

VAN-LINT STUDENT SPORTS WEEK

Volleyball

Team size: 6

Duration of a game: 12 minutes

Rules

Volleyball is played by 2 teams. The field is divided in 2 because of a net. On both sides of the net is a team consisting of 6 players. The goal of the game is to get the ball on the ground on the opposing side of the net while simultaneously preventing it from doing so on your own side. A team loses the match automatically if they are not present at the starting time of the match.

The ball is brought into play by the server. Through his service he hits the ball to the other side of the net. The ball is allowed to hit the net following the service. Trying to hit the ball back to the other side of the net, the opposing team is allowed to touch it three times. You can't catch or hold it.

It is forbidden for a player to hit the ball twice in succession, except when blocking. The game continues till the ball touches the ground, goes 'out' or a team hits the ball incorrectly. During the game it is not allowed to touch the net with the hands. Also, the net is used as a separation of the two competing teams and therefore it is not allowed to put a foot on the opposing side of the net.

The team that wins the rally scores a point. When the receiving team wins the rally, it not only gets the point but also the right to serve. Also the players of this team turn clockwise for one spot.

A match consists of 2 sets of 6 minutes. In each set the points are counted and the team which has the most points after 6 minutes wins. Every won set gets the team 2 set points and every tie gets the team 1 set point. The poule is won by the team which has the most set points. When in the end 2 teams have the same amount of set points, the team with the highest point total wins. When this is also the same, the mutual results count.