

Junior Competition Framework							
Game Size	Game Format	Court Dimensions	Net Height*		Ball Type	Adapted rules	
2 v 2	Volley2s	9m x 3.05m to 4.5m	1.80m - 2.15m range*		Reduced weight	Yes	
3 v 3	Volley3s	Badminton court inner lines 11.88m x 5.18m	2.10m - 2.17m range		Reduced weight 230- 250g	Yes	
4 v 4	Volley4s	Badminton court outer lines 13.44m x 6.10m	2.17m - 2.24m range		Reduced weight 260g - 280g	Yes	
6 v 6	Short Court 6***	16m x 9m		Girls	Boys/Open	Yes	
6 v 6	Volleyball	18m x 9m	U15	2.17 metres	2.24 metres	Regular weight	No
			U16	2.24 metres	2.35 metres		
			U17	2.24 metres	2.43 metres		
			U18	2.24 metres	2.43 metres		

* There are many different types of net system, and it is not always possible to set the net at a precise height.

** Between 1.80m and 2.15m depending on age/height of the players i.e., just above stretch height.

*** Short Court 6 is played when a standard 4 court sports hall is configured with the net(s) along the long axis of the hall. This creates 2 or 3 volleyball courts.

Recommended Volleyballs

Volley2s Mikasa VS170W

Volley3s Mikasa v350w-l lightweight volleyball (Similar to MGV230)

Volley4s Mikasa v350w volleyball (Similar to Mikasa MGV260)

Go Spike vsv800-wr Volleyball England ball

LPV vsv800-wb Volleyball England ball