

Quick Guide to Volley 2000

1. Volley 2000 is a team sport with no body contact, every player participates as much as much as the other and no one is left sitting on the bench.
2. Each team has 4 players on the court. If the team has more than 4 players, a substitution is made every time the team rotates.
3. The court is 18 by 9 meters and divided by a net in the middle. Each half of the court is 9 by 9 meters, the same size as a regulation sized volleyball court. The height of the net is 200 centimeters.
4. The teams are allowed three (3) touches and one (1) bounce before the ball must cross the net.
 - a. The bounce gives the players time to play many difficult balls and it also gives them time to build a proper attack. This makes the rallies long and exciting.
5. The play starts with the serve. The serve reception must be executed without the bounce. After this, the bounce is used whenever a player chooses to do so.
6. The serving player is in the only backcourt player. When using an under arm serve the player can be as close to the net as three meters. If an overhand serve is used, the player must stand behind the baseline. During the serve, players on the serving team must give the opponents a clear sight of the server.
7. In order to receive a hard serve or a hard attack you can stop the ball with the palm of your hands. It is easy and efficient. The bounce can then be used to help the next player to continue the rally.
8. The serving team must rotate when a player has served and won four points in a row. The serving team retains control of the serve; they just rotate to allow for a new server. This speeds up the game and allows all players to get a chance to play all positions in the match.
9. The matches are played in best of three sets. In the first two sets the first team scoring 25 points wins. In case of a third set the first team scoring 15 is the winner of the match. Each set must be won by a two points margin.

