



Indoor Volleyball - Comparison of volleyball

Outer Shell: Flexible material (Leather, Synthetic Leather) Beach

1. Does not absorb moisture



2. Slightly larger

3. Lower air pressure -> Slower ball speed

Circumference: 66 to 68 cm Weight: 260 to 280 g

Height of the Net

Men: 2.43m

Women: 2.24m

## Competition System

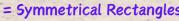
- The first team to win two sets wins the match
- The first two sets are played to 21 points with a 2-point lead
- The deciding third set is played to 15 points with a 2-point lead

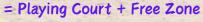
Free Playing Space = Minimum of 12.5m in height from the playing surface, free from all obstructions



- = Symmetrical Rectangles

indoor volleyball court (18m x 9m)





The playing area is smaller than an

- · 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

## Beach Volleyball Active People



## **SKills Introduction**

Reception

Block Set

**Attack Hit** Dia



- 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 Curriculum Development Institute, Education Bureau







