

Beach Volleyball



Indoor Volleyball - Comparison of volleyball

Outer Shell: Flexible material
(Leather, Synthetic Leather)
Circumference: 66 to 68 cm
Weight: 260 to 280 g



Beach
Volleyball

1. Does not absorb moisture
2. Slightly larger
3. Lower air pressure -> Slower ball speed



Beach Volleyball



Competition System

- The first team to win two sets wins the match
- The first two sets are played to 21 points with a 2-point lead
- The deciding third set is played to 15 points with a 2-point lead

Height of the Net
Men: 2.43m
Women: 2.24m

Free Playing Space = Minimum of 12.5m in height
from the playing surface, free from all obstructions

Playing Area

= Symmetrical Rectangles

= Playing Court + Free Zone

The playing area is smaller than an indoor volleyball court (18m x 9m)

Free Zone

- Minimum 3M wide on all sides
- For FIVB, World and Official Competitions, 5m - 6m from the end lines/side lines

Sand must be at least 40 cm deep, composed of fine loosely compacted grains
Should be sifted to an acceptable size and free of stones and dangerous particles

Skills Introduction

Serve Reception
Set Block
Attack Hit Dig



- A player may not hit the ball two times consecutively
- Maximum of three hits for returning the ball over the net for a team
- Otherwise, Four Hits Foul
- Block counts as the first contact for the team

- Only two players with no substitute in each team
- Not allowed to receive external assistance or coaching during the game
- NO positional order faults in beach volleyball game

Player's Equipment

- Shorts/ bathing suit
- Jersey or tank-top is optional except when specified in tournament regulations
- May wearing hat, glasses or lenses at player's own risk
- Must play barefoot except when authorized by the referee

Source: Official Beach Volleyball Rules (2025-2028)
Volleyball Association of Hong Kong, China &
Fédération Internationale de Volleyball
This infographic is developed by
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