

What's different about Beach Volleyball?

THE COURT

1. Each side of the net's size is about 25' x 25'. Officially it is 8mx8m or 26-1/4'x26-1/4'
2. Net height is 6' - 6 ¾ " (age 9-12, U12), 6' - 11 ½ " (age 12-14, U14), 7' - 4 1/8 " (age 14-18, U16 & U18)
3. The ball is about 8.5"-9" in diameter and pressure is 3.0 psi (official psi is 2.8 - 3.2 psi)

PLAYING THE GAME (VOLLEY)

1. Player may not hit the ball twice in succession (a block is not considered a hit)
2. Ball may be played off the net during a volley and on serve
3. A ball touching a boundary line is good (referee's hands will point downward)
4. A legal hit is contact with the ball by a player's body that does not allow the ball to visibly come to a rest
5. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play (except for a "joust")
6. Switching positions is allowed anywhere (after the serve only)

SCORING

1. Rally scoring is used (points increment on every volley or serve of the ball)
2. Game are played to 15 or 21 points, starting at zero
3. Must win by 2 points, unless it is a timed match
4. Teams sometimes switch sides every 5 or 7 points scored (regardless of who scored them) because there is normally wind and sun advantages

THE SERVE

1. Server must serve from behind the end line (baseline) until after contact
2. Ball may be served underhand (with a visible toss), sidearm, overhand or backward
3. Served ball may graze the net and drop to the other side for point
4. One failed toss per rotation, one serve attempt (no 2nd tries). U12 age group may allow two serve attempts and no more than 5 consecutive serves. After 5 successful serves, no rally point is awarded to opposing team.

BASIC VIOLATIONS

1. Stepping on or over the line on a serve
2. Failure to serve the ball over the net successfully
3. Hitting the ball illegally (Carrying, Palming, Throwing, etc.)
4. There can be no open hand tips over the net (backhand is okay)
5. Touches of the net with any part of the body if it interferes with play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play
6. Going under the net is okay (unless it interferes with the ball or opposing player)
7. Failure to serve in the correct order
8. There must be very little spin by an overhand set (typically 1 ball rotation is acceptable)
9. Overhand setting must be done perpendicular to the direction of ball travel

The Beach Volleyball Lingo...



#	Lingo	Translation	When to use it?
1	Ace	When the ball is served, and no one from the other team touches it.	Offense
2	Angle, Cross	Hitting or anticipating a hit at or from an extreme angle.	Offense
3	Anticipate	Betting on what the opponent will do next based on probability from recent and consistent actions by that opponent.	Defense
4	Beach Dig	Two arms bent above head contacting the ball at forearm position.	Defense
5	Block Fake	Motion toward the net with one or several steps (that look consistent with previous motions), but a jump to block is not taken.	Both
6	Carry	A ball held for a considerable amount of time in the setter or attacker's hands.	Offense
7	Cobra	A type of "tip" (see below) where you make a "peace" sign and curl the knuckles stiff.	Offense
8	Cue	A short phrase said to a team mate to indicate a tactic to make at that moment. For example "Ready position" "Go deep" "Cross" "Switch" "Tip".	Both
9	Cut Shot	A ball attacked that is hit at an angle very tight to the net .	Offense
10	Dig	When a player makes a save from a very difficult spike or saves the play of the ball by diving.	Defense
11	Dump	A surprise attack usually executed by a front row player to catch the defense off guard; aimed usually at an open area on the court. Body is square to direction.	Offense
12	Free Ball	A ball that is freely passed over the net ("Lobbed") without purpose or attack.	Defense
13	Joust	When the ball is falling directly on top of the net and two opposing players jump and push against the ball, trying to push it onto the other's side.	Both
14	Kill	When a team spikes the ball and it either ends in a point or a sideout.	Offense
15	Line	A straight attack. The opposite of "Line" is Cross or Angle (see above).	Both
16	Pancake	When a player digs the ball by extending their hand flat on the ground, palm facing down, letting the ball bounce off the back of the hand and saving the play.	Defense
17	React	Opposite of "Anticipate" above where you "guess" what the opponent will do or go next. Also, position yourself to allow for several possible outcomes.	Defense
18	Reset	When "Reset" is called, you and your team mate go back to your starting position when you started before the serve. Use this when both players have scattered.	Both
19	Seam	The space between two players by which they must communicate (before the serve) who will occupy that space during play.	Defense
20	Sideout	When the team that served the ball makes a mistake, causing the ball to go to the other team. Call "Sideout" when you want this outcome.	Both
21	Stuff	When a player jumps above the height of the net, blocks the ball, and the ball goes back at the person who attacked (spiked) the ball.	Offense
22	Switch	When "switch" is called, you and your team mate switch sides of the court (right or left) due to chasing an errant ball or based on strategy.	Defense
23	Tip	Any type of hit performed close to the net (with nearly all wrist motion) where the ball is NOT touched with an open hand. Use of backhand, side hand, fist or stiff knuckle(s). Some names are "Pokey" & "Knuckler".	Offense
24	Tomahawk	An overhand hit where both hands lie upside down touching together and over your head. Motion starts with both hands touching your head and then "pop" upward as you release the ball sending it straight upward.	Defense
25	Trap	A ball goes into or too close to the net and your team mate has an extremely difficult play to make either over the net or popping it up or back for an attack.	Defense

Beach Volleyball Hand Signals...

OVERVIEW

1. Hand signals are used in beach volleyball between team mates before a serve
2. Teammates decide before playing a match what signals to use
3. Signals are typically divided into two categories; Serving and Court Positioning
4. The key is to keep signals simple, intuitive and quick to read by your teammate
5. There are no industry standards or official signals used; however, there are common ones used
6. Here is a list of the most common hand signals used.
 1. Serve Short (based on wind or strategy)
 2. Serve Long (based on wind or strategy)
 3. Serve Right side of court (based on strategy)
 4. Serve Left side of court (based on strategy)
 5. Serve Center of court (based on breaking opponents communication)
 6. I'll guard net (front of court), and therefore, you guard the middle and back court
 7. You guard net (front of court), and therefore, I guard the middle and back court
 8. I'll block line (you need to defend the angle cut shot)
 9. I'll block angle (you need to defend the line or straight shot)

