

Rules and Organisation

Volley2s GOLD

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.	11 - 12 year old KS2/3- Years 6/7

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 behind the baseline.	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.	
Underhand serve. Serve from behind the base line.	Play the ball with a volley or dig.		Play the ball with a volley or dig.		Play the ball over the net using volley, spike, tip, dig.	

Game Specific Rules for Two Contacts

	Contact 1	Player 1	Contact 2	Player 2
Underhand serve. Serve from behind the base line.	Play the ball with a volley or dig.			Play the ball over the net using volley, spike, tip, dig.

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Service

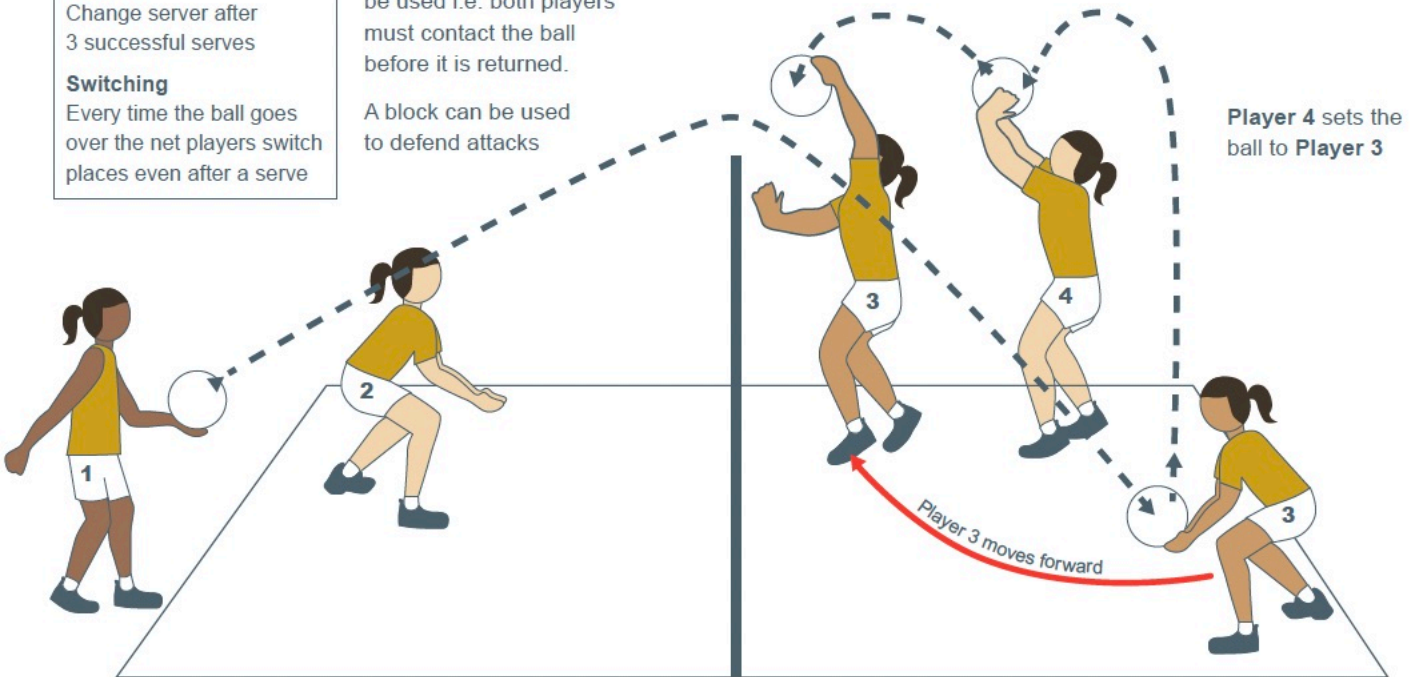
Change server after 3 successful serves

Switching

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

Two or three touches can be used i.e. both players must contact the ball before it is returned.

A block can be used to defend attacks



Player 4 sets the ball to Player 3

Player 1 underhand serves over the net from behind the baseline

Player 3 plays the ball over the net using volley, spike, tip, dig.

Player 3 receives the ball with a volley or dig.