

# Let's Play Volleyball



# 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.

Towards the end of the warm up team captains meet with the referee to toss a coin with the winning captain gaining the right to decide either to: (a) serve or receive serve or (b) choose ends for the start of the first set. The losing captain is given the remaining choice. Shortly after this the referee will ask the players beginning the match for each team to line up on the base line where they will be invited to go onto the court.

## STANDARD BASIC RULES

### SCORING

The team that wins the rally wins a point - 'Rally Point Scoring'. Normally matches will be played to the best of three sets. The first two sets are played to 25 points, the third tie-break set is played to 15 points. Two clear points must be achieved in all sets.

### CONTACTING THE BALL

Each rally begins with service from anywhere behind the baseline (the player serving must stand with both feet behind the baseline). Teams earn the right to serve by winning the rally and retain the right to serve until the opposition wins possession or the serving team commits a fault. On regaining the right to serve, the serving team rotates one position in a clockwise direction bringing a new server to the baseline.

- The serve must be contacted with one hand and travel over the net to land in the opponent's court. A serve contacting the net before going into the opponents' court remains in play.
- Following the service the ball must be played cleanly with a 'rebound' contact and without coming to a visible stop.
- The ball may make contact with any part of the body although kicking the ball is strictly NOT allowed.
- A team is allowed a maximum of three contacts to return the ball over the net to the opponent's court. Normally players may not contact the ball twice in a row except in the case of a blocking action. Following a block contact the team retains a maximum of three contacts to return the ball.

### INTERRUPTIONS TO PLAY

- A coach or team captain may only request a substitution during a set when the ball is no longer in play.
- Each player may only be substituted once in each set. A substituted player may return to the court in the same set, provided that it is only in the place of the player who first replaced him/her.
- A coach or team captain may request a maximum of two time outs per set each lasting thirty seconds.

### NET & COURT CONTACT

- The ball remains in play when it touches the net and can still be played by any player, other than the last one to touch it, providing that the maximum of three touches is not exceeded.
- Players are not allowed to touch the net. If the force of the ball hitting the net causes the net to come into contact with an opposing player, this is not a fault.
- A defending player may enter the opposition's space above the net provided an attacking shot is being attempted by the opposing team. In this case the defending player may not contact the ball before the attacking shot has been played.
- Players are not allowed to cross the centre line under the net. A body part contacting the centre line is not considered a fault.
- The ball is considered 'in bounds' when it lands in the defined court space including contact of the boundary lines. It is considered 'out' when the part of the ball which contacts the floor is completely outside the boundary lines, the ball hits an object outside the court (e.g. the ceiling) or it touches the posts or antennae.

## 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.

## RULE MODIFICATIONS

Matches may be played to the best of five sets. Sets may be played to other winning scores e.g. 12 points, 15 points, 21 points or timed matches can be played. Scoring may also be modified to encourage the execution of particular skills or tactical decisions. e.g. score double for a successful block or attack through the right-hand side of court.

If a player serves three serves with his/her team winning the points then that team rotate one place, retaining serve (the receiving team does not rotate).

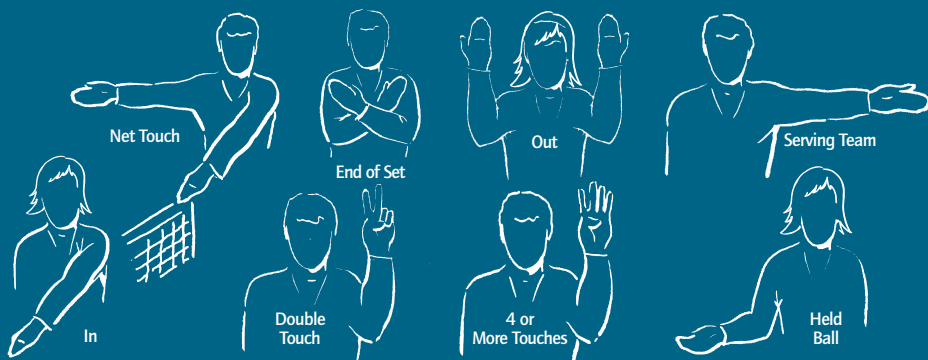
A serve may be served overhand behind the baseline or underhand/volley anywhere behind the attack (3m) line. A two-handed volley serve may be used to put the ball into play.

A Serve contacting the net and failing to go into play may be treated as a 'let' and the serve is repeated.

A 'fast catch volley' may be permitted when a player catches and then throws the ball quickly in the 'volley contact position'.

The ball may only be contacted above the knee/waist. The introduction of a minimum number of contacts i.e. two, may be introduced to ensure movement of the ball between players on the same team.

A system of rotating substitutions may be utilised where forced substitutions are employed usually each time a team rotates to serve. In this case the incoming player will replace the player due to serve with the outgoing player rotating off the court. Alternatively a system of free substitution may be used where the number of changes is unlimited and any player may come on/off for any other. In sets where the normal scoring system is not being used consider reducing the number of time outs to one and/or extending the time to one minute.



# LONG TERM PLAYER DEVELOPMENT (LTPD)

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 'Lets Play Volleyball' programme offers an excellent developmental vehicle that is well suited to the developing child and adheres to the principles of the early stages of LTPD as well as satisfying the requirements of the National Curriculum for Physical Education.

