

Beach Volley

Lecture 2

Regulations of the sport
Differences with Indoor Volleyball
Competitive forms of Beach Volley

Rules of the Sport

- Book of regulations
(<https://odbe.gr/regulations/official-regulations-beach-volleyball/>)
- Basic Rules
 - Dimensions of the court 8X16m.
 - Net height Male 2,43m.
 - Net height Female 2,24μ.
 - Win is secured by 2 winning sets – the first 2 sets to 21 points (with a change of court every 7 points) and the third set to 15 points (with a change of court every 5 points).
 - The circumference of the ball 0,65-0,67m., its weight is 260-280g. and the pressure is 171-221mbar (0,175-0,225 Kg/cm²)

Rules of the Sport

- **Basic Rules**

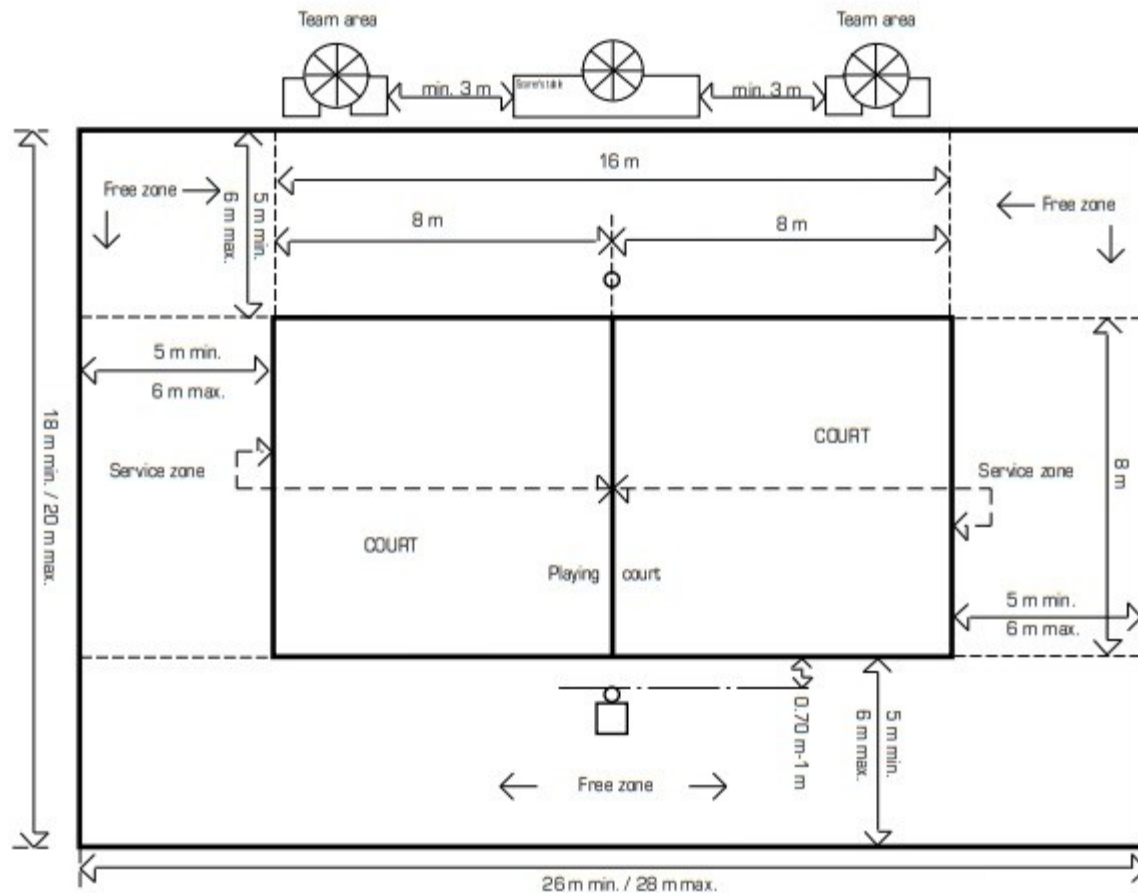
- A lateral pass to a teammate is allowed, while a lateral pass over the net and towards the opponent is prohibited
- The ball may be passed to the opposing team using an overhead pass, but only when the shoulders of the player making the pass are vertical to the ball's trajectory
- Tip attack is prohibited
- The contact of the ball on the block counts as first contact, and the player who made the block may hit the ball again
- Each team can call 1 time-out of 30 seconds per set. Time-outs for 2 teams may be called consecutively
- The break between sets lasts 1 minute

