

# HOW TO PLAY



## COURT SIZE

Inside badminton court lines.

## VOLLEYBALLS

Reduced weight 200-220 grams (Mikasa SL balls).

## SCORING

6 – 8-minute sets, maximum 3 sets.

## POSITIONS

The server is a backcourt player.

## NET HEIGHT

(2.10 - 2.17m range) depending on the net system being used.

## ENCOURAGING PLAY

Compulsory rotating substitutions when a team wins back the right to serve.

Serving team rotates after winning three consecutive points but continues serving.

Serving team gives the ball to the opposition, after winning six consecutive points, but the score doesn't change.

No time outs

## NET AND COURT CONTACT

No player is allowed to make contact over the centre line of the court.

No player is allowed to contact the net.

## SIGNALS

In, out, serve authorisation, four touches, net touch, over the centre line, replay, end of set, ball touched.

## PLAYING THE BALL

Contact with the ball is allowed with any part of the body. The ball is allowed to strike the foot, but kicking is forbidden. A kick will result in a loss of a point.

The server can step onto court to serve the ball.

Adaptation – Volley3 light

One catch is allowed on either the 1st or 2nd contact.