



GRASS VOLLEYBALL

Rules & Guidelines



ONTARIO VOLLEYBALL ASSOCIATION.
VOLLEYBALL FOR LIFE.

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AN INTRODUCTION TO GRASS VOLLEYBALL

Grass volleyball is an excellent alternative to indoor and beach volleyball. Whether you are training to play at a competitive grass tournament or just having some fun with your family or friends at the local park, there is something for everyone. Easy to set up and affordable, grass volleyball is a great option when indoor and beach options are limited. It is also a great introduction for those who want to play volleyball outdoors!

Grass volleyball can be played in teams of 2s, 3s, 4s and even 6s so you get your team together for a great outdoor twist on the sport of volleyball!

If you are interested in running a grass league or would like the OVA to host grass volleyball events in your community, please contact Kelvin Cheng, OVA Operations Lead at kcheng@ontariovolleyball.org.

Considerations for Grass Volleyball

When considering a grass volleyball match or event, the following considerations should be taken into account:

- Grass volleyball courts should be set up on flat and level ground.
- Grass volleyball should not be played in inclement weather (i.e. rain, lightning).
- The field of play should be dry to prevent slipping and should not be wet due to rain, dew or frost.
- Grass should be full but not too long or high to affect speed or movement.
- Avoid patchy or sparse grass as overuse will create compaction.
- Consider alternating field space or rotating the court periodically to allow the grass to grow back.
<https://www.stma.org/improving-field-safety-for-athletes/>
- The court should be set up perpendicular to sun to avoid glare or having to face it directly.
- Where possible, set up close to a fence or enclosure to assist in keeping volleyballs in playing space.
- Shoes with spikes are not allowed. It is recommended to wear shoes with more grip.

GETTING STARTED





SET UP & EQUIPMENT

VISIT THE OVA'S PARTNER CANUCKSTUFF ([HTTPS://CANUCKSTUFF.COM](https://canuckstuff.com)) TO PURCHASE YOUR OUTDOOR VOLLEYBALL SYSTEM. THE APPROXIMATE COSTS OF A NET SYSTEM AND OTHER EQUIPMENT ARE LISTED BELOW.

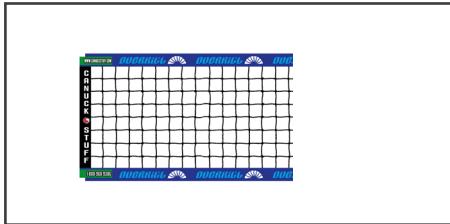
OUTDOOR VOLLEYBALLS SHOULD BE USED IN ORDER TO WITHSTAND THE WEAR AND TEAR OF OUTDOOR GAMEPLAY. WE RECOMMEND USING THE STANDARD BEACH VOLLEYBALL MIKASA VLS 300.

Mikasa VLS 300 Volleyball - \$72 + HST

TwiSTlock - a hook and wiring system that prevents stitched panels from opening up. Soft composite cover resistant against sweat, water and heat. By adding water repellent finishing inside and sponge layer to the internal construction, a lower water absorption is achieved.



Outdoor volleyball net - \$120 + HST

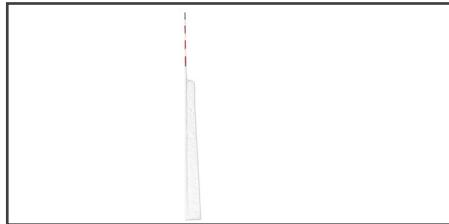


Net system and lines - \$475 + HST

A standard portable volleyball net system should be used with a net that is heavy enough to withstand the impact of a volleyball being hit into it.



Antennae and Sleeves - \$85 + HST



Metal Scoreboard - \$45 + HST

Metal scoreboards are recommended for outdoor use as they are more weather resistant.





HOW TO SET UP A PORTABLE NET SYSTEM

Equipment needed:

1. 1 x Net
2. 2 x Poles
3. 2 x Pole Bases
4. 6 x Spikes + Hammer
5. 6 Straps
6. 1 x Volleyball Lines



Figure 2: Standard Net System

Standard net system comes with a carrying bag, an outdoor volleyball net, spikes, poles and pole bases. Boundary lines, antennas and volleyballs are sold separately.

STEP 1

Complete a walkaround of the desired court space to ensure that it is safe, flat and level. Look for wet spots, holes and dips in the ground, and any hazards or garbage that could cause injury.

STEP 2

Roll out the boundary lines and spread them out on the playing field to approximate the court space. The two metal rings without pegs go in the middle of the court. This will give you a good idea of whether or not your court will fit the space or if you need to adjust it. This will also give you an idea of where the spikes should be put relative to the poles.

