

Atomic Volleyball – Sitting Volleyball Adaptation

Stage 2 (11-12 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. No amount of compulsory passes before directing the ball over the net required, but three (3) passes are encouraged.
3. No rotating after the ball is thrown over the net. Normal sitting volleyball rotation procedure.
4. Rally point scoring: 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. Timed games (10-15 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

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