



4 a-side Social Beach Volleyball Rules

Competitive grade

For this grade, players will need to follow the basic beach volleyball rules which are:

- A player cannot receive the serve with a setting movement, unless it is clean (no double hit).
- If a player touches the ball on the block and it comes down on their side of the net, that counts as one of the 3 touches.
- Players cannot tip the ball with an open hand, they must either spike the ball or hit it with their knuckles.
- Please note, these rules may be followed less strictly if rallies are not forming or if either/both teams are struggling with the rules.

Competent and beginner grades

These grades will follow basic indoor rules so that everyone gets good rallies.

- 4 players on each team aim to hit the ball over the net with their hands, although it is permissible for any part of the body to be used to hit the ball.
- When a receiving team gained the right to serve, its players rotate on position clockwise. The next rally then begins with a serve by the player who has just moved into the server's position.
- A team scores a point if it hits the ball and it lands in the opposition's court.
- A team may hit the ball three times to return it, but no player can hit the ball twice in a row including if it hits one part of their body and then rebounds to another part. A block is not counted as a hit and the same player can hit the ball again. After a block the team still has three hits

- Rallies can be lost by hitting the ball out of play or into the net.
- Shots may be blocked before they cross the net, as long as the blocker does not touch or reach over the net.
- The ball can be directed anywhere into the opponent's court.
- The ball can be played off the net during a rally.
- The ball may not be carried, pushed or dunked.
- Teams will change sides at half time (15 minutes).

Serving:

- Serves are to be made from behind the black line and may be struck under or over arm with any part of the hand, fist or arm.
- The server continues to serve until the serving team loses the point.

Scoring:

Rally Point Scoring is used i.e. The winner of each rally, irrespective of which team served, scores a point.