

# SEATED VOLLEYBALL

Leaders: Dixie & Toby

Referees: Daisy, Millie, Max, Sienna, Connor, Charlie

Coaches: Rhianna & Jack



## Equipment:

3 x marked court 2m x 4 m

4 x benches to make net on each court

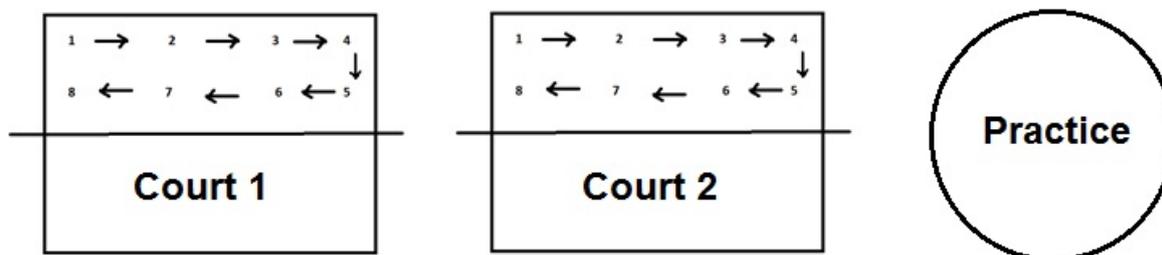
1 x Beach ball / sponge ball / playball per court

2 x balls for practice / coaching

***The aim of the game is to get more points than the other team.***

A point is scored if:

- A player touches the ball when they are not sitting or lying on the ground.
- The other team get the ball to bounce more than once in the other teams half.
- The ball bounces out of court after touching a player.
- At least 3 different people touch the ball before it is thrown over the net.
- Teams do not throw and catch the ball (but hit it instead).
- Teams don't chest or underarm throw the ball over.
- Plyers hold the ball for more than 5 seconds.
- The ball touches the net.



## Rules:

8 players per team.

Players' bottoms must be touching the ground when they touch they ball (or lying down)

Games will be played using beach ball / sponge ball / playball.

Players will be numbered 1 – 8 and sit accordingly before a serve is made.

Player 1 will always serve. After a point is won or lost all players move up one number position before the next point. ("Rotate around")

Points begin with player 1 throwing the ball directly over the net using 2 hands from position 1.

Opposition players need to:

1. Catch the ball with two hands
2. Make sure that at least 3 different players catch then throw the ball before it is returned over the net (Can be more than 3 players)
3. Make sure they don't hold onto the ball for more 5 seconds.
4. They don't throw the ball overarm (Ball must not be above shoulder height)

After each point is scored players must move to the next number up.

The team that loses the point takes the next serve.

The number 1 player always serves.