



**Ball**  
Diameter: **21cm**  
Weight: **280g**

**Play:** Points won for landing ball in opposing court. Each team has three touches before returning ball to opposition

**Blocking:** Players attempt to deflect opposition spike

**Libero**  
Defensive specialist

**Service**  
Ball driven  
into opposing court  
from behind baseline

**Set 2**  
Overhead pass

**Spike**  
Attacking  
shot

**FREE  
ZONE**

9m

## Dig

Net height  
**2.24m** (women)  
**2.43m** (men)

## ATTACK ZONE

9m

DEFENCE  
ZONE

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