Rules of the Sport

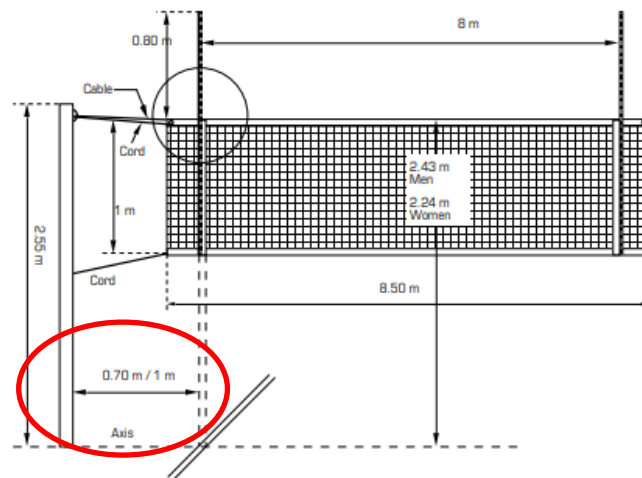
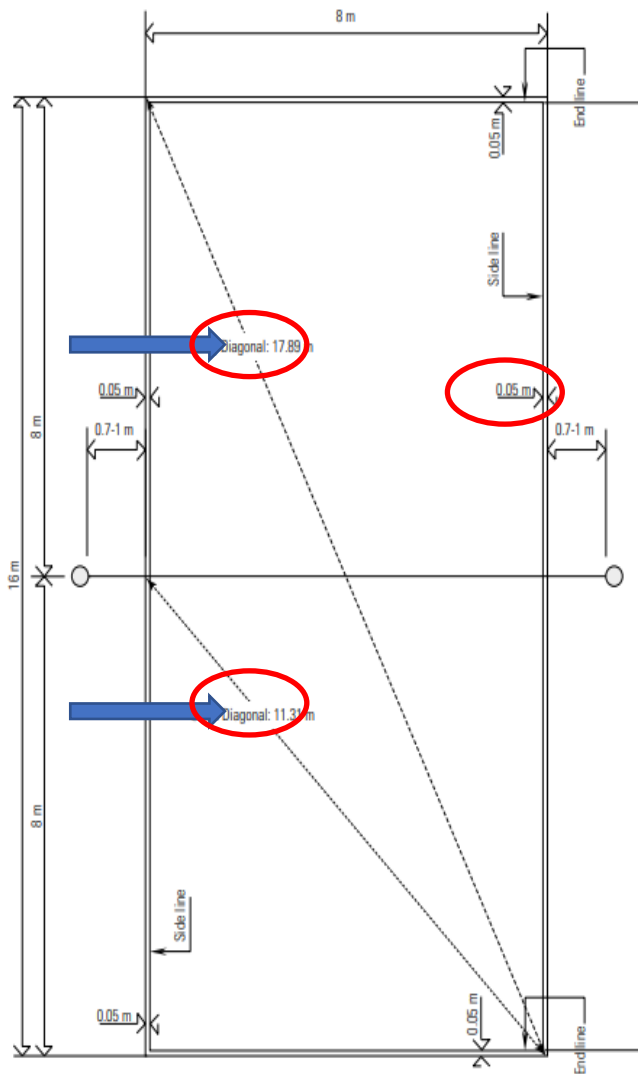
- Basic Rules

- Teams consist of 2 players who cannot be substituted either during the game or during the tournament
- Each player can change position at any time before or after the service. With each change (right to serve) earned, there is a mandatory substitution of the serving player
- The contact with the ball during the serve must be correct, i.e. the ball cannot be held, carried or thrown
- During the serve, the player not serving is not allowed to move. In addition, he/she is not allowed to obstruct the field of vision of the receiving team in any way.

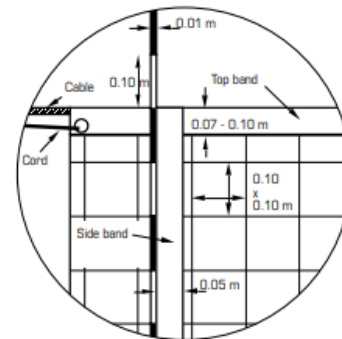
Dimensions of the court



Διαστάσεις γηπέδου και φιλέ



For FIVB, World and Official Competitions, the net may be adjusted according 2.1 above.