The key to this approach is the introduction and development through a series of small-sided games that progressively challenge the individuals understanding and application of tactics, skills, leadership and teamwork. Adaptations to the full 6-a-side version are central to the success of this approach and include variations in the number of players, the court size, net height and rules in order to meet the needs of the developing player. The Volleyball England has developed a number of high quality short courses and resources to support this programme, for further information and online sales please visit [www.volleyballengland.org](http://www.volleyballengland.org) or contact:

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# Let's Play Volleyball

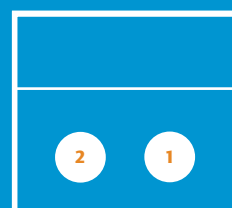
**volleyballengland**  
putting volleyball @  
the heart of your community

**organise the match**  
**apply the rules fairly**

**be a good sport**  
**learn the rules**  
**try refereeing**

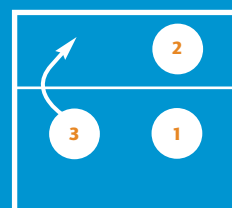
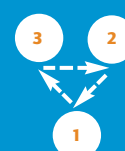


## VolleySport: 2v2



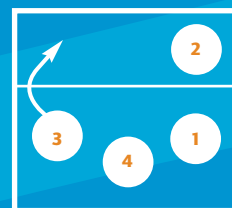
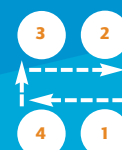
Service Reception

## Mini Volley: 3v3



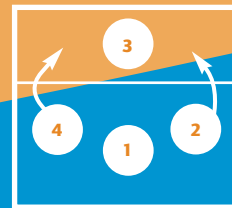
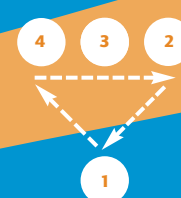
Service Reception

## Super Mini Volley: 4v4



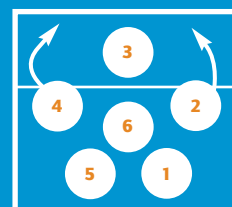
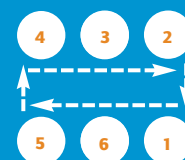
Service Reception

or



Service Reception

## Short Court Six: 6v6



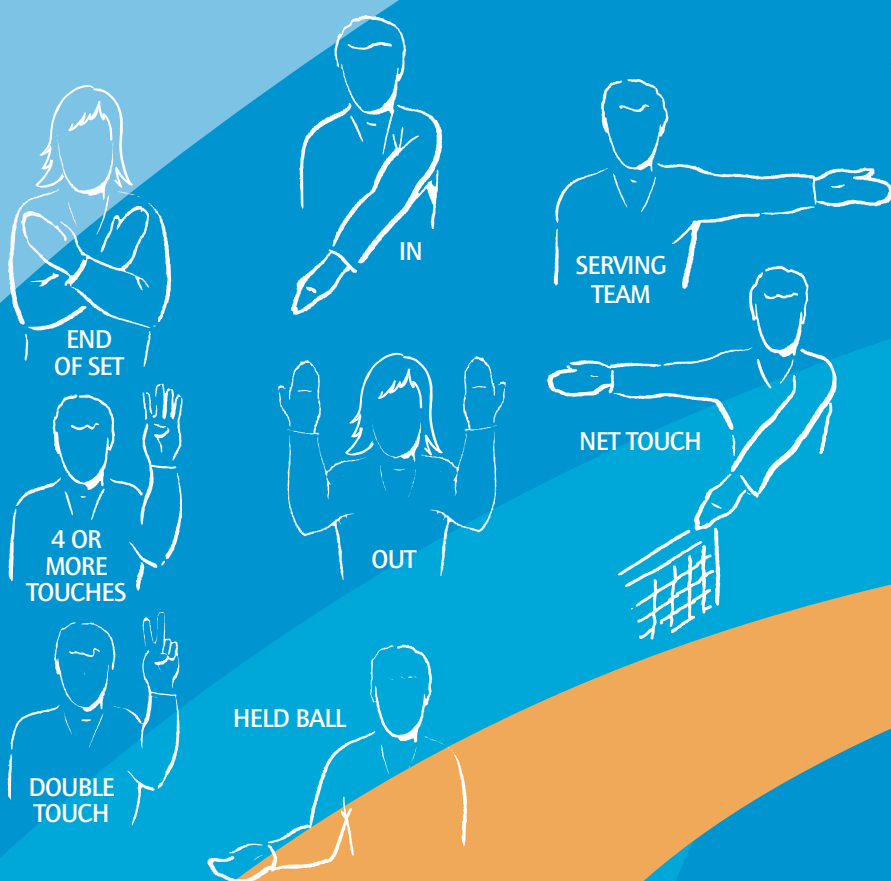
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## Rotation direction

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## 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)	4	12m x 4.5m (approx. singles badminton)	2.15m
Mini Volley 3 v 3	Under 14 (mixed)	5	12m x 6m (approx. doubles badminton)	2.15m
Super Mini Volley 4 v 4	Under 15	6	14m x 7m (3m attack line)	2.15m
Short Court Six 6 v 6	Under 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