

Aim of the game

There are six players in a standard volleyball team.

Teams try to score points by hitting a ball over a net so that it bounces in the other team's half of the court or the other team cannot return it.

Players who cross the centre line lose a point.

The first team to score 25 points wins a set, except in the last set where the first to 15 points wins. Teams can only win a set by two clear points.

A volleyball match is made up of five sets.

After each point won, players move around the court in a clockwise direction. This means that all players have a chance to serve and play in every position.

Volleyball

Volleyball is an amazingly popular sport that is played in nearly every country on the planet. It can be played outdoors, indoors, and even on the beach!

On the court

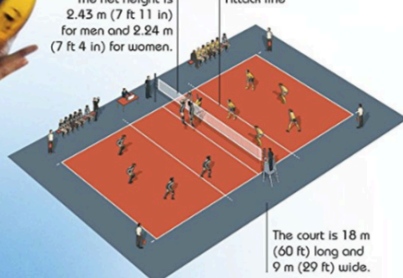
While matches can be played on many surfaces, professional courts are made of wood or artificial materials. Lines on the court show where players should stand at the start of each point. The attack line is behind the centre line and a team's attackers stand in front of it. The area behind the attack line is called the back zone and this is where the defenders stand.

The ball weighs between 260–280 g (9–10 oz) and is 22 cm (8.5 in) in diameter.



The net height is 2.43 m (7 ft 11 in) for men and 2.24 m (7 ft 4 in) for women.

Attack line



The court is 18 m (60 ft) long and 9 m (29 ft) wide.

On the beach

An Olympic sport since 1996, beach volleyball is played on a smaller court of sand. There are just two players in each team and a softer, smaller ball is used.



The two players in a beach volleyball team have to work very hard to cover their half of the court.

Netball

Netball is a fast-paced sport that was developed from basketball. It sees players run, leap, pass, and catch a ball to outsmart the opposition and score points.

Scoring points

A game of netball starts in the centre circle, with one player passing the ball to a team-mate. Players must move the ball down the court to get it to the goal circle, while defenders try to stop them. Attacking players then try to shoot the ball through the hoop to score a point.



The court is divided into thirds, with shooting circles at each end and a centre circle in the middle.



A 3.05-m (10-ft) high goalpost is in the middle of the shooting circle.

A netball court is 30.5 m (100 ft) long and 15.25 m (50 ft) wide.

Moving about

Netballers wear initials to show their playing positions. The positions are Goal Shooter (GS), Goal Attack (GA), Wing Attack (WA), Centre (C), Wing Defence (WD), Goal Defence (GD), and Goal Keeper (GK). Their positions determine where players are allowed to go on the court. The Centre can move in any area, except the two shooting circles. The Goal Shooter can move in the attacking third and the shooting circle.

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There are seven players on a netball team.

A netball match is divided into four periods, called quarters. Each quarter lasts 15 minutes.

One point is scored every time the ball goes down through a netted hoop on a goalpost.

When they catch a ball, the first foot a player puts down is called the landing foot. A player cannot take another step with this foot until the ball has been passed.

A player has three seconds to pass the ball after catching it.

Penalties are awarded if players obstruct their opponents, make contact, and for other discipline issues. During a penalty, the offending player must leave the court until the ball has left the penalty-taker's hands.