

Volleyball Rules Yr 7/8



Players	4v4
Game Duration	20 minutes (2x 10-minute halves, 1-minute half time) Unlimited sets within time.
Court size	Badminton court.
Net Height	2.1m
Scoring	The team winning the rally 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. No amount of compulsory touches before directing the ball over the net are required, but three touches should be encouraged.2. When receiving the serve the ball cannot be passed directly back to opposition or it is a point to the other team. Note: For rule 2, new participants at this level a replay point can also be used.3. No catching or throwing is allowed KiwiVolley - Spike.