

Volleyball New-Nouveau Brunswick
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Atomic Volleyball is an excellent progression from Circulation Volleyball with more freedom to use passing and hitting while eliminating the need to rotate each time the ball crosses the net.

Playing Surface: Badminton court (6.10m x 13.40m).

Net: Net height of 2 metres.

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.

Contact with the ball: 3 compulsory passes and 2nd contact may be caught

Stage 1 (Grades 4-5)

Standard volleyball serving, rotation and scoring (rally point) procedures. Extra players are obliged to rotate into the game at the service position. Underhand serves only.

Three compulsory passes before directing the ball over the net, or a replay occurs. The second contact must be a smooth, non-stop, catch-throw movement. This movement can be done in three ways:

- 1) With extended arms tossing in a forward direction
- 2) With extended arms tossing in a backward direction
- 3) Catch the ball with extended arms above the head, bending knees and pushing upwards

Tip: Encourage players to play the ball “to the net” (to the setter in position 2), “along the net”, and “over the net”

The team winning the rally earns 1 point and initiates the next play by underhand serving. Max 3 serves before rotating to the next server.

Timed games, Jamboree style competition (all teams play one another, with an emphasis on placing similar levels together) is encouraged. No points are recorded.

Stage 2 (Grade 5-7)

*All Atomic Stage 1 rules apply with the exception of the following modifications:

- 1) No amount of compulsory passes before directing the ball over the net required, but is encouraged.
- 2) All contacts are volleyball skills.

