



Basic Volleyball Rules for 3v3 and 4v4

- Games to be played on a badminton court, inside lines if 3v3 outside lines if 4v4.
- Games are all played using a rally point system, and to any points total, i.e. 11, 15 or 25 and should be played to 2 clear points.
- Rallies are started with an UNDER-ARM serve from behind the baseline.
- To avoid games of 'tennis' and to encourage team play and attack building all 3 touches must be used.
- To aid team play, it is permitted to catch the first ball played over the net, whether from the serve or during rallies.
- However, the ball cannot then be thrown to another team mate; instead the catching player has to pass the ball towards the net using either the volley or forearm pass (performed by self-feeding and then performing the chosen technique).
- Any combination of techniques can be used on the 3 touches, i.e. not just pass-set-spike, but also volley-volley-volley.
- Players are never allowed to touch the net, or step over the centre line under any circumstances. Both of these errors results in a point to the opposition.
- Rallies are won or lost in the following ways:
 - Grounding the ball in the opposition court;
 - Failing to return the ball into the opponents space, either by hitting it outside the court, or failing to play the ball over the net using 3 touches;
 - The same player contacting the ball twice in succession whilst performing a technique (not including the catch on the first ball);
 - Using 4 or more touches to return the ball over the net;
 - Touching the net or stepping over the centre line;
 - Stepping on the baseline whilst performing a serve.
- If the ball touches the net in flight following a serve, play continues. There is not 'let' system in volleyball.
- To encourage good technique, especially when spiking, we recommend that punching the ball on any contact not be permitted and penalised by losing the rally.