

A volleyball that's easy to start, fun to play, open to everyone.

Light Volley is a reinterpretation of volleyball: a smaller court, a lower net, a lighter ball and five players per team. It's not "volleyball": it comes from it and reinterprets some of its elements to make it simpler to start playing and easier to propose to mixed-age, mixed-level groups.

The rules

Object of the game

As in traditional volleyball, the object of the game is to land the ball in the opponents' court, with three touches per team available.

Ball size

the ball has a diameter of 25cm and a weight of 125g: it is therefore bigger than the official volleyball (21cm) and lighter (145g less).

Number of touches

a team can make at most three touches; the block touch does not count as a touch. A player may hit the ball twice with different parts of the body in a very short span of time (a "double hit" is not considered a fault).

Court size

each half-court is 6×6 metres; a line drawn 2m from the net marks the boundary between the front row and the back row

Net height

the net is set at 1.9m for women, 2.1m for men, and 2m in mixed play

Mixed teams

a mixed team must have at least two women

Scoring

the team that wins a rally scores a point. The match is played best of three sets. Each set is played to 21 points and the deciding set to 15 points. If the score reaches 20-20 (or 14-14 in the deciding set), a two-point advantage is needed to win.

Team rotation

every time a team wins a point, it must rotate clockwise; as a result, no athlete serves more than once in a row.

Hit above the net

the ball may be hit above the net only from the back row (attack); only in this case may players near the net stop the ball by jumping (a block). A block touch is therefore only possible to counter a ball intentionally sent into the opposing court.

Serve reception

the serve reception cannot be made by jumping or by hitting the ball above the head to send it into the opposing court

Front-row attack

a front-row player may hit the ball above the net tape and send it into the opposing court only to counter an opponent's attack, i.e. only to stop a ball hit over the net that is landing in their own court.

Attack hit above the net

an attack hit above the net, in order to score the point, is valid only if made from the back row.

The court, the net, the ball

COURT

6 x 6 m per team

ATTACK LINE

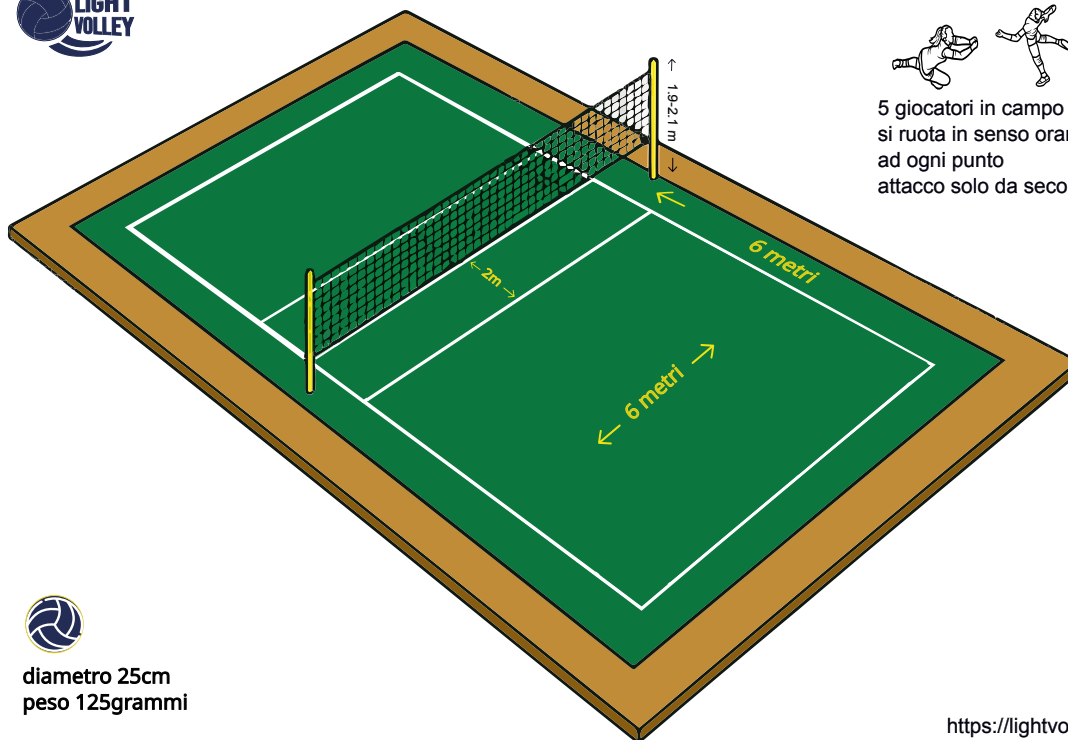
2 m from the net

NET

1.9 – 2.1 m

BALL

25 cm, 125 g



5 giocatori in campo
si ruota in senso orario
ad ogni punto
attacco solo da seconda linea



diametro 25cm
peso 125grammi

<https://lightvolley.it>

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