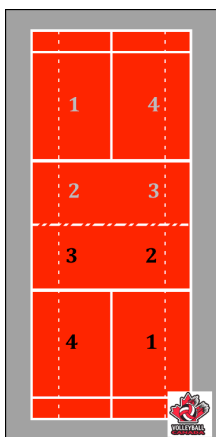


Atomic Volleyball is the official competition format for Canadian regions offering 9-12U age competitions (gr. 4-7). Officials are not used for competition. Teachers, coaches and volunteers support the implementation of the rules and enjoyment of the game.



Equipment:

1. Tachikara Volley-Lite™ volleyballs are recommended. Tachikara Mini-Volley yellow volleyballs can also be used.
2. Court: badminton court (outside lines: 6.10m x 13.40m) or modify as necessary
3. Net height of 2m. Badminton or volleyball standards. Badminton or volleyball nets.
4. Pole extenders are used to assist in raising the net when using badminton pole standards. Visit www.volleyball.ca to order.

Stage 1 (grades 4-5):

1. 4 on 4. Standard volleyball serving, rotation and scoring (rally point) procedures. Extra players are obliged to rotate into the game at the service position. Underhand serves only.
2. Three (3) compulsory passes before directing the ball over the net, or a replay occurs. The second contact must be a smooth, non-stop, catch-throw movement. This movement can be done in three (3) ways.
 - a) With extended arms tossing in a forward direction
 - b) With extended arms tossing in a backward direction
 - c) Catch the ball with extended arms above the head (setting position), bending knees and pushing upwards.

Tip: encourage players to play the ball "to the net" (to the setter in position 2), "along the net", and "over the net".

3. The team winning the rally earns one (1) point and initiates the next play by underhand serving. Maximum of three (3) serves before rotating to the next server.
4. Timed games of twelve (12) minutes, Jamboree style competition (all teams play one another, with an emphasis on placing similar levels of teams together). No points are recorded and no playoffs are used.
5. Tripleball sequencing is to be used for all competition when possible. *See tripleball rules.

Stage 2 (grades 6-7)

*All Atomic Stage 1 rules apply with the exception of the following modifications:

1. No amount of compulsory passes before directing the ball over the net required, but is encouraged.
2. All contacts are volleyball skills.