



SPORTS ASSOCIATION
for Adelaide Schools

SAAS Volley Ball Primary Rules

This competition is run under the Junior Spike Zone rules.

Location - The competition is based at St Peters

Games day - Friday afternoons

Start Time – 4.00pm

How to Play

The modifications include:

- A smaller sized court
- A lower net height
- A softer and lighter ball

Like Volleyball, Spikezone is about getting the ball over the net in three hits or less and winning the rally because the ball hits the ground in the opposition's court, the opposition fails to return the ball over the net in three hits or the opposition hits the ball out of court.

Unlike Volleyball, Spikezone has only four players on court. If teams have more than four players, substitutions rotate on to play each time the team wins a point on the opposition serve.

Each point starts with a serve. The serve must be hit over the net and is not allowed to touch the net. At all other times during a rally the ball may touch the top of the net.

Games are 25 minutes in length and are played best of five sets. The first four sets are first to 25 points, but you have got to win by at least two points. This means that if the score is 25-24 you keep playing until one team has a lead of two points. The final set is first to 15 points and again you have to win by at least two points.

In order to prevent one player dominating a game on serve, after three successive successful serves by a single player there is a forced rotation and therefore a new server.