Differences with Indoor Volleyball¹

	Indoor Volleyball	Beach Volleyball
Players	6	2
Court's dimensions	18X9μ.	16X8μ.
Win	3 sets (best of five)	2 sets (best of three)
m ² /player	13,5m ²	32m ²
Points/set (tie-break)	25 (15)	21 (15)
Surface (FIVB)	Taraflex	Sand

Differences with Indoor Volleyball¹

	Indoor Volleyball	Beach Volleyball
Min temperature	16 °C	There is no penalty. The weather must not threaten the physical integrity of the athletes
Max temperature	26 °C	
Coach	Yes	No
Serve (time for execution)	8''	5''
Reception of serve	Overhead pass Forearm pass	Mainly Forearm pass
Attack	Tips are allowed	No tips

Differences with Indoor Volleyball¹

	Indoor Volleyball	Beach Volleyball
Ball/ material	Leather or synthetic leather	Leather or synthetic leather that does not absorb moisture
Ball/dimensions	65-67 cm.	66-68 cm
Ball/weight	260-280 gr.	260-280 gr.
Ball/pressure	0,3-0,325 kg/cm ²	0,175-0,225 kg/cm ²

Differences with Indoor Volleyball¹

	Indoor Volleyball	Beach Volleyball
Match duration (average)	100'	51'
Rally duration	5,54''	5,82''
Rally duration (Wo pseudo rallies)	7,11''	6,62''
Ball in the air (in play)	15,62%	19,50%
% pseudo rallies	25,63%	14,65%
Ball touches/ Rally	6,76	5,81
Active/non active	1:5,52- 1:5,81	1:4

¹Đurkovic, T.; Babok, D.; Rešetar, T. Differences in Game Dynamics between High-Level Volleyball and Beach Volleyball Matches. *J. Funct. Morphol. Kinesiol.* 2024, 9, 28. <https://doi.org/10.3390/jfmk9010028>

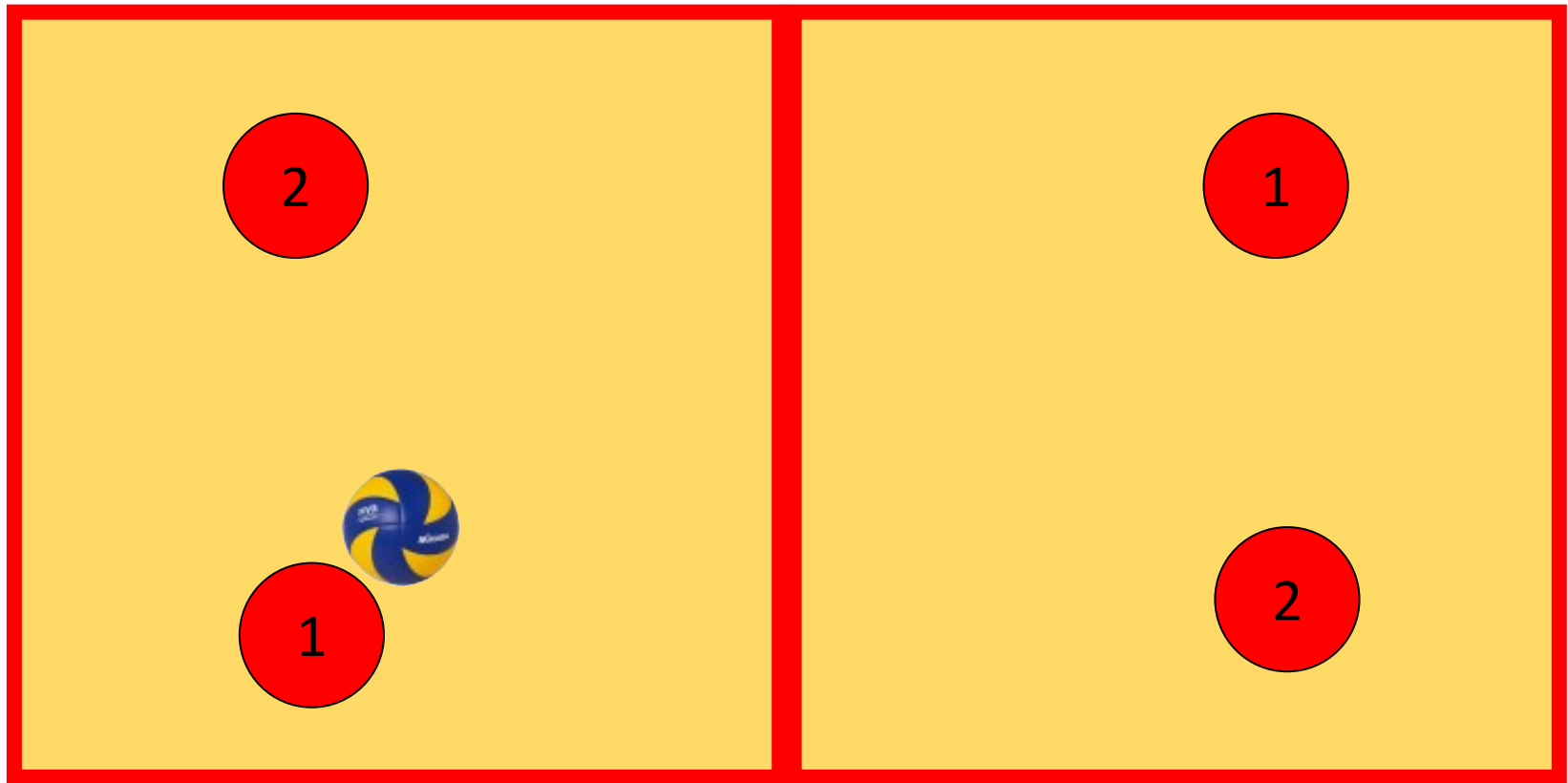
Competitive forms (hybrid)

