

Rules and Organisation

Volley2s GREEN

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.	10 - 11 year old KS2- Years 5/6

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 the back half of 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.		Attacking your opponent's court to try to win a point.	

From Service

Underhand serve over the net. Serve from the back half of the court.	Play the ball with a dig.		Catch the ball any way you want then self-feed volley to your partner.		Play the ball over the net using volley or spike.	
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During Rallies

	Contact 1	Player 1	Contact 2	Player 2	Contact 3	Player 1
	Play the ball with a volley or dig.		Catch the ball any way you want then self-feed volley to your partner.		Play the ball over the net using volley or spike.	

Game Play

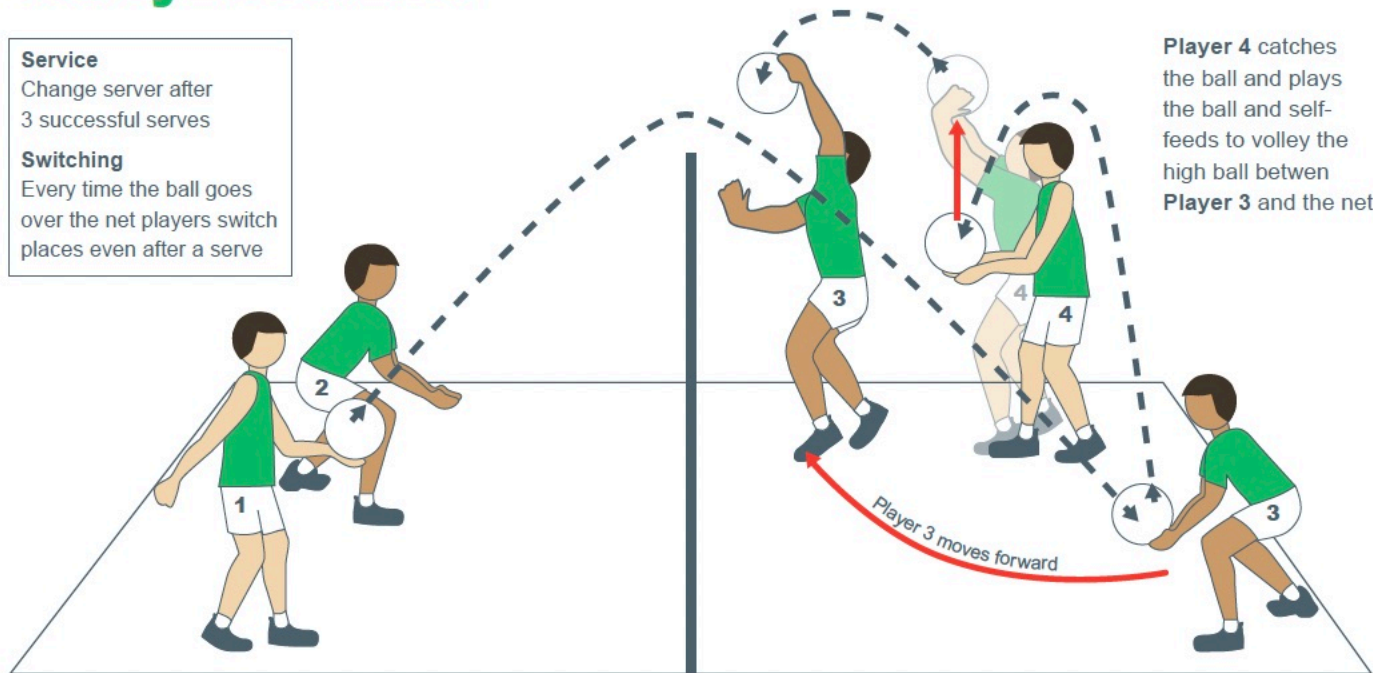
Volley2s GREEN

Service

Change server after
3 successful serves

Switching

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



Player 4 catches
the ball and plays
the ball and self-
feeds to volley the
high ball between
Player 3 and the net

Player 1 serves from the
back half of the court

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

From the serve **Player 3**
must play the ball with a dig.
During the rally they can use
a volley or dig pass.