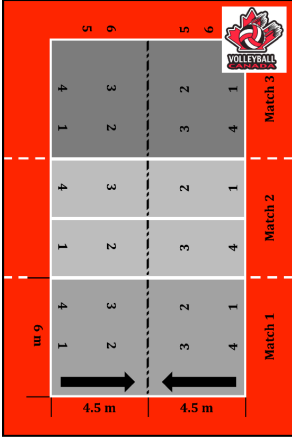


Circulation Volleyball is the official competition format for Canadian regions offering 6-8U age competitions (gr. 1-3).

Officials are not used for competition. Teachers, coaches and volunteers support the implementation of the rules and enjoyment of the game.

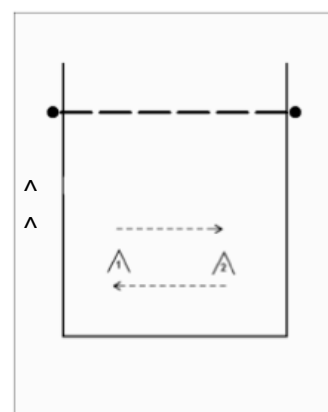
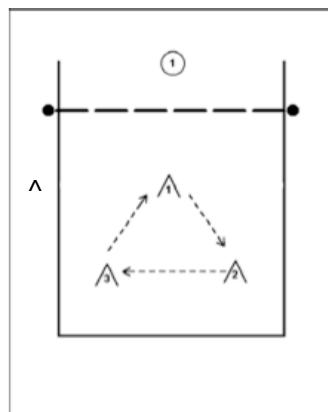
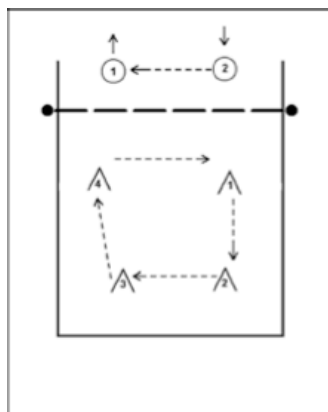


Equipment:

1. Tachikara Mini-Volley yellow volleyballs are recommended. Visit www.volleyball.ca to order.
2. Court: badminton court (inside lines: 6m x 9m) or modify as necessary.
3. Net height of 2m. Badminton or volleyball standards. Badminton or volleyball nets.

Stage 1 (grade 1):

1. 4 on 4. Any extra players form a line off the court. Players catch and throw the ball over the net and try to get their opponents to misplay the ball or ground the ball on their opponent's side of the net.
2. To start and resume the game:
Any player on either team tosses the ball over the net from any area on the court. The ball may hit the net while crossing to the opponents' side.
3. When a teammate throws the ball over the net, the whole team rotates one position clockwise, with the exception of after the serves). Below are the three examples of the movement required after the ball is tossed over the net.
Tip: coaches can call out "rotate" to remind players.
Tip: encourage players to throw the ball immediately after it is caught to create a fast paced game.
Tip: encourage players to throw to those places where there is no opponent.



4. If the ball is mishandled (i.e. dropped, thrown out of out of bounds or into the net), the player leaves the court and forms/joins a line beside the court. When the ball contacts the floor, the player who is closest to the ball leaves the court.
Tip: encourage players to decide who was closest to the ball by a) rock/paper/scissors, or b) volunteering.
5. When a player from “Team A” catches a ball that comes from “Team B”, the first player waiting in the line off the court from “Team A” returns to the game (and fills in where needed).
Note: This creates a cooperative atmosphere and player interdependence.
6. The ball must be thrown over the net each time (one contact). No walking with the ball. Players may not throw the ball to a teammate unless they are too far from the net, then it is encouraged.
7. When “Team A” loses all their players (no players left on the court), “Team B” wins a point. Next, all players return to the court and a new set begins. Timed games of 10-minutes, Jamboree style competition (all teams play one another with an emphasis on placing similar skill groups together). No points are recorded and no playoffs are used.

***Always encourage players to play the ball the special way**

- Toss the ball with the arms outstretched (similar to arm position for a forearm pass).
- Push the ball from over the head (from a similar position and using a similar movement to the overhead pass).
- Throw the ball with one hand above the head (the basic movement for the spike)



Stage 2 (grade 2):

*All rules listed in **Stage 1** apply, with the exception of the following modifications:

1. To start and resume the game:
Any player on either team underhand serves the ball over the net from any area on the court. Players may reposition themselves to serve successfully.
2. The ball must be thrown over the net each time (one contact). Players may not throw the ball to a teammate.
3. a) When “Team A” catches a ball that comes from “Team B”, three times in a row, the first player waiting in line may return to the court.

b) When a player succeeds in forearm passing the ball from an opponent and the same player can catch his own pass, all players may return to the floor.



Stage 3 (grade 3):

*All rules listed in **Stage 1** apply, with the exception of the following modifications:

1. To start and resume the game:
Any player on either team underhand serves the ball over the net from any area on the court. Players may NOT reposition themselves to serve. Serving errors result in the player leaving the court.
2. When a child forearm passes the ball and a teammate catches the ball, the first player in line may return to the court. Or if there is one player, this player may forearm pass the ball and catch it himself.
3. Every ball, with exception of the forearm pass to a teammate, must go directly over the net.

Inspired by Wilco Niland and Adrie Noij – Dutch Volleyball Federation