

Five Rules to Know VOLLEYBALL



Team Composition

Volleyball is played between two teams, each consisting of six players. The court is divided in the middle by a net.

Net Height

The net height is 2.43 meters for men and 2.24 meters for women, similar to beach volleyball.

Scoring Points

A point is scored when the ball lands on the ground in the opponent's half or when the opposing team causes the ball to go out of bounds after their last touch.

Ball Contact

Each team is allowed a maximum of three touches to return the ball over the net.

Set and Match Format

A match is decided by the team that wins three sets. Each set is played up to 25 points, but a team must win by a margin of at least two points. If the match is tied after four sets, a deciding fifth set is played, which goes up to 15 points with the same two-point lead requirement.