

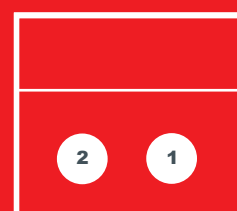
Let's Play Volleyball

**VOLLEYBALL
ENGLAND**

organise the match
apply the rules fairly
be a good sport
learn the rules
try refereeing



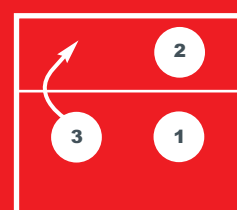
VolleySport: 2v2



Service Reception

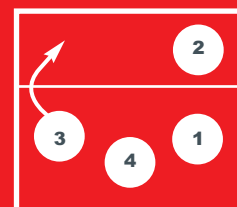
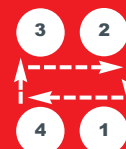


Mini Volley: 3v3



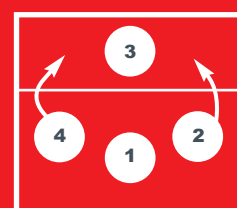
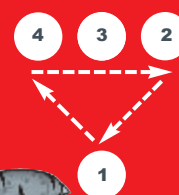
Service Reception

Super Mini Volley: 4v4



Service Reception

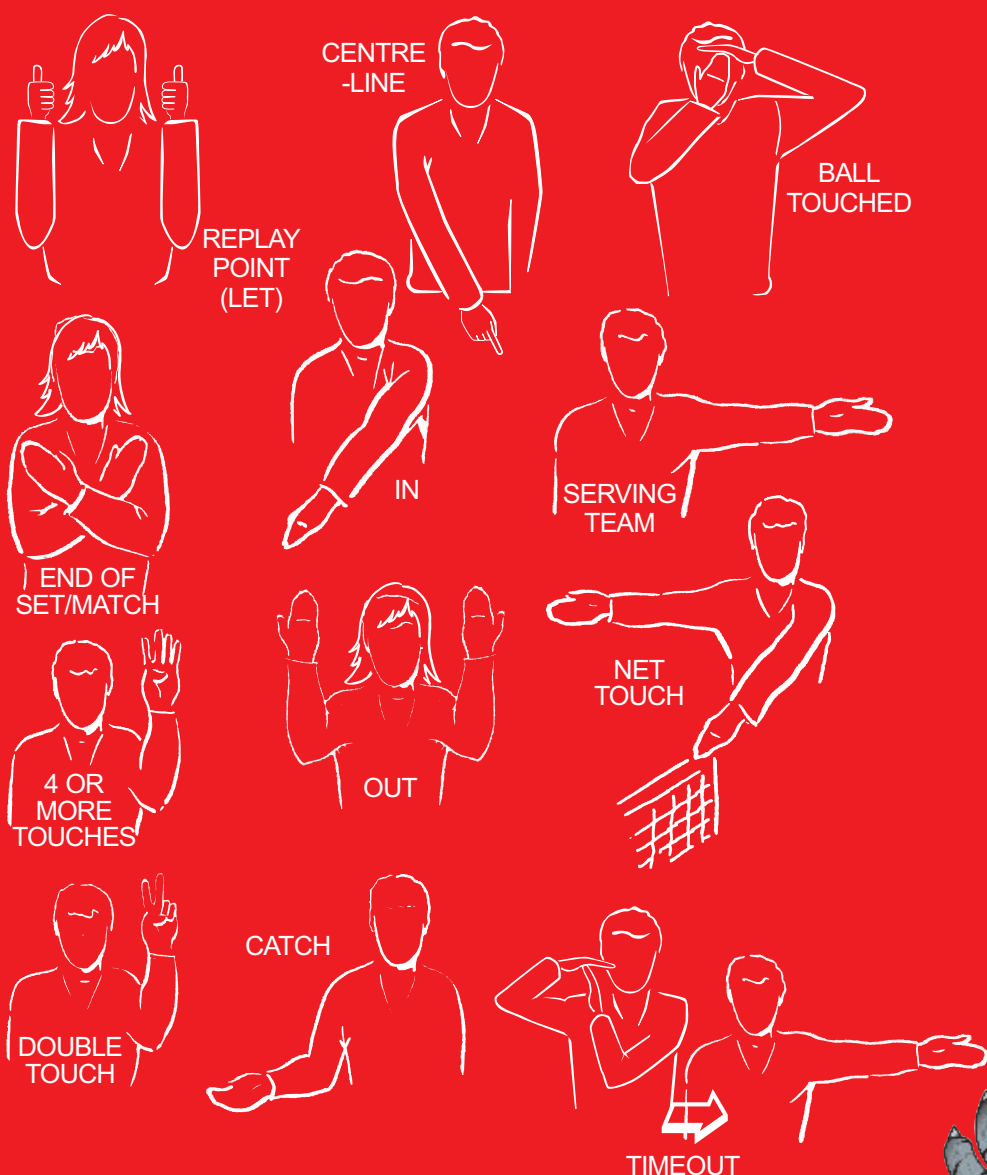
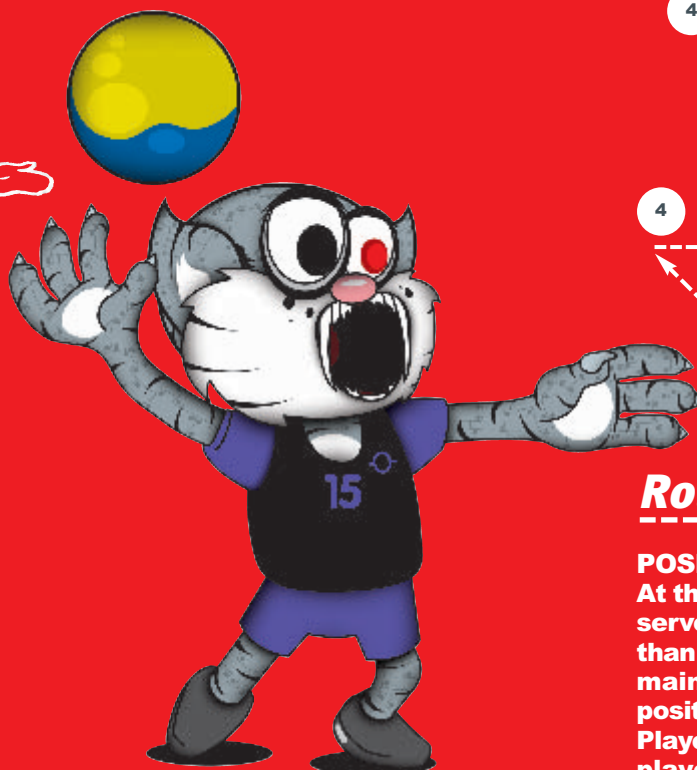
or





