



Volleyball Québec
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Harmonization of minivolley Rules



LEVEL: Elementary, Cycle 3

This document was inspired by work completed by Martin Carl (2006).

This document presents explanations and rationale for certain rules.



PLAYING VOLLEYBALL WITH A REDUCED NUMBER OF PLAYERS MINIVOLLEY

1. Objectives

- 1.1. Accumulate more points than the opposing team by throwing the ball over the net and trying to get their opponents to misplay or ground the ball on their opponent's side of the net.

2. Courts

- 2.1. The dimension is a double badminton court of 13.40 m X 6.10 m.
- 2.2. The boundaries are defined by the badminton service area (1.98m).
- 2.3. The net height is 2 meters. **(This is the most common height used throughout the province.)**
- 2.4. DO NOT use antennas. **(Minimizes difficulties and increases the number of exchanges.)**

3. Balls

- 3.1. Ball recommended by Volleyball Québec for Cycle 3 is the [Mikasa MVA 123SL](#).
(A ball with a circumference between 60-65 cm is acceptable)
- 3.2. Ball recommended by Volleyball Québec for Cycle 2 is the [Mikasa VT1](#).
- 3.3. Ball recommended by Volleyball Québec for Cycle 1 is the [Mikasa VT2](#).

4. Teams

- 4.1. 4 on 4 in a diamond shape **(4 on 4 increases the number of contacts with the ball. The diamond shape allows for two attackers at the net.)**
- 4.2. The minimum number per team is 5 and the maximum is 6. **(More than 6 players results in a long wait for the players on the sideline. Having 4 players can result in a game default if a player is injured.)**
- 4.3. For coed play, there should be a minimum of 2 girls on the court at all times.

5. Supervision

- 5.1. Each team should be supervised by one responsible person: parent, trainer or other. Any minor who supervises a team should have permission from the administration.
- 5.2. The supervisor can only speak to the players when the ball is not in play. **(This is to teach the players to make effective decisions during the exchanges.)**
- 5.3. Players are prohibited from wearing any jewelry (chains, necklaces, bracelets, earrings, face piercings, etc.) **(Question of safety)**

6. Refereeing

- 6.1. One referee calls the game ensuring that the rules are followed.
- 6.2. The referee signals the beginning (service) and end (interruption or fault) for each rally.
- 6.3. The referee uses a whistle.



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7. Rotation

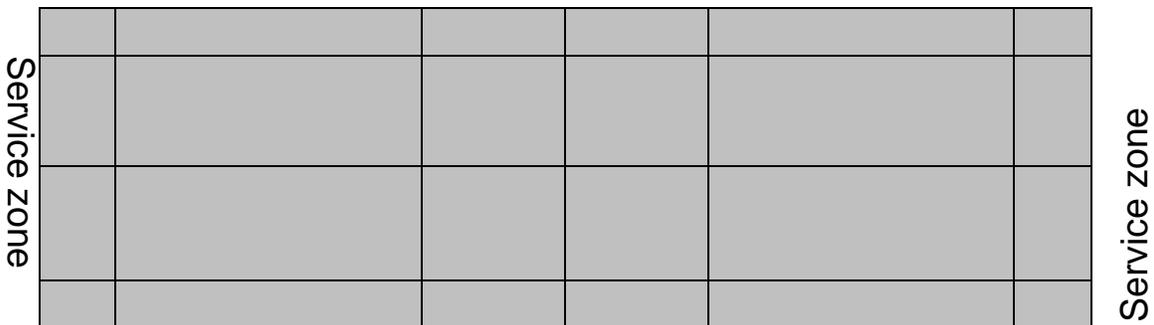
- 7.1. Players rotate clockwise.
- 7.2. The predetermined rotation order for the entire team (including replacements) must be respected throughout the game.
- 7.3. Fair play rules are in effect. It is compulsory that the new server is the next player of the same gender in the predetermined rotation order. Rule 4.3 must be respected.

