

HOW TO PLAY



COURT SIZE

Outside badminton court lines (13.4m x 6.1m)

VOLLEYBALLS

Reduced weight 230- 250 grams
(Mikasa L Balls)

SCORING

6 – 8-minute sets, maximum 3 sets
3 sets

POSITIONS

The server is a backcourt player

NET HEIGHT

(2.10 - 2.17m range) depending on the net system being used.

ENCOURAGING PLAY

Compulsory rotating substitutions when a team wins back the right to serve.

Serving team rotates after winning three consecutive points but continues serving.

Serving team gives the ball to the opposition, after winning six consecutive points but the score doesn't change.

No time outs

NET AND COURT CONTACT

No player is allowed to make contact over the centre line of the court.

No player is allowed to contact the net

SIGNALS

In, out, serve authorisation, four touches, net touch, over the centre line, replay, end of set, ball touched, double contact, catch, positional/rotational fault

PLAYING THE BALL

Contact with the ball is allowed with any part of the body. The ball is allowed to strike the foot, but kicking is forbidden. A kick will result in a loss of a point.

Adaptation – Volley4 light

One catch is allowed on either 1st or 2nd contact.