



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

- Central timer for games 4.00-4.40 / 4.40-5.10
- Games are to be played to time; this is to guarantee maximum participation opportunities for the players.

Competition Outline

- A smaller sized court
- A lower net height
- A softer and lighter ball
- 4 Players per team
- 3 Touches/Hits by each team or less before the ball must go across the net into the opposition side of the court.
- The point is won if a team fails to return or place the ball into the opposition court
- If the ball does not land in the opposition court
- If the ball does not clear the net into the opposition court
- More than 3 touches by one team
- Substitutions rotation can take place after the end of each point
- 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.
- 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 must win by at least two points.
- 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.