If setting up multiple grass volleyball courts adjacently, ensure to provide 3m of free space between the courts for gameplay and safety reasons. If space allows, we also recommend staggering the courts to minimize interference of volleyballs from other groups.

- If you have adjustable lines, make sure that they are set to the right court size for your athletes.
- Ensure that you have enough space around the outside of the court. We recommend at least 2m along the baseline and 3m along the sidelines.

Recommended Court Sizes

Format	12UG & 13UB	Regular
2s & 3s	7m x 7m	8m x 8m
4s & 6s	8m x 8m	9m x 9m

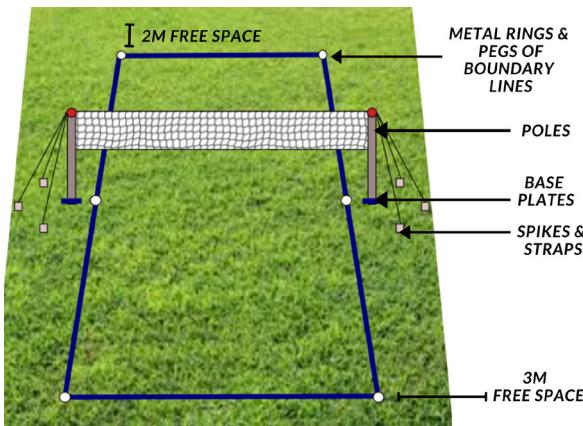
STEP 3

Adjust the poles to the desired height. It is better to start off higher and then adjust by pulling down rather than trying to raise a net that is too low.



STEP 4

Once you have determined where the middle ring of the boundary lines will be, hammer in a spike 1-2m next to it outside of the lines. Hammer in two more spikes, angled relative to the centre ring (see Figure 3). **Ensure that all spikes are hammered in deep enough so that it won't become loose once the net is tightened.** Do the same on both sides of the court.



**Figure 3: Outdoor Volleyball
Net System Set Up**

Top view

STEP 5

Hook the volleyball net onto the top of the poles.

STEP 6

Hook the ratchet straps onto the spikes on the end. Attach the straps to the pole on the other end. Stand the pole up into the base and tighten the three straps but do not tighten all the way. Adjust the ratchet straps to ensure that the pole is straight.

Please note: A common injury is when athletes who are unfamiliar with playing outdoors chase a ball, become disoriented and run into the ratchet straps. To prevent this, we recommend using brightly coloured straps that are more visible, or wrap something on the straps to outline them.

STEP 7

Repeat step 4 on the other side with the second pole and base. Once you have the poles and net up, tighten the ratchet straps to hold the system in place. The net can be raised or lowered by tightening or loosening the straps respectively to the desired height. Make sure any loose straps are tied back to avoid injury.

STEP 8

Finish setting up the boundary lines. Straighten out the boundary lines and hammer in the corner pegs to fir the court space. **Ensure that the pegs are deep enough so that they don't pose a tripping hazard.** An attack line can be marked by coloured flat cones or spray painted onto the grass, if desired. If using colour coloured cones, please monitor for athletes possibly slipping during play.

STEP 9

Cover the spikes to avoid any injury or cuts to participants. They can be covered with ball bags, net system bag, backpacks, gym bags, towels, etc.

STEP 10

Do a walkaround of the court(s) set up to ensure all hazards are addressed/fixed prior to athletes playing on the court.



For a video on how to set up an outdoor net system, please click on the following link:

<https://www.youtube.com/watch?v=8lt3B28zs4>



Figure 4: Grass Volleyball Net System

TEARING DOWN A PORTABLE NET SYSTEM

STEP 1

Before starting, and for safety reason, ensure that no one is standing around or is close to the poles.

STEP 2

Partially release the ratchet straps on one side slowly to loosen. **If the ratchet straps are released all the way or too quickly, the tension on the net could cause the pole to kick up, causing serious injury.**

STEP 3

Once the side is loose, repeat on the other side. It is recommended to have an adult hold the pole on the first side as this is happening to catch and guide it to the ground.

STEP 4

When the ratchet straps on both sides have been loosened, the poles can be placed on the ground; the net will still be hooked on at this point. Unlock the net from the poles.



STEP 5

Unlock the ratchet straps from the spikes.

STEP 6

Pull the spikes out from under the ground. **Remember to use proper form when lifting the spikes out of the ground or it could cause injury to the lower back. Ensure that all six spikes are out of the ground, collected and stowed away so that the field is safe for its next use.**

STEP 7

Pull up the boundary lines from the ground. Hold on to the metal pegs and not the lines or the strap/bungee cord when pulling the pegs out of the ground. This helps to avoid ripping the straps that attach the pegs to the lines as well as prevents the bungee cord from snapping back possibly causing injury. Ensure that all four pegs in the corners are collected and stowed away so that the field is safe for its next use.

