

SERVING UPDATES 2026

1. Serving lines will be designated on each court at the 24-foot line and at the regulation 30-foot line. The 24-foot line must be marked clearly on each court by a line or cone by the host gym. Please refer to Appendix A in the rule book for diagram.
2. All servers will be required to serve within 8 seconds from the time the referee blows the whistle and signals the player to serve. If a serve is not completed within 8 seconds, the referee may signal a side out and a point will be awarded to the opposing team.
3. Serve Rules by Grade:

3rd Grade:

- Players should practice at the 24 foot or regulation line for serving. Coaches need to work with players on this skill during practice.
- During a match, those players struggling to serve at the 24-foot line may step in front of the 24-foot line for serving, **no more than 3 feet**.
- No player should serve at the 10 foot line.
- Up to 3 feet in front of the 24-foot line will be allowed to start the season.
- **BEGINNING WEEK 5 (September 18, 2026) OF SEASON PLAY, ALL PLAYERS WILL BE EXPECTED TO SERVE AT THE 24 FOOT LINE, NO FURTHER SERVING IN FRONT OF THE 24 FOOT LINE WILL BE ALLOWED.**
- After **five** successful serves in a row inside the court, the player must move to the regulation line to complete their service rotation.
- Players may serve overhand or underhand.
- No foot faults will be called for a player stepping on the service line.
- Any player playing up must follow the serving rules of the division they are playing in.

4th Grade:

- Players should practice serving at the regulation line. Those players serving overhand should be at regulation line. Coaches need to work with players on this skill at practice.
- Players may serve at the 24-foot line but not in front of the 24-foot line. Foot faults will be called if over the 24-foot line.
- After **five** successful serves in a row from inside the court, the player must move to the regulation line to complete their service rotation.
- Players may serve overhand or underhand.
- No foot faults will be called at the regulation line if the player steps on the line. A fault will be called if the player's foot is completely over the 24 foot or the regulation line.
- Any player playing up must follow the serving rules of the division they are playing in.

5th Grade:

- Players should practice serving at the regulation line. Those players serving overhand should be at regulation line. Coaches need to work with players on this skill at practice.
- Players struggling to serve may serve inside the court, up to the 24-foot line but not in front of the 24-foot line. Foot faults will be called over the 24-foot line.
- After **five** successful serves in a row from inside the court, the player must move to the regulation line to complete their service rotation.
- Players may serve overhand or underhand.
- Foot faults will be called at the 24-foot line. Foot faults will be called at the regulation line after five successful serves in a row. No player should go over either line.
- Any player playing up must follow the serving rules of the division they are playing in.

6th, 7th & 8th Grades

- Players should practice serving at the regulation line. Coaches need to work with players on this skill at practice.
- All players will serve from regulation line.
- Foot faults will be called.
- Players may serve underhand or overhand

4. Any player who substitutes or plays up for any reason (i.e., combined teams or substitutions) will adhere to the guidelines for the grade as reflected on the PAL schedule. For example, a 5th grade player participating in a 7th grade scheduled game will adhere to the 7th grade serving rules.

5. The 24-foot serving line is not designed to score points on strong serving players. If a player is serving inside the 24-foot line and hitting the back row on the other side, it is the expectation that the coach progresses the player to the regulation line immediately, not after slamming the back row with serves. If the coach does not progress the player, the referee may request the player move to the back line at their discretion.

6. The player serving overhand is allowed to drop or catch the ball on a poor toss one time per each successful serve. More than one drop or toss per serve rotation will result in a side out and a point to the other team.