• The objective is to spike the ball off the net in a manner that your opponent can’t play it back off the net within 3 hits.

• To start the play, spike the ball 3 feet away from the net (overhand serve)

• A game begins standing next to your partner

• Teams have up to 3 hits maximum (unlimited hits if teams agree)

• Any body part may be used to contact the ball (hand, foot, head, etc.) Your contact should make a sound.

• You may not catch, throw or carry the ball

• When the ball hits the net it must clear the net to be considered legal. If it bounces twice, it’s no good.

• You will be graded on fair play, etiquette and sportsmanship! Play by the rules. Put the ball down on the net at the end of the game. Shake hands and rotate. Down a court if you lost, up if you won.
Scoring and Serve

• Rally scoring – points earned every serve

• The serve is an overhand spike

• Say the score before serving, say your score first, then opponents. Penalty = turnover and point

• The first team to score 21 wins. We will play times games.

• If the score is tied and the end of time, whichever team scored that number first wins.

• If the serving teams wins the rally, your team serves the next rally. Switch servers after each point.
**Terms**

**Rimmer** (if the ball hits the rim) – point goes to the opponent

**Pocket** (if the ball hits the rim and net at same time) – keep playing or replay, teams decide

**Hinder** – if the defensive team gets hit with the ball or if the defensive team is in the way of a play on the ball (hinder MUST be called before hitting the ball). Replay point.

**Rally Scoring** – point is scored every rally.

**360** – there are no boundaries or sidelines

**Safety**

- Do not touch, jump or step on the net
- Diving is not recommended for beginners
- Do not interfere with others (Hinder = replay the point)
- Gently hand the ball off to another player
- Any student not playing appropriately, or misbehaving should be removed from play
Strategy

Offensive

- Wait until the ball is low to the net and strike it sideways
- Communicate with your partner
- Hit the ball towards the net, not to your partner
- Practice using both right and left hands
- Don’t be predictable; vary your shots

Defensive

- Keep your eye on the ball
- Mirror your opponent (always try to be across the net from them)
- Be in a ready position

Tournament

- Net #1 is the top court. Win there, you play again there.
- Net #9 is the lowest court. Lose there, you play again there.
- After each game; put the ball on the net, shake hands and rotate.
- Rotate down one net towards #9 if you lose and up one if you win.