STEP 8

Put all equipment back into the carrying bag (i.e. spikes, lines, poles and pole bases).

STEP 9

Complete a walkaround of the court to ensure that nothing is left over.

RULES

General Grass Volleyball Rules

Rules are a combination of FIVB, AVP, Volleyball Canada and Ontario Volleyball rules. Rules not listed default to the AVP Grass Rulebook:

<https://avp.com/wp-content/uploads/AVP-Grass-Rulebook-3-4-21.pdf>

OVA Outdoor Volleyball Rules

The below rules apply to all formats
(2s, 3s, 4s, 6s).

SERVE RECEIVE

- 16U and lower - after losing serve, the last server must serve receive on the right of their partner.
- Applies ONLY for 2s format.

FIRST CONTACT

- Receiving serve or a first contact with an overhead motion using the fingers (volley/setting) is not permitted, regardless of the quality of the contact unless the referee judges the attack to be a „hard driven ball“ in which case the hard driven ball rule applies.

HAND SETTING RULE

- 16U and lower - a player may have a double contact on the team's second contact when completing a set to their teammate using an overhand pass provided the ball has a trajectory perpendicular to the line of the player's hands, shoulders and hips (i.e. the player is „square“) and the double contact only involves the hands.



RULES (CONTINUED)

Net Heights

12UB	2.2m	11UG	2.1m
13UB		12UG	
14UB		13UG	
15UB	2.35m	14UG	2.15m
16UB		15UG	
17UB		16UG	
18UB	2.43m	17UG	2.24m
		18UG	

Recommended Court Sizes

Format	12UG & 13UB	Regular
2s & 3s	7m x 7m	8m x 8m
4s & 6s	8m x 8m	9m x 9m



Match Duration

Each match is best 2 out of 3:

- 2s and 3s: (21/21/16)
- 4s and 6s: (25/25/15)

Set Duration

Each set must be won by 2 points; there is no point cap.

Teams switch sides of the court at the following intervals:

- 15 points: teams switch sides of the court when the combined score is a multiple of 5.
- 21 points: teams switch sides of the court when the combined score is a multiple of 7.
- 25 points: teams switch sides of the court when the combined score is a multiple of 7.

PLAYING FORMAT & COMMON GRASS VOLLEYBALL RULES

Grass volleyball can be played in the 2s, 3s, 4s and 6s format, single gender, or co-ed. Rules and regulations should be modified to fit the needs of the participants.

2s & 3s Competition Rules

- Block contact counts as a team's first touch.
- No open-hand tips.
- Players are allowed to use foot saves and it counts as a hit.
- A player may not allow the ball past the plane of the net. Once the ball crosses the plane of the net, a player cannot attempt to return the ball to their side of the court.
- 8m x 8m court.
- Let serves are allowed.

4s & 6s Competition Rules

- Block contact does not count as a team's first touch.
- Service order should be determined before the set and maintained throughout the set.
- 4s - No positions, players can position themselves anywhere on the court.
- 6s - Players rotate in regular indoor volleyball format.
- A handset that travels over the net is not legal.
- No open-hand tips.
- Receiving serve or a first contact with an overhead motion using the fingers (volleying/setting) is not permitted.
- A serve may not be attacked or blocked when it is above the height of the net.
- A player may not follow the ball past the plane of the net. Once the ball crosses the plane of the net, a player cannot attempt to return the ball to their side of the court.
- Players are allowed to use foot saves and it counts as a hit.
- 9m x 9m court.
- No let serves.



RULES (CONTINUED)

Co-Ed Grass Volleyball Rules

There are no standard co-ed rules for grass volleyball; however, the OVA recommends the following to be applied to your program as necessary.

CO-ED FORMATS:

- Co-ed 2s - Minimum 1 female on the court.
- Co-ed 3s & 4s - Minimum 1 female on the court
- Co-ed 6s - Minimum 2 females on the court.

COED RULES:

- Male players can only hit from the back row.
- Male players can only block other male players.
- Male players attack must fully pass over the opponents' attack line if they are hitting from the front court.
- Male players are not allowed to hit the ball downwards and it has to have an upward arc.
- A serve may not be blocked or attacked when it is above the height of the net.
- A player may not follow the ball past the plane of the net. Once the ball crosses the plane of the net, a player cannot attempt to return the ball to their side of the court.
- Courtesy Rule - In co-eds, men must serve to the other man's half of the court (women may serve either side). One missed courtesy serve is allowed per game with no fault. Any subsequent missed courtesy serve will be considered a fault and loss of serve.

Reverse Co-Ed Rules

- Net height - 2.24m.
- Male players cannot block
- Male players can only attack from the back row.

