

Palmerston Indoor Sports Centre

Beach Volleyball Rules

Beach Volleyball is played in 2 x 18 minute halves with teams changing ends at half time.

TEAMS

6 aside - team consists of 3 to 6 players.

Mixed teams must not have more than 3 males on the court at any one time but must have a minimum of 1 female on the court.

ladies 4 aside - team consists of 4 players, must have a minimum of 3 players to take the court.

THE GAME

The first full team on court will have choice of service.

Alternatively, teams can play for service or toss a coin.

When serving -

- * all players must serve.
- * the server must be standing within 1 metre of the back net and the right hand side net.
- * the ball can be served either over arm or under arm.
- * the ball can either be in the air or stationary on the non- serving hand when struck for service.
- * the ball must pass cleanly over the centre net without touching the roof, side or back nets.

On the return serve only, the ball must be hit at least twice before passing back over the centre net.

In general play, the ball may be hit a maximum of three times before it is returned over the centre net.

It can be hit cleanly with any part of the body above the knees.

If two players hit the ball simultaneously, this will be counted as one hit.

In general play the ball can touch the side and back nets before passing over the centre net but if it touches the roof net it needs to be touched by another player on the same team before passing over the centre net .

Open handed hits (not a push) are permitted in the game, but if the ball is not hit cleanly and briskly it will result in a carry. This will be determined at the umpires discretion.

Players are not allowed to reach over the net unless blocking the ball. If the players hand or arm touches the ball while blocking it is not counted as a hit

A player may pass under the centre net while the ball is in play provided they do not interfere with the opposition or the centre net in any way.

In mixed, spiking of the ball at or towards females is not allowed. Doing so will result in a warning, if repeated, 3 points will be deducted.