

Rules and Organisation

Volley2s AMBER

Organisation

Court Size	Net Height	Matches	Suggested Age
Recommended length 9m i.e. 4.5m each side of the net (volleyball court width). Recommended width between 3.05m (half badminton court width) and 4.5m (half volleyball court width).	Between 1.80m and 2.15m depending on age/height of the players i.e. just above stretch height.	Suggested matches to 15 points or 6-8 minutes. You can alter the length of matches to fit the time you have available.	8 - 10 year old KS2- Years 4/5

General Rules

Number of Contacts	In Volley2s Red, Amber and Green, teams have to play the ball three times. In Volley2s Gold, teams have to play the ball a minimum of two times.
Winning Points	The rally is over when: <ul style="list-style-type: none"> ● The ball contacts the floor or hits an object ● The ball is "in" if it contacts the floor in the court area, including the lines ● The ball is "out" if it contacts the floor outside the court markings or hits an object such as the post ● a team plays the ball more than three times ● a player plays the ball twice in a row ● a team plays the wrong shot
Switching	Every time the ball goes over the net players switch places.
Serving	Maximum of 3 serves in a row for any player. If a player wins points from 3 consecutive serves their partner swaps to serve. If a team completes 6 serves in a row the opposition gains the serve but not a point.
Net/Court Touches	Players are not allowed to touch the net (for safety reasons). The ball may hit the net while crossing to the opponents side.

Game Specific Rules

Serve	Contact 1	Player 1	Contact 2	Player 2	Contact 3	Player 1
The shot that starts the game. Serve from anywhere on the court.	The first shot that is played once the ball comes over the net by either player (who is called the receiver).		Setting up your partner so they can send an attacking shot into your opponent's court.		An attacking shot into your opponent's court to try to win a point.	
Throw the ball underhand (palms facing up) over the net from anywhere on the court OR Underhand serve over the net from anywhere on the court.	Catch the ball any way you want, then pass the ball to your partner underhand (palms facing up).		Catch the ball any way you want then self-feed volley to your partner.		Play the ball over the net using a volley, spike or tip.	

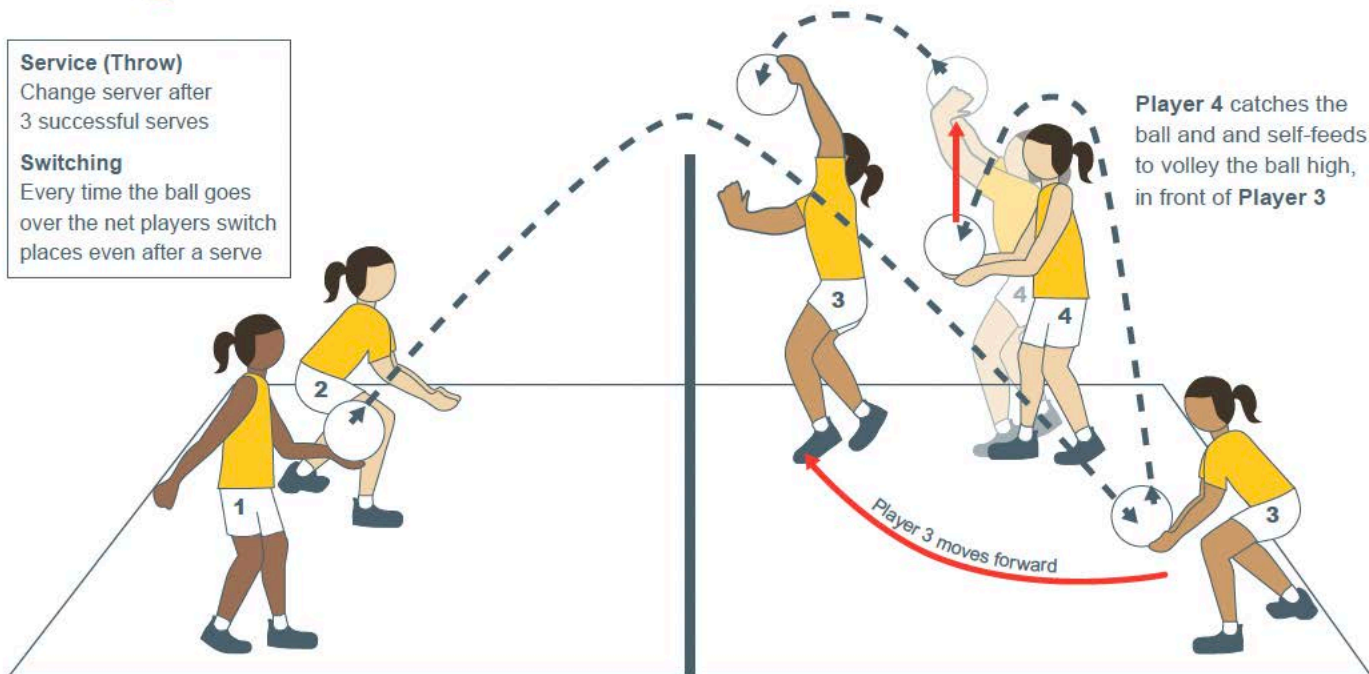
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Service (Throw)

Change server after
3 successful serves

Switching

Every time the ball goes
over the net players switch
places even after a serve



Player 1 throws the ball
underhand (palms facing up)
OR serves over the net from
any position on the court

Player 3 plays the ball
over the net using a
volley, spike or tip

Player 3 catches the
ball and passes the ball
to **Player 4** using the
underhand throw
(palms facing up)

Player 4 catches the
ball and self-feeds
to volley the ball high,
in front of **Player 3**