8. Scoring

- 8.1. One point is given to the winner of each exchange: rally-point scoring.
- 8.2. Any fault (See point 12) committed by a team results in a point for the opposing team.
- 8.3. A team is declared winner when it has scored more points than the opposing team after 18 minutes of play or if the winning team scores more than 25 points with a difference of 2 points within the time allotted.

9. Service

- 9.1. The server can execute a serve from any point behind the back line (back zone) without touching the line.
- 9.2. The server makes contact with the ball with one hand. (No bump or touch moves because players should be encouraged to effectively perform a one-hand serve.)
- 9.3. A server can perform a maximum of 5 consecutive serves. After this, the serving team rotates to the next server who then serves. (The purpose is to give all players an equal chance to serve and not allow one player only to control the game with his/her serves.)
- 9.4. The server can restart the throw (but not the service) if the serve is missed (if this is done within 8 seconds). (This is to help the player succeed in serving without adding additional pressure.)
- 9.5. The server, who is considered a player at the back line, cannot play the ball at the net if he /she is in the front zone. (Therefore, no offensive contact over the net.)



: Service zone

10. Contacts

- 10.1. Allowable contacts include the bump, the set, the spike, the tip



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- and the block, a hit with any part of the body whether intentional or unintentional. (Hits with other body parts are allowed, but it is suggested to encourage control with the arms and the hands since this will result in a higher caliber of play.)
- 10.2. A team is permitted to throw the ball into its opponent's court only after three contacts. (The purpose is to have the players improve their ball handling.)
 - 10.3. The 2nd contact **can** be caught with two hands. (To encourage exchanges, it is suggested players catch the ball rather than perform a set.)
 - 10.3.1. The ball must be caught and thrown at waist height using one fluid movement. "Juggling" the ball before catching it is not considered a fluid movement. (This helps keep the play fluid and ongoing.)
 - 10.3.2. The sagittal plane** must be respected as a ball leaves the hands of a "catcher-thrower". (This is important so that players do not take on bad habits that will be difficult to correct later. The setter is forced to assume the correct throwing position to be able to hit his/her target.)
 - 10.3.3. A player cannot use his/her feet to move, pivot or change support when he/she is in possession of the ball.
 - 10.3.4. Any ball caught while sliding or diving must be released before the player gets up.
 - 10.4. The ball must always be caught and thrown with 2 hands.
 - 10.5. A block does not count as a contact. The team that recuperates the ball is allowed three (3) contacts

** **Sagittal Plane:** A **sagittal plane** is a vertical **plane** that passes from anterior to posterior, dividing the body into right and left halves (like an enormous plate of glass dividing the body in two equal parts). It is parallel to the median plane.

11. Net play

- 11.1. No part of a player's body can touch the net when the ball is in play. (This is to prevent potential injuries.)
 - 11.1.1. No player can touch the net to give his/her team an advantage or create an unsafe situation for other players.
- 11.2. A player's foot may touch the centerline without completely crossing it.
- 11.3. No part of the body can cross under the net. (This is to prevent injuries.)
- 11.4. A player's hands may cross over the net only during a blocking action.
- 11.5. The server (back zone) cannot play the ball over the net when he/she is in the front zone.

12. Faults A team commits a fault if:

- 12.1. The ball does not go over the net or between the posts
- 12.2. The ball lands in the net after a third contact or out of bounds in the opponent's side
- 12.3. There is an error in the rotation of the servers
- 12.4. A player uses a part of his/ her body other than the hands to catch the ball (Including the torso)
- 12.5. The ball is caught and immediately thrown into the opponent's side
- 12.6. The ball is returned to the opponent's side without 3 contacts

13. Game interruptions

- 13.1. No points are attributed for a game interruption.



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- 13.2. Each team has the right to one 30-second time-out per game.
 - 13.2.1. No time-outs are permitted during a timed game.
- 13.3. If a ball from a neighboring court enters the game, the exchange is restarted.
- 13.4. There is a two-minute pause between games.