



## Light Volleyball Rules (20/02/2024 Updated)

Light volleyball is a new sport evolved from traditional volleyball, originating in China in the 1980s. This sport provides a fun, easy-to-learn, and participatory way, making it perfect for exercise and social activities. It's like karaoke or Zumba dancing on the sports court!

Ball and court:

- Uses a ball that is lighter, larger, and softer than the traditional volleyball.
- The court size is the same as a badminton court, using the outer lines for the sides and the inner line for the back boundary. (or the total length and width are 12 meters X 6 meters)
- The net height is set at 2.1 meters for men, 1.9 meters for women, and 2 meters for mixed competitions.

Team Composition:

- Each team has 5 players: three in the front row and two in the back row.

Game Rules:

The objective of light volleyball is the same as traditional volleyball, which is to hit the ball over to the opponent's side under the rules allowed until the ball hits the ground or a fault occurs!

Here are a few basic concepts:

1. The side where the ball is located is called the "offensive side," and the other side is called the "defensive side." A ball prepared to cross the net is called an "offensive ball."
2. When the offensive side hits the ball over the net from the front court area (within the 2-meter line), the ball cannot be parallel or downward; it must initially fly upwards.

3. When the entire "offensive ball" is still on the offensive side, the defensive side may reach over the net to block but not when the opponent is hitting or preparing to hit the ball.
4. When the "offensive ball" touches the upward extension of the net, the defensive side may block, and the defensive side's block can press down with the wrist and arm. Only front-row players may block.
5. When the ball's trajectory is not prepared to cross the net, called a "non-offensive ball," the defensive side may not reach over the net to touch the "non-offensive ball."
6. The defensive side may not block the serve. When receiving the serve, one cannot hit the ball directly over to the opponent's side while any part of the ball is still above the net height within the court area.
7. The winning side serves, and service rotates in a clockwise direction, with no player serving consecutively.
8. Offensive side players can touch the ball up to 3 times with any part of the body, and a player cannot hit the ball twice in succession, but different body parts can consecutively touch the ball in one action; touches during blocking do not count.

#### Scoring:

The side winning a rally scores a point. The match is played best out of three sets. Each set is to 21 points, and the deciding set is to 15 points.

If the score reaches 20-all or 14-all in the deciding set, a two-point lead is required to win.