

MODIFIED VOLLEYBALL

JUNIOR RULES

MODIFIED PLAYING RULES

The rules are simple, in the hope that the emphasis will be placed upon the major volleyball skill.....**VOLLEYING**.

The number of children per team has been reduced to encourage more individual contact with the ball and more active games. Because the teams are smaller in number (6 Members), a school is to send two leading teams from the Boys' and Girls' Junior House –League Teams to the System Tournament. This will allow approximately the same number as in previous years.

Teachers organizing house leagues are urged to allow senior pupils from grades seven and eight to assist with the organization of teams, the drawing up of schedules, coaching and refereeing. The delegation of these duties provides valuable experience in leadership for the students and simplifies the supervisory task of the teacher.

THE COURT, EQUIPMENT, AND THE PLAYERS

1. Use a 20cm foam ball for Junior Grades 4, 5, 6.
2. Use the "Cross-courts" in your gym. Divide each cross-court in half, using floor tape for the floor marking, and a skipping rope for the net. This will allow eight (8) teams to play at once.
3. The height of the net should be 1.95m (6'6") for this age group.
4. Six (6) players per team. More members may belong to each team as long as each member plays equal time. There is a maximum of eight (8) players allowed on each team.

ROTATION AND COURT SET-UP (JUNIOR GRADES)

To facilitate VOLLEYING, a 20 cm foam ball will be used for this age group.

OUT OF BOUNDS

1. When the ball touches any object or surface (except the net).
2. When the ball touches the floor outside the court.
3. When a player crosses the centre line.

SERVING

The server **THROWS** the ball instead of serving it. A two-handed UNDERHAND THROW must be used. Two assists are allowed on the serve.

VOLLEYING

There is no LIMIT to the number of volleys between members before volleying it over the net. When the opponents allow the ball to touch the floor, a point is scored.

CATCHING OR HOLDING

Encourage the players to hit the ball cleanly. Prolonged scooping, lifting, shoving, pushing or following the ball should be called – **BUT DO NOT CALL IT SO CLOSELY THAT ACTIVITY IS MINIMAL. DISCRETION NEEDS TO BE APPLIED HERE.** At this stage it is better that players learn to hit the ball to team members, as well as opponents, thereby learning game strategy – the skill refinement will develop later. One-handed fists will be disallowed and should be replaced by clean bumps and volleys.

The ball may be played off any part of the body except the feet. Kicking is **NOT** allowed.

RULES

1. A ball, including the **THROW-IN SERVICE** which touches the net and goes over into the opponent's court, is still in play.
2. Any ball may be recovered from the net, provided that the player does **NOT** touch the net.
3. The ball may be touched either successively or simultaneously by any number of players of the same team before volleying it over the net, **BUT ONE PLAYER may NOT hit the ball TWICE in succession.**
4. If the serving team fails to get the ball into the opponent's court the ball is awarded to the other team to serve.
5. If a player from the serving team commits any of the following acts, his side loses the serve:
 - a. Causes the ball to go out of bounds or under the net.
 - b. Catches the ball.
 - c. Touches the net.
 - d. Serves out of turn.
6. Two (2) seven (7) minute straight time halves will be played. The total score at the end of the two halves will determine the winner.
7. In case of a tie, a three-minute overtime will be scheduled.

INTERMEDIATE RULES

The rules are simple in the hope that emphasis will be placed upon the major volleyball skill -----
VOLLEYING.

The Court, Equipment, and the Players:

1. Use a regular volleyball for grades 7 and 8 (20 cm foam ball for grades 4,5, 6 only).
2. Use the "cross court" in your gym. This will allow four (4) teams to play at once.
3. The height of the net should be 2.10 m (7') for the intermediate division.
4. Nine (9) players on the court at a time. More members may belong to each team as long as each plays equal time. **THERE IS A MAXIMUM OF TWELVE (12) MEMBERS ON EACH TEAM.**

OUT OF BOUNDS:

1. When the ball touches any object or surface (except the net).
2. When the ball touches the floor outside of the court.
3. When a player crosses the centre line.

SERVING:

1. The server must use an UNDERHAND serve.
2. One assist will be allowed on each serve.
3. The server must stay BEHIND the serving line.

VOLLEYING:

1. There is no LIMIT to the number of volleys between team members (except on the serve).
2. When the opponents allow the ball to touch the floor, a point is scored.
3. Pushing, scooping, lifting, shoving or following the ball will be called.
4. Kicking will not be allowed. The ball may be played off any part of the body except the feet.
5. Digging, spiking and bumping will be allowed; all forms of playing the ball with a fist will be disallowed.

GENERAL RULES:

1. A ball, including the serve, which touches the net and goes over into the opponent's court, is still in play.
2. Any ball may be recovered from the net, provided that the player does not touch the net or go over the centre line.
3. The ball may be touched either successively or simultaneously by any number of players of the same team before volleying it over the net, BUT one player may not volley the ball **TWICE IN SUCCESSION**.
4. If the serving team fails to get the ball into the opponent's court, the ball is awarded to the other team to serve.
5. If a player from the serving team commits any of the following acts, his side loses the serve:
 - a. Causes the ball to go out of bounds or under the net.
 - b. Catches the ball.
 - c. Touches the net.
 - d. Serves out of turn.
6. The game will consist of two (2) seven (7) minute straight time halves. The total score at the end of the two halves will determine the winner.
7. In the case of a tie a three-minute overtime will be played.