

## Atomic Volleyball – Sitting Volleyball Adaptation

### Stage 1 (9-10 years old)

- 4 vs. 4 (reduced court size, net height 1m)

### Rules of the Game

1. Underhand serve or toss from player in the right back position (position 1).
2. Three (3) compulsory passes before directing the ball over the net. The second contact must be a smooth 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) and pushing upwards.

Encourage players to play the second ball parallel to the net (along the net). Second contact may NOT be thrown over the net. All other contacts are sitting volleyball skills.

3. No rotating after the ball is thrown over the net. Normal sitting volleyball rotation procedure.
4. Team winning the rally earns one point and initiates the next play by underhand serving from the right back position. Maximum of three (3) serves before rotating to the next server.
5. Rally point scoring: every mistake is a point to the opponent. Timed games of ten (10) minutes, Jamboree style (all teams play all teams, with an emphasis on placing similar levels of teams together).
6. Triple Ball rules for all competition when possible.
  - See <http://www.youtube.com/watch?v=8RZAHDIgRUE>



**VOLLEYBALL CANADA**

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Inspired by Volleyball Canada and Wilco Niland and Adrie Noij – Dutch Volleyball Federation