Service Reception

Rotation direction

POSITIONS ON COURT
At the start of each rally before the serve players on both teams other than the server are required to maintain specific rotational positions in relation to team mates. Players designated as back court players cannot attack the ball above the height of the net from in front of the attack line.



GAME FORMAT	AGE	MAX. PLAYERS PER TEAM	COURT DIMENSIONS	NET HEIGHT
VolleySport 2 v 2	Under 11 (mixed)	3	7m x 3m (approx. singles badminton)	2.15m
Mini Volley 3 v 3	12+13	5	12m x 6m (approx. doubles badminton)	2.15m
Super Mini Volley 4 v 4	14+15	6	14m x 7m (3m attack line)	2.15m
Short Court Six 6 v 6	16	12	16m x 9m (3m attack line)	Girls 2.15m Boys 2.24m
6 v 6	16+	12	18m x 9m (Full court)	Girls 2.24m Boys 2.35m

STANDARD BASIC RULES			
VOLLEY SPORT 2 v 2 		MINI VOLLEY 3 v 3 	
SCORING 1 set to 15 (Two points clear) or 6-8 minutes (max)		SCORING 1 set to 21 (Two points clear) or 10-12 minutes (max)	
CONTACTING THE BALL Catch and throw allowed on first contact. Catch-release allowed for volley/second contact, meaning a player can catch it above their head and throw it from the same position. Serve allowed to be an underarm two handed throw or underarm serve. Minimum two touches, maximum three touches per team before getting the ball over the net. Contact with the ball is allowed with any part of the body, however kicking is forbidden. If the ball strikes the foot when planted on the floor play will continue, a kick will result in loss of the point.		CONTACTING THE BALL If a ball hits the block, the team still has three touches to get the ball back over the net. Contact with the ball is allowed with any part of the body, however kicking is forbidden. If the ball strikes the foot when planted on the floor play will continue, a kick will result in loss of the point.	
INTERRUPTIONS TO PLAY Timeouts per set – none Serving team rotates after three consecutive points but continues the right to serve.		INTERRUPTIONS TO PLAY Timeouts per set – Enforced 30 second time out when first team reaches 10 points. Compulsory rolling substitutions when a team wins back the right to serve. Serving team rotates after three consecutive points but continues serving.	
NET & COURT CONTACT No player is allowed to make contact over the centre line of the court. Ball 'in' - contacts the floor in the court area including the lines. Ball 'out' - contacts an object/floor outside the court markings, hits the post or antennae. The ball hitting the net during a serve or rally is allowed. Serving- ball hits the net and goes over, the serve is legal. - ball hits the net and does not cross the net, illegal serve.		NET & COURT CONTACT No player is allowed to make contact over the centre line of the court. Ball 'in' - contacts the floor in the court area including the lines. Ball 'out' - contacts an object/floor outside the court markings, hits the post or antennae. The ball hitting the net during a serve or rally is allowed. Serving- ball hits the net and goes over, the serve is legal. - ball hits the net and does not cross the net, illegal serve.	
SIGNALS In, out, serve authorisation, four touches, net touch, replay/let, over the centre line, end of set, serving team		SIGNALS as Volley Sport with the addition of; Ball touched	
SIGNALS as Mini Volley with the addition of; Double touch, catch, positional fault, time-out			

STANDARD BASIC RULES			
BEFORE THE MATCH STARTS Players, coaches and referees should always ensure that time is available for warm up prior to the start of a match. The official warm up for volleyball usually consists of two parts; a general warm up lasting a minimum of 5 minutes where teams are allowed to use their half of the court for movement, stretching and ball work; a shared net warm up consisting of 3 minutes smashing (spiking) and 2 minutes serving practice into the opposition court.		ENDING & STARTING SETS At the end of each set, teams assemble on the baseline when the referee will signal the change of ends followed by a break of 3 minutes. The next set starts in the same way as the first with players lining up on the baseline. The team starting a set with service is alternated from the first set onwards. In a tie-break set, team captains will be required to toss a coin a second time to determine who starts with serve and/or choice of ends. In the final set teams change ends when either team first reaches 8 points.	
AT THE END OF THE MATCH When the match ends it is tradition that teams congratulate each other on the match by shaking hands with each other and then the officials (including line judges and scorers). Players are also recommended to warm down with some light movement and stretching.			

VOLLEYBALL ENGLAND PLAYER DEVELOPMENT



The early experiences of young people in sport are critical to developing a life-long attitude towards participation in physical activity and health as well as providing a foundation for the development of potential. The “Let’s Play Volleyball” National Youth Volleyball Programme is a holistic development model designed to encourage young people to experience and enjoy Volleyball as a player, competitor, leader, coach or referee. On the court, “Let’s Play Volleyball” is a game-based approach whereby a small sided approach is used to take young players sequentially through the essential skills required to become a competent Volleyball player, developing game understanding and sport specific techniques in parallel. The programme is developed alongside the National Curriculum and National Competition Framework. In this programme, there are resources available for purchase with the aim of developing playing, coaching and officiating at junior levels via the following:

- Volley Sport cards – 2v2
- Mini Volley cards – 3v3
- Super Mini Volley cards – 4v4
- Young Leaders Award course
- Young Referees Award course

LETS PLAY VOLLEYBALL FESTIVALS



Let’s Play Volleyball festivals are grass roots competitions that are aimed at mass participation. There is at least one festival per region per year, usually in the summer months. Most festivals take place outdoor on either grass or the beach. To be classed as a LPV Festival the competition must fall within Volleyball England competition framework guidelines and hold a Volleyball England event licence. For more information on a festival in your region, please visit the Volleyball England website.



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