



Basic Volleyball Rules

1. Basic rules
2. Outline for Year 4-6 teams

1. Basic Volleyball Rules:

- Play will begin on the Ref's Whistle
- 6 players on a team, 3 on the front row and 3 on the back row
- Maximum of three hits per side
- Players may not hit the ball twice in succession
- Ball may be played off the net during a volley and on a serve
- A ball hitting a boundary line is "in"
- A ball is "out" if it hits...
the floor completely outside the court,
the referee stand or pole, ceiling or anything
- It is legal to contact the ball with any part of a players body
- If two or more players contact the ball at the same time, it is considered one play and either player involved may make the next contact (provided the next contact isn't the teams 4th hit)

Basic Volleyball Violations – Point to the other team

- Touching the net with any part of the body while the ball is in play. Exception: If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- Crossing the court centreline with any part of your body. Exception: if it's the hand or foot, the entire hand or entire foot must cross for it to be a violation.
- Failure to serve the ball over the net successfully
- Serving out of order.

2. Outline for Year 4-6 teams

At this age we are just encouraging children to learn to set the ball over the net. Children will be allowed to catch and pass the ball for the first two hits the third hit we want the children to throw it up to another player to set or dig over the net.

Children will be allowed to walk forward to the red line closest to the net to set the ball over.

The main focus for this age group is serving correctly over the net, rotating at the correct time, having two hits before setting over the net but most of all having fun.

Volleyball Southland will endeavour to have someone present to walk around and assist children while playing.