



Volleyball Rules

OBJECT OF THE GAME. To win the game you must score more points than your opponents. The best of 3 or 5 sets are generally played and the winners will be the first team to reach the required number of sets.

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SCORING

To score a point the ball must hit the ground within the outlined section in your opponents' half. You can also score a point by your opponent failing to hit the outlined section within your half or your opponent hitting the ball into the net. A point can be scored off either team's serve.

A player serving must do so from behind the base line and can use either an over or underarm action and hit with only the hand. Once the serve has been made the server can join their team in-play and battle out the point.

Each team is allowed to hit the ball three times before the ball must be returned. A player is not allowed to hit the ball twice in succession. If the ball hits the boundary line, then the ball is deemed to be in-play. The defensive team can jump and try to block the ball returning to their side of the court. If a block attempt is made and the ball bounces in their opponents' half, then a point is awarded. If after the block the ball bounces out, then a point is awarded to the opposing team.

Each game is played to 25 points and must be two points clear. If the scores reach 24-24 then the game is played until one team leads by two.

WINNING THE GAME

To win the game you must score more points than your opponents. The best of 3 or 5 sets are generally played and the winners will be the first team to reach the required number of sets.

RULES OF VOLLEYBALL

- Each team can hit the ball up to three times before the ball must be returned. The defensive team can then try and block or return the ball again hitting it a maximum of three times.
- Games are played up to 25 points and must be won by 2 clear points.
- Violations will be called for the following:
 - Stepping over the base line when serving the ball.
 - Ball hits the net and fails to get over the net (If the ball hits the net and still goes over the net then this is perfectly legal).
 - Players are not allowed to carry, palm, or run with the ball.
 - Players must not touch the net with any part of the body. If the net is said to have hit them rather than vice-versa, then this is ok.
 - The ball cannot travel under the net.
 - Players cannot reach over the net and hit the ball.