



### **Circulation Volleyball Rules**

Circulation Volleyball is the official competition format for Canadian regions offering 6-8U age competitions.

**Playing Surface:** Full court badminton lines

**Net:** Net height of 2 metres. Badminton or volleyball nets.

**Ball:** Mikasa Superlite MVA123SL is recommended.

**Number of players:** 4 on 4. Maximum 6 players per team. Any extra players form a line off the court. participation is encouraged.

#### **Stage 1 (Grade 1)**

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.

##### **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, similar position for a overhead pass.

**Starting/Resuming a 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.

**Rotation:** When a teammate throws the ball over the net, the whole team rotates one position clockwise, with the exception of after the serve.

**Playing the Ball:** If the ball is mishandled (i.e. dropped, thrown 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. Encourage players to decide who was closest to the ball by a) rock/paper/scissors, or b) volunteering.

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).

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.

**Scoring:** When "Team A" loses all their players (none left on court), "Team B" wins a point. Next, all players return to the court and a new set begins.

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### **Stage 2 (Grade 2)**

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

**Starting/Resuming a 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.

**Playing the Ball:** One contact. The ball must be thrown over the net each time.

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.

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:

**Starting/Resuming 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.

**Playing the Ball:** When a player 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.

Every ball, with exception of the forearm pass to a teammate, must go directly over the net.

