

How to play 4v4 Volleyball

Ball	Team	Net Height	Court
•Mikasa V200W	•6 players 4 on court 2 subs	•2.1 metres	•Double Badminton 6.1m x 13.4m

Goal

The players try to get the ball over the net on to the floor of the opponent's court. In 4v4 volleyball there are front and back court players.

Start

The ball is served over the net into the opponent's court from the right back position of the court. After three successful serves a team will rotate but will retain the serve.

Rules

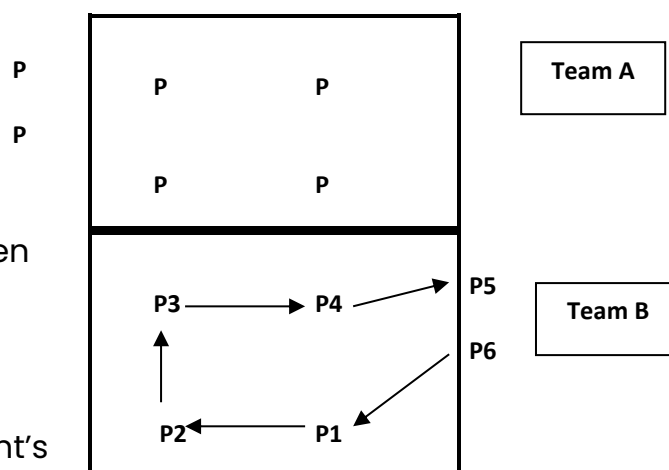
Minimum of two touches, maximum of three touches per team before returning to opponents. Same person cannot touch the ball in consecutive touches.

Rotation

- 1- Win back the serve then rotate clockwise
- 2- Three successful serves in a row then rotate clockwise

When is a Point Scored?

- If the ball touches your opponent's court
- If the ball does not go over the net or out
- If a player makes a mistake and the balls goes out from their touch



Scoring

Rally point as in volleyball. Sets in regional blitzes will be timed