



THE RULES!!!

Tournament Rules

- 20 Minute games with 2 x 10 minute halves
- Unlimited substitutions (although common practice is to rotate players onto court)
- Mixed teams are allowed, though can only be nominated in the boys division
- Competitive Divisions may serve over arm, all other divisions are restricted to underarm serving
- Each team may have up to a maximum of 8 players
- Each team must be under adult supervision whilst on court and off court

Modified Game Rules

- Four Players on court
- Ball may only be contacted by parts of the body above the waist. (This eliminates kicking for safety reasons)
- If the ball touches the net on the serve it is a fault, regardless of whether it goes over the net (this encourages players to serve the ball so it passes well above the top of the net, improving their chances of success and also the likelihood of the receiving team to play the ball)
- If one server wins three consecutive points on serve, then the serving team rotates to bring another player into the serving position (this prevents one player from dominating the game with a strong serve)



These rules are according to the Spikezone referee's manual (2006) supplied by the Australian Volleyball Federation

