

VOLLEYBALL

KEY RULES

Game Basics: Volleyball is played between two teams separated by a net. The aim is to send the ball over the net so it lands on the opponent's court while preventing it from touching your own. Each team can have up to six players on court and can touch the ball three times before returning it.

Serving and Starting Play: The game begins with a serve from behind the baseline. The ball must go over the net and land within the opponent's court. Serves can be underarm or overarm. If the ball hits the net and goes over, it remains in play. The serve alternates after each rally.

Rallies and Scoring: A rally continues until the ball touches the ground, goes out of play, or a fault is made. Teams score a point on every rally (rally scoring system). Games are usually played to 25 points, and a team must win by two clear points. If both teams reach 24, play continues until one team leads by two points.

Passing and Movement: Teams use three main passes – the dig, set, and spike. The dig keeps the ball off the ground after a low shot, the set prepares for an attack, and the spike sends the ball forcefully over the net. Players must communicate, move into space, and be ready to react quickly to keep the rally going.

Fair Play and Safety: Players must not touch the net or cross the centre line during play. Kicking the ball is not allowed in school formats. Games should be played safely, with good teamwork and encouragement. Respecting the referee, celebrating effort, and supporting teammates are key values in volleyball.

NATIONAL GOVERNING BODY (NGB)

Volleyball England: Responsible for the development and regulation of volleyball in England.

Scottish Volleyball: Manages volleyball participation, coaching, and competitions across Scotland.

Volleyball Wales: Supports volleyball clubs, schools, and participation programmes across Wales.

Volleyball Ireland: Governs volleyball development and national competitions across Northern Ireland and the Republic of Ireland.

USEFUL LINKS

Volleyball England: volleyballengland.org

Scottish Volleyball: scottishvolleyball.org

Volleyball Wales: volleyballwales.org

Volleyball Ireland: volleyballireland.com

International Volleyball Federation (FIVB): fivb.com

Your School Games Volleyball: yourschoolgames.com/taking-part/our-sports/