



Level 1 - Catch Volley

This level is all about throwing and catching. The game starts with an underhand throw-up over the net. The ball is caught and thrown back within 3 seconds to the other side.

FIELD AND PLAYERS



Players: 2 against 2



Net height: 1.70 meters



Field: 4.50 meters deep and 5.20 meters wide (inside lines of a badminton court)



Match ball: 170 grams

GAME RULES

1. Each rally starts with an underhand throw-up over the net from the middle of its own half.
2. All balls must be thrown back with two hands.
3. Running with the ball is not allowed.
4. The ball is caught with two hands and thrown back to the opposite side within 3 seconds.
5. Overhead throws are allowed, but only with a punch throw in front of the head (not a soccer throw-in).
6. Throwing over to a fellow player is allowed if the distance to the net is too long.
7. After a point, play restarts from the side where the ball is.
8. Blocking is not allowed.
9. Net error is a double fault. No point is scored, and the rally begins again.
10. A point is scored if:
 - The ball falls on the ground in the opponent's court.
 - Outplaying the opponent's ball.
 - The ball goes out via the opponent.
 - The opponent needs more than two throws to throw the ball over the net.



Level 2 - Bounce Volley

Any ball over the net is caught and played up for the teammate with a bounce set. After the bounce set, the attacker plays the ball over the net.

FIELD AND PLAYERS



Players: 2 against 2



Net height: 1.70 meters



Field: 4.50 meters deep and 5.20 meters wide (inside lines of a badminton court)



Match ball: 170 grams

GAME RULES

1. Each rally starts with a bounce set and attack from the middle of its own half.
2. The ball played over the net is followed up with the following actions:
 - Catching: The player who catches the ball may run until right in front of the fellow player to give a bounce set for the feet.
 - The bounce set: This is a two-handed bounce right in front of the fellow player (it may not be played over the net).
 - Attack: The attacker may play the ball over the net in a volleyball-like manner of his choosing: overhand, tip, smash or underarm.
3. After being caught, each ball must be played within three seconds with its bounce set to the fellow player.
4. After a point, play restarts from the side where the ball is.
5. After the ball is caught, players may not run to the net together, only the player who caught the ball. After the bounce set, the attacker is allowed to move to the net.
6. Blocking is not allowed.
7. Net error is a double fault. No point is scored, and the rally begins again.
8. A point is scored if:
 - The ball falls to the ground in the opponent's court (except the bounce set).
 - Outplaying the opponent's ball.
 - The ball goes out through the opponent.
 - The opponent plays together more than twice.



Level 3 - Pass Volley

Pass the ball to a fellow player who catches the ball or catches your pass. An attacker throws the caught ball up and plays it over the net.

FIELD AND PLAYERS



Players: 2 against 2



Net height: 2.00 meters



Field: 4.50 meters deep and 5.20 meters wide (inside lines of a badminton court)



Match ball: 170 grams

GAME RULES

1. Each rally starts with a player throwing the ball for a fellow player who plays it over the net from the middle of their own half.
2. The ball must be played in three plays:
 - Pass: The ball coming over the net must be played. After a forearm pass, the ball is caught by the teammate or self (self-pass). After an overhead pass, the teammate must catch the ball.
 - Catch/Toss: The ball owner runs to the net immediately after catching the ball and throws it up for the fellow player within 3 seconds.
 - Attack: The attacker may play the ball over the net in a volleyball-like manner: overhand, tip, smash or underarm.
3. After a point, play restarts from the side where the ball is.
4. The block does not count as a touch.
5. Net error is a double fault. No point is scored, and the rally begins again.
6. A point is scored if:
 - The ball falls to the ground in the opponent's court.
 - Outplaying the opponent's ball.
 - The ball goes out through the opponent.
 - The opponent does not return the ball in three plays.



Level 4 - Smash Volley

Pass the ball coming over the net. The second ball is caught and played overhand from a self-throw-up (set). The third ball is played over the net.

FIELD AND PLAYERS



Players: 3 against 3



Net height: 2.00 meters



Field: 4.50 meters deep and 5.20 meters wide (inside lines of a badminton court)



Match ball: 210 - 230 grams

GAME RULES

1. Each rally starts with underhand service by the player in position at right back somewhere in the back half of the playing field.
2. The first ball is played (overhand or underarm), the second ball is caught and played up, and the third ball goes over the net.
 - Pass: Playing the ball (overhand or underarm) to a fellow player. The self-pass is no longer allowed.
 - Set: Catch the ball, run to the net and play up overhead within 3 seconds from a ball you throw up.
 - Attack: The attacker may play the ball over the net in a volleyball-like fashion: overhand, tip, smash or underarm.
3. Three plays must be made (a block touch does not count).
4. The team that wins the rally gets the service.
5. If the service changes teams after a point, the side that will serve will turn first.
6. After three serves by the same player, the team must turn.
7. The block does not count as touch. Blocking on the serve is not allowed.
8. Net error is a double fault. No point is scored, and the rally begins again.
9. A point is scored if:
 - The ball falls to the ground in the opponent's court.
 - Outplaying the opponent's ball.
 - The ball goes out through the opponent.
 - A player plays the ball twice in a row.
 - There are less than three plays.



Level 5 - Ultimate Volley

Pass the ball coming over the net. The second ball is caught and played overhand from a self-throw-up [set]. The third ball is played over the net.

FIELD AND PLAYERS



Players: 3 against 3



Net height: 2.00 meters



Field: 6.00 meters deep (first back line badminton court) and 6.00 meters wide (maximum width badminton court)



Match ball: 210 - 230 grams

GAME RULES

1. Each rally starts with underhand service by the player in position at right back somewhere in the back half of the playing field.
2. All balls are played with short contact (overhand, tip, smash or underarm).
3. The team that wins the rally gets the service.
4. Service must occur within 3 seconds.
5. If the service changes teams, the side that will serve will turn first.
6. The team must turn after three serves by the same player; the third may be overhand.
7. The block does not count as touch. Blocking on the serve is not allowed.
8. Net error is a double fault. No point is scored, and the rally begins again.
9. A point is scored if:
 - The ball falls to the ground in the opponent's court.
 - Outplaying the opponent's ball.
 - The ball goes out through the opponent.
 - A team plays more than three times to get the ball over the net (a block touch does not count in the number of plays).
10. Playing the ball well over the net in three plays without going out immediately earns a bonus point, regardless of the rest of the rally.

General rules of play

The playing rules aim to enable young volleyball players to enjoy playing volleyball. Trainers, parents and game supervisors work together to ensure this, which benefits players' enjoyment and development. That's how we all get better:

GAME RULES

- Everyone plays equally.
- Game supervisors guide children and assess how strictly they apply the "technical" rules. Children are allowed space to learn.
- Be positive toward opponents and your players.
- Players shake hands and thank each other after the game.
- Players are allowed to explore a lot on their own. The coach guides the players as needed.
- The game belongs to the children. Enthusiastic parents do not coach from the stands.
- Coaches and game supervisors encourage speed in play.
- Players in levels 1, 2 and 3 play both positions as much as possible (alternate left-right)
- In the first three levels, we aim for volleyball-like throwing and catching:
 - A catch bump motion: A ball pushed away overhead with two hands from in front or overhead.
 - A catch thrown motion: An underhand caught ball is thrown up almost immediately with outstretched arms.

Scan the QR code for videos of all levels of Volley Stars (in Dutch).