- Court 8X8m
 - 2vs2
 - 3vs3
 - Gender mixed
- Court 9X9
 - 6vs6 (outdoors grass volley)
 - 4vs4 (Good preparation for indoor players before playing on the sand)
 - 3vs3
 - Gender mixed

Structure of the game(basic model)

Attack phase

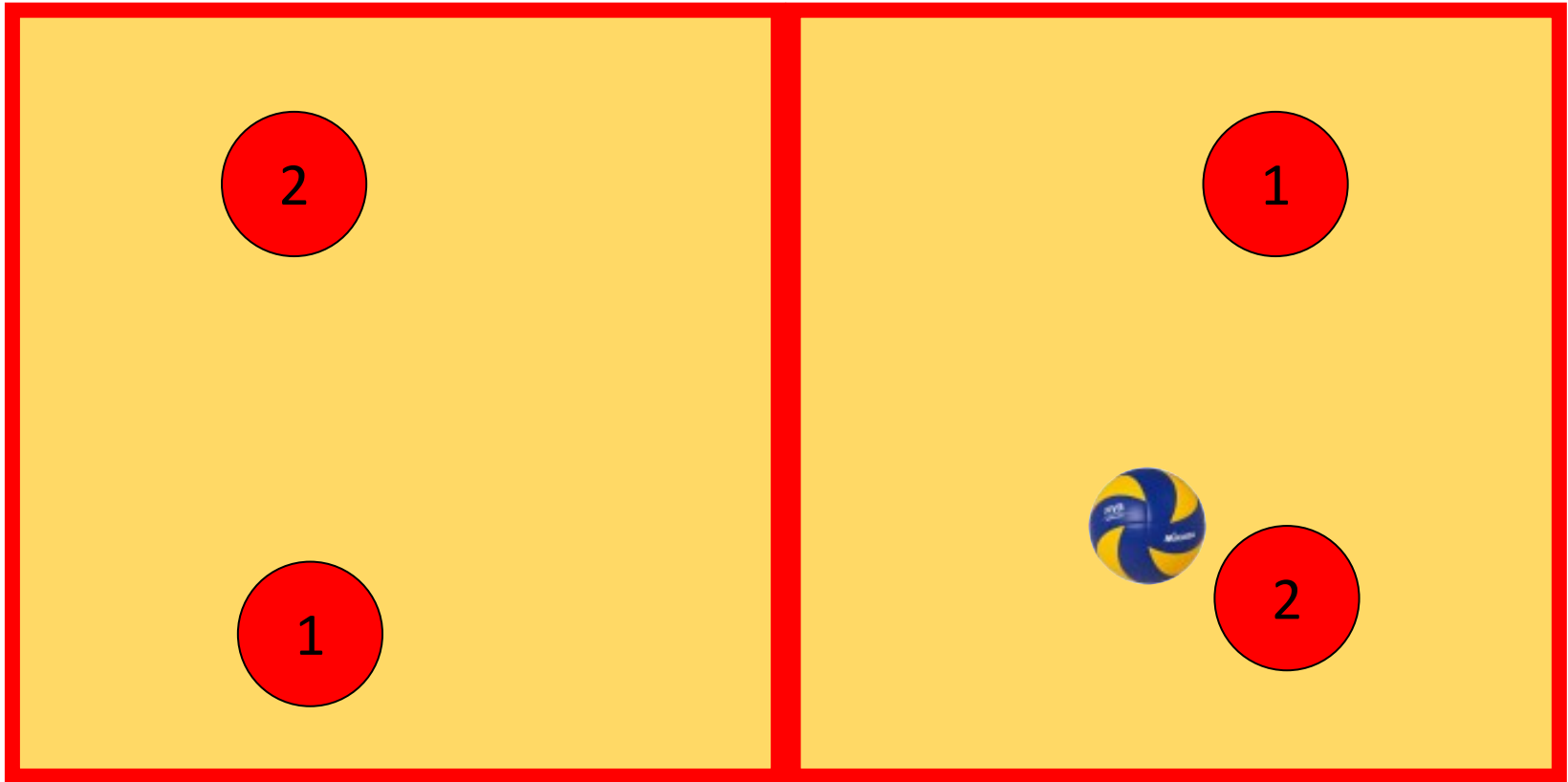
