

SIMPLE STEPS VOLLEYBALL

Refereeing and Game Play



1 THE SERVE

You can serve anywhere along the baseline. The ball can hit the net and go over.

You may only have one attempt with the toss. You rotate to serve when you win the rally and continue to serve as long as you keep winning rallies.

A person has 8 seconds to serve after the whistle has gone.



2 THE NET

You may not touch the net at any time.

Your feet must not travel completely over the centre line of the court.



3 IN OR OUT?

If the ball hits the line the ball is "in".

If the ball hits the antenna it is out.

If the ball touches the opposition hands on the way over and then goes out it is "out".

4 ROTATION



When a team wins the rally it has the right to serve. Everyone must serve in the team.

You rotate clockwise.

The referee indicates the serving team by a straight arm out and then their blows whistle to serve. The arm moves to indicate the direction of the serve.

5 OTHER BASIC RULES

The ball must cleanly come out of a persons hands when setting. One contact should be made on the ball.

A person is not allowed to lift or carry the ball.

Any part of the body can be used to play the ball.

Three shots may be played before the ball has to go over the net. A touch off the block does not count as one of your three shots.

You can't block or spike a serve.



6 ORDER OF PLAY

The toss is taken before net time. A team can choose to serve or receive.

Each team has an opportunity to practise their hitting and serving. This could be 3min or 5min each. Games can be three sets or best of five sets.

Swap ends after each set. Sets are to 25 points except the 5th which is to 15 points.

