

Let's Play Volleyball



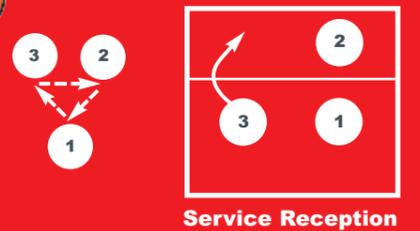
organise the match
apply the rules fairly
be a good sport
learn the rules
try refereeing



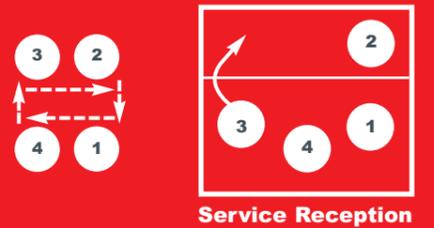
VolleySport: 2v2



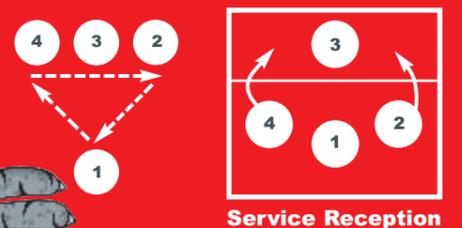
Mini Volley: 3v3



Super Mini Volley: 4v4



or



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

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.

SIGNALS

In, out, serve authorisation, four touches, net touch, replay/let, over the centre line, end of set, serving team

The ball hitting the net and does not cross the net, illegal serve
Serving- ball hits the net and goes over, the serve is legal.
The ball hitting the net during a serve or rally is allowed the post or antennae.
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.

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

INTERRUPTIONS TO PLAY

Timeouts per set – none
Compulsory rolling substitutions when a team wins back the right to serve.
Serving team rotates after three consecutive points but continues serving.
play will continue, a kick will result in loss of the point.
kicking is forbidden. If the ball strikes the foot when planted on the floor
Contact with the ball is allowed with any part of the body, however the ball over the net.
Minimum two touches, maximum three touches per team before getting allowed to be an underarm two handed throw or underarm serve
Catch-release allowed for volley/second contact, meaning a player can catch it above their head and throw it from the same position. Serve

CONTACTING THE BALL

1 set to 15 (Two points clear) or 6-8 minutes (max)



VOLLEY SPORT 2 v 2

MINI VOLLEY 3 v 3

1 set to 21 (Two points clear) or 10-12 minutes (max)



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 – 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

SIGNALS as Volley Sport with the addition of;

Ball touched
- ball hits the net and does not cross the net, illegal serve
Serving- ball hits the net and goes over, the serve is legal.
The ball hitting the net during a serve or rally is allowed hits the post or antennae.
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.

SIGNALS as Mini Volley with the addition of;

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

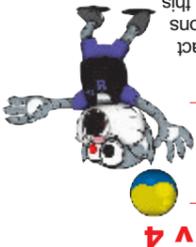
NET & COURT CONTACT

INTERRUPTIONS TO PLAY

Timeouts per set – two 30 second timeouts per team.
Compulsory rolling substitutions when a team wins back the right to serve.
play will continue, a kick will result in loss of the point.
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.
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.
Minimum two touches, maximum three touches per team before getting allowed to be an underarm two handed throw or underarm serve
Catch-release allowed for volley/second contact, meaning a player can catch it above their head and throw it from the same position. Serve

CONTACTING THE BALL

1 set to 25 (Two points clear) or 15 minutes (max)



SUPER MINI VOLLEY 4 v 4

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.

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.

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.



VOLLEYBALL ENGLAND

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Let's Play Volleyball

RULES