Defense phase



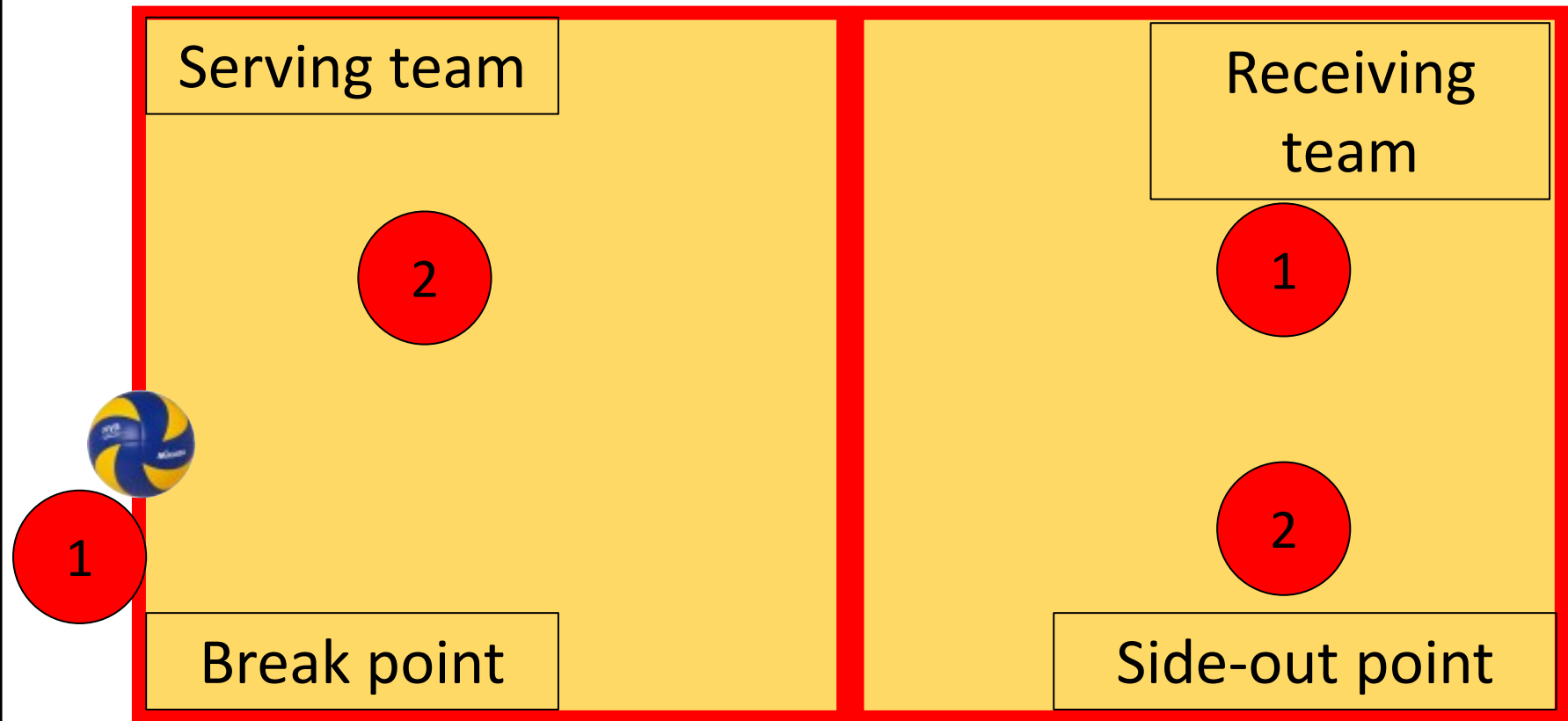
Structure of the game(basic model)

Defense phase

Attack phase



Types of point(Start of the rally)



Beach Volley

Lecture 2

Regulations of the sport
Differences with Indoor Volleyball
Competitive forms of Beach Volley