

INCLUSIVE SITTING VOLLEYBALL



Quick introduction

Inclusive sitting volleyball is a dynamic and exciting game that enables SEN/disabled (SEND) and non-SEND players to play and compete against each other.

Who the competition is aimed at?

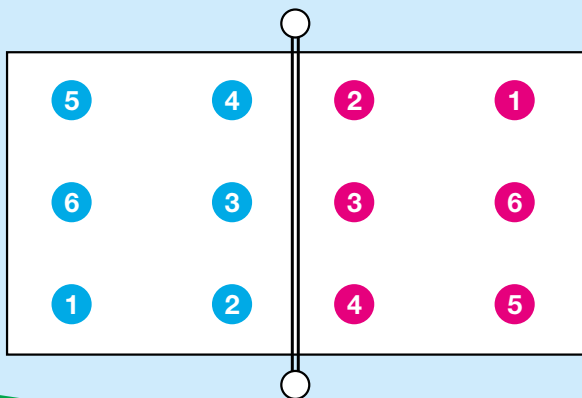
- Teams are made up of three, four or six players.
- Each team should include a minimum of two SEND players throughout the game.
- SEND players are defined as SEND pupils who cannot easily access mainstream volleyball.

Setting up the competition

- Mark out the sitting volleyball court (size 9m x 5.18m) on a badminton court.
- Set the net height at 1m using badminton posts (for example).
- Play using a beach ball.



It is always the player in position 1 that serves.



Think inclusively STEP

- Space:**
- Make the court shorter or wider to make it easier to play.
- Task:**
- Allow teams to touch the ball more than three times.
 - Allow players to catch/self-feed the ball.
 - Play shorter matches.
 - Feed the ball in from the side to remove the serve.
- Equipment:**
- Make the net higher to slow the game down.
 - Use a different ball such as a junior volleyball, balloon ball or sponge ball.
- People:**
- Wheelchair users can play in their chairs or play sitting on the floor.
 - Wheelchair users, who cannot sit on the floor safely and comfortably play in designated zones in the back court to avoid collisions.
 - Allow substitutions but ensure that two SEND players remain on the court at any one time.



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Rules of the competition

- Players must keep a part of the body between the buttocks and shoulders in contact with the floor when playing the ball.
- Players can play the ball with any part of their body.
- The first contact and/or second contact could be a catch and self-feed volley.
- A maximum of three contacts to return the ball over the net (apart from the serve).
- Players can serve underarm, overarm or throw the ball into play from the back of the court.
- A team rotates their position clockwise when they regain the serve.
- A team winning three consecutive serves keeps serving but rotates one place to the next server.
- Players cannot make two consecutive touches.
- Matches are one set to 15 points (two points clear) or 6–8 minute timed game. This is dependent on entries and time permitted at the venue.

Officiating

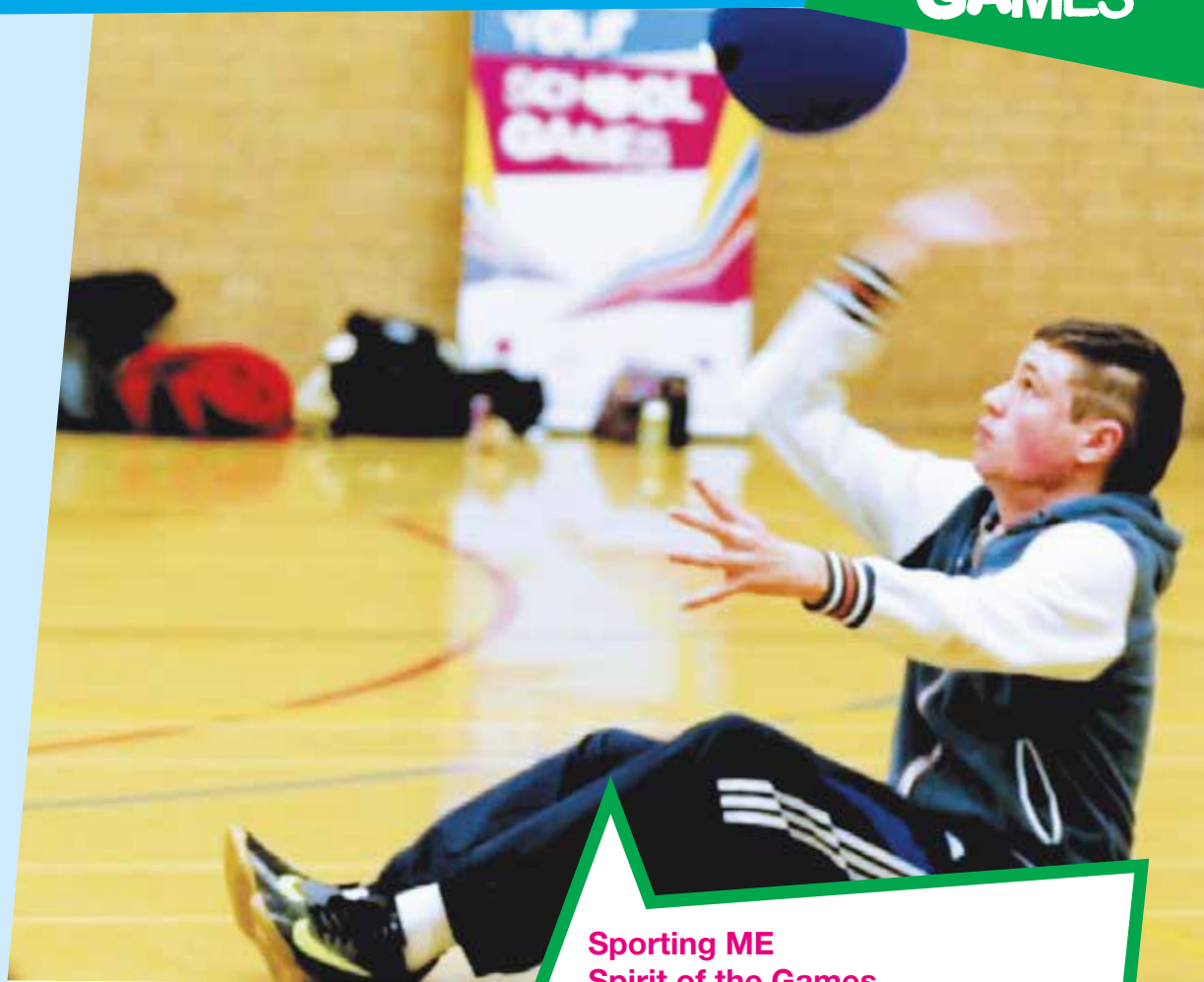
- Encourage Young Leaders to officiate and keep the score.

Health and safety

- It is important that players do not pull on the net during play.

Think tactics

- Play the ball high with a loopy trajectory on your side to give your team mates time to react and move.
- Play the ball low and flat into space into your opponents court to win points.



Sporting ME Spirit of the Games

Excellence through competition



Passion: Sitting volleyball is a fast and exciting game — it can be just as thrilling to block the attack of an opponent, or defend a ball as it is to score a point! This means that the game is noisy, energetic and exciting for all players!

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