

Volleyball Rules Yr 5/6



Players	4v4
Game Duration	20 minutes (2x 10-minute halves, 1-minute half time) Unlimited sets within time.
Court size	Badminton court.
Net Height	2m
Scoring	The team winning the rally with three contacts earns one point.
Positions	4 players: Two players at the front and two players at the back.
Substitutions	Any extra players form line off the back of the court. A Fresh may enter rotation the service position.
Start of play	Standard volleyball serving, rotation and scoring (rally point) procedures. Underarm serves only.
Rules	<p>We want the children to have fun and play as much as possible within the 20 minutes. Our umpire will coach and help players to learn rules as they play:</p> <ol style="list-style-type: none">1. There should be three compulsory passes, with the last being directed over the net, or replay occurs. The second contact must be a smooth, non-stop, catch-throw movement. This movement can be done in three ways: With extended arms tossing in a forward direction With extended arms tossing in a backward direction Catch the ball with extended arms above the head (setting position), bending knees and pushing upwards.2. The second contact (smooth, non-stop, catch-throw movement) cannot be played over the net, if this occurs, the point is replayed.3. The team winning the rally earns one point and initiates the next play by an underarm serve. Maximum of three serves before rotating to the next server.