winning a match.
 - For example—a team that wins the first game, loses the second, and wins the third game will receive 2 points for winning games 1 & 3 as well as an additional point for winning the overall match. The opposing team would accrue 1 point for winning the second game.
- The total number of aggregate points available for each match is 3 Points.**
- During the regular season, Standings are determined by points accrued by each team.
- In the event of a tie in the points standings, aggregate point total will have the tie breaker.
 - If that figure is equal, the team with the highest number of memorized Scripture verses will advance.
 - If the tie is still not broken, the teams will advance on a coin flip.
- The top 4 teams will advance to the playoffs and be seeded based on standings.

TEAM SIZE

- There will be 6 players on the court for each team at a time.
- All athletes who are present must play in each week’s match.
- The league reserves the right to supplement rosters with athletes who are “free agents.”

GAME FORMAT

- Each team will line up 10 minutes prior to game time and will recite their memory verse to the Coach from the opposing team.
- The Coach from the Home Team will lead a prayer at mid-court for both teams prior to each match.
- Players and coaches will line up at mid-court and shake hands after each match.
- The Visitor team will be the first team listed in the matchup (Visitor vs Home) and will serve first to begin Game 1.
- The Home team will receive possession of the ball to start Game 2.
- The player who serves will continue to serve until the opposing team scores. **If a player has three consecutive "Aces" (no contact by receiving team), then a side out will be called and the opposing team will begin to serve.**
- Once the opposing team breaks serve, that team will rotate clockwise, and a new server will be established.
- There is no Libero position in this league.
- All points will be kept using Rally Scoring—each serve is worth a point.
- The player who begins each side-out continues to serve until their serve is broken. Once a player's serve is broken, the opposing team receives possession and the next player in the rotation will serve until their serve is broken.
- The first team to reach 21 points will win Game 1, 2, or 3.
- There is no "win by two" scenario.
- The first team to win 2 total games will win the match.
- In the event that a team wins both Games 1 & 2, Game 3 will still be played to allow for a point aggregate.
 - The maximum number of aggregate points available for either team will be three (3) points per match.**
- All games will adhere to a 50-minute time limit.
 - If the time limit is reached prior to the end of Game 3, the team that is ahead will be the winner of Game 3.
- Games will be played on a regulation volleyball court.
- The official match ball for this division will be an Official Size ball.
- There will be one referee positioned on an elevated platform for each match.
- Each team is responsible for providing 1 parent to volunteer as line judge for the match

ADULT LEAGUE (16+) — COED

LEAGUE FORMAT

The Adult Coed regular season leagues will be 6 matches long, and a playoff consisting of a Semifinals and Finals.

-Each match will consist of a “Best of 3 Games” format.

-Teams will be awarded 1 point for each game won, and an additional 1 point for winning a match.

-For example—a team that wins the first game, loses the second, and wins the third game will receive 2 points for winning games 1 & 3 as well as an additional point for winning the overall match. The opposing team would accrue 1 point for winning the second game.

-During the regular season, Standings are determined by points accrued by each team.

-In the event of a tie in the points standings, aggregate point total will have the tie breaker.

-If that figure is equal, the team with the highest number of memorized Scripture verses will advance.

-If the tie is still not broken, the teams will advance on a coin flip.

-The top 4 teams will advance to the playoffs and be seeded based on standings.

TEAM SIZE

-Each team will consist of 8-12 players on the roster, but may change based on league participation.

-There will be 6 players on the court for each team at a time.

-There can be no more than 3 males on the court for a team at any time.

-The league reserves the right to supplement rosters with athletes who are “free agents.”

GAME FORMAT

- Prior to the game, a captain from each team will meet with the official at mid-court to shake hands and go over the rules for the match.
 - The Coach from the Home Team will lead a devotional at mid-court for both teams at the end of the match.
 - Players and coaches will line up at mid-court and shake hands after each match.
 - The Visitor team will be the first team listed in the matchup (Visitor vs Home) and will serve first to begin Game 1.
 - The Home team will receive possession of the ball to start Game 2.
 - The player who serves will continue to serve until the opposing team scores.
 - Once the opposing team breaks serve, that team will rotate clockwise, and a new server will be established.
 - There is no Libero position in this league.
 - The first team to reach 20 points will win Game 1 or 2.
 - All points will be kept using Rally Scoring—each serve is worth a point.
 - The player who begins each side-out continues to serve until their serve is broken. Once a player's serve is broken, the opposing team receives possession and the next player in the rotation will serve until their serve is broken.
 - The first team to reach 15 points will win Game 3.
- There is no "win by two" scenario.
- The first team to win 2 total games will win the match.
 - In the event that a team wins both Games 1 & 2, Game 3 will still be played to allow for a point aggregate.
- The maximum number of aggregate points available for either team will be three (3) points per match.**
- All games will adhere to a 50-minute time limit.
 - If the time limit is reached prior to the end of Game 3, the team that is ahead will be the winner of Game 3.
 - Games will be played on a regulation volleyball court.
 - The official match ball for this division will be an Official Size Lightweight ball.
 - There will be one referee positioned on an elevated platform for each match.
 - In the spirit of fair play and good sportsmanship, there will be Coach/Captain for each team which will help self-officiate their team.
 - In the event of a disputed call, the Coach/Captain for both teams will confer and come to a decision.
 - If there is any rules clarification or dispute, the teams can ask for assistance from the Recreation Pastor, League Commissioner, or other league representative present.

-An official Center referee may be provided for regular season play. An official Center referee **will** be provided for all playoff matches.

