

AGE GROUP	SCHOOL YEAR	GAME FORMAT	COMPETITION TYPE	LOCAL COMPETITIONS	NATIONAL COMPETITIONS
U11	Year 3-6	2V2	Mixed	Festivals: Local/Regional School Games: Intra/Inter/County	
U12	Year 7	3V3	Boys/Open, Girls, Mixed	Tournaments: Local/Regional School Games: Intra/Inter/County	
U13	Year 8	3V3	Boys/Open, Girls, Mixed	Tournaments: Local/Regional School Games: Intra/Inter/County	
U14	Year 9	Curriculum 3v3 Club 4v4	Boys, Girls, Mixed Boys, Girls, Mixed	Tournaments: Local/Regional School Games: Intra/Inter/County	
U15	Year 10	Curriculum 4v4 Club 4v4 Club 6v6	Boys, Girls, Mixed Boys/Open, Girls Boys/Open, Girls	Tournaments: Local/Regional	U15 Festival U15
U16	Year 11	Curriculum 4v4 Club 6v6	Boys, Girls, Mixed Boys/Open, Girls	Tournaments: Local/Regional	U16
U17	Year 12	Curriculum 4v4 Club 6v6	Boys, Girls, Mixed Boys/Open, Girls	Tournaments: Local/Regional	U18
U18	Year 13	Curriculum 4v4 Club 6v6	Boys, Girls, Mixed Boys/Open, Girls	Tournaments: Local/Regional	U18

Mixed competitions could include boys' teams, girls' teams, and teams with any combination of boys and girls  
Curriculum competition is based on volleyball taught within curriculum time, with little or no extra training.  
Club competition is based on a minimum of one training session per week, either in school club or in a volleyball club.

GAME SIZE	GAME FORMAT	COURT DIMENSIONS	NET HEIGHT	BALL TYPE	ADAPTED RULES
2V2	Volley2s	9m x 3.05m to 4.05m	1.80m - 2.15m range	Reduced weight	Yes
3V3	Volley3s	Badminton Court inner lines 11.88x5.18	2.10m - 2.17m range	Reduced weight Less than 200g	Yes
4V4	Volley4s	Badminton court outer lines 13.44m x 6.10m	2.17m - 2.24m range	Reduced weight 200g - 220g	Yes
6V6	Short Court 6	16 x 9m	Girls Boys/Open U15 2.24m 2.35m U16 2.24m 2.35m U17 2.24m 2.43m U18 2.24m 2.43m	Regular weight 230-250g	Yes
6V6	Volleyball	18 x 9m			No

Net height can vary within a range due to the different types of net systems. It is not always possible to set the net at a precise height. Short Court 6 is played when a standard four court sports hall is configured with the net(s) along the long axis of the hall. This creates two volleyball courts.

#### Recommended Volleyballs

Volley2s: Reduced weight volleyball between 200g or lighter. There are several soft touch balls available from a range of suppliers.  
Mikasa VS170w (160-180g)

Volley3s: Reduced weight volleyball between 200-220 grams. Companies rebrand regularly, changing the ball code. These are some suggestions:  
Mikasa VS360W-SL (200-220g)  
Mikasa VS 123W- SL (200-220g)

Volley4s: Reduced weight volleyball between 230-250 grams. Companies rebrand regularly, changing the ball code. These are some suggestions:  
Mikasa V360W-L (230-250 grams)  
Mikasa V350W-L (230-250grams)