Volleyball
Volleyball is a fast and exciting game — it can be just as thrilling to block the attack of an opponent, or defend a hard hit ball as it is to score a point with a powerful spike! This means that the game is noisy, energetic and exciting for all players!

In volleyball only the captain is permitted to talk to any of the officials during the match, and they can only ask for decisions to be confirmed — not argue against the decision.

If the ball touches the hands of a player after a powerful spike it can be too quick for the referee to see. It is expected that players will raise their hand to admit a touch should this happen.

When a player goes to the service line they have to perform, and get the ball over the net and in court. Players must believe in their own ability when the pressure is on in a game.

Teams aim to touch the ball three times before it goes back over the net. As the ball cannot be touched twice in a row by the same player there is no choice but to work well with team-mates.

Show your opponent you’ll never give up by working your hardest to always at least get a defensive touch on the ball before it hits the floor.

What are the benefits of playing your sport?

Volleyball is a sport that can be used as an excellent tool to help develop well rounded young people. It’s easy to set up a game, the sport is dynamic, teamwork is key and players’ respect for their opponents is at the heart of the game.

Why is it easy to run competitions in your sport?

Volleyball can be played anywhere as long as you have a ball, two teams and a net — in the school sports hall, on the fields or in parks, or even on the beach! The following game formats are designed to be accessible, enjoyable and active for everyone.

Name of the competition: 4v4 Super Mini Volley
Age group: Under 15 (Year 9–10), Male/Female
What level/location: Local School Games leagues using regular badminton court markings
Who can run it? Could be run by teachers/SGOs, by young leaders and young referees, or supported by a Volleyball England Community Development Coach or Volley123 accredited club
How to enter it: Enter through your SGO
When does it take place? Super Mini Volley can take place in all seasons, indoor, outdoor or on the beach!
Next steps after this competition: The Level 3 School Games Festival provides a county finals. If schools want to compete at regional or national level they need to progress to the full 6v6 game of volleyball and enter the signposted national competitions.

What should schools do if they want to cater for Years 3 and 4?

The following competition cards start at Years 5 and 6. However, Volleyball England promotes a multi-skill background for young people to help them prepare to take part in sports activities such as volleyball. All resources within the ‘Let’s Play Volleyball’ programme promote multi-skill development in the volleyball context. Primary Change4Life is targeted at Years 3 and 4, it adopts a multi-skill approach and underpins the School Games.

Young Leader/Officials courses/qualifications available:

Both Young Leaders and Young Referees courses that are available from Volleyball England are six hours in length, targeted at 14 years old and above and can be run by teachers.

- **Young Leaders**: set-up a tournament and support game-play.
- **Young Referees**: take your first steps in refereeing based on the 2v2, 3v3 and 4v4 formats.

Signposted competitions:

- **National under 15s Championships** (Year 10 and younger)
- **National under 16s Championships** (Year 11 and younger)
- **National under 18s Championships** (Year 13 and younger)
- Both male and female competitions
- Entries close in September
- Entry is via Volleyball England
- National level entry through Volleyball England (the NGB), regional rounds feed through to the prestigious national finals
- Competition is run by Volleyball England with schools/clubs hosting qualifying rounds

This is the national knock-out competition with all round played in pools.

Relevant web links:

- [www.volleyballengland.org](http://www.volleyballengland.org) and go to ‘Schools and Youth’
**Volley Sport**

- **2v2 team format.**
- **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 venue.**
- **Points are awarded to individuals based on performance throughout the season, i.e. if match ends 15–6 winners each awarded 15 points, losers six.**
- **Court 7m x 3m and net height 2.15m.**
- **Girls and boys can play on the same team or have separate competitions.**
- **Four badminton court hall recommended.**
- **Change4Life club host schools will have long net system to provide numerous courts.**
- **A catch could be allowed on the first contact in each set of three to help develop rallies and defensive skills.**

**Simple rules:**

- 2v2 team format.
- 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 venue.
- Points are awarded to individuals based on performance throughout the season, i.e. if match ends 15–6 winners each awarded 15 points, losers six.
- Court 7m x 3m and net height 2.15m.
- Girls and boys can play on the same team or have separate competitions.
- Four badminton court hall recommended.
- Change4Life club host schools will have long net system to provide numerous courts.
- A catch could be allowed on the first contact in each set of three to help develop rallies and defensive skills.

**Roles for young people:**

Young people that have completed the Young Leaders and Young Officials courses could plan, deliver and officiate a Volley Sport Grand Prix. Volleyball lends itself to other roles such as statistics — how many aces were served, how many spikes won points etc.

**Relevant web links:**

- www.volleyballengland.org

**How can regularity be achieved?**

- Can be played during any/all term(s).
- It is recommended that three Grand Prix events take place to constitute a season — players could play around 15 matches over three events.

**How can depth in competition through extra teams be achieved?**

A school can take a group ranging from two young people to however many they wish — teams change every match so that individuals build their scores! Tournaments can be played single sex or mixed, helping schools to enter more teams, and two teams can be transported in just one car.

**Think inclusively!**

Volley Sport can be played as a 2v2 version of the Paralympic form of the sport: sitting volleyball. The net should be lowered to around 1m. Players use the same skills and teamwork but must remain seated on the floor whenever the ball is in play. Volley Sport can be made more inclusive by using a larger, lighter ball that flies more slowly through the air, or by making the court smaller and easier to defend. A catch could also be allowed on all three contacts on the ball.

**The route from here to Level 3:**

Winners from local School Games leagues in districts should qualify for the Level 3 (County finals) event. Volley Sport (2v2 volleyball for primary schools) can be played indoor, outdoor or on the beach so can happen at any time of the year so this sport can fit into your competition calendar at any point!
Mini Volley

- 3v3 team format.
- Matches are one set to 21 points (two points clear) or 10–12 minute timed game. This is dependent on entries and time permitted at venue.
- Teams play together throughout the season.
- Court 12m x 6m and net height 2.15m.
- Girls and boys can play on the same team or have separate competitions.
- Four badminton court hall recommended.
- Change4Life club host schools will have long net system to provide numerous courts.

Simple rules:

- Can be played during any/all term(s).
- It is recommended that teams please at least eight matches in total to constitute a season. 2–3 games could be played by a team each match night.

How can regularity be achieved?

Age group:

- Year 7 and 8 (under 13)

How to enter:

- Local competitions through SGO

Tournament format:

- Grand Prix (Central Venue). A central venue series of match nights where teams play each other in a full round robin.

Roles for young people:

Young people that have completed the Young Leaders and Young Officials courses could plan, deliver and officiate a Mini Volley Grand Prix. Volleyball lends itself to other roles such as statistics — how many aces were served, how many spikes won points etc? Could young reporters and photographers get involved too?

Relevant web links:

- www.volleyballengland.org

How can depth in competition through extra teams be achieved?

With only three players per team, a school with a minibus could enter five teams in a competition. Tournament style match nights encourage participation of players through a number of matches building the excitement. Local decisions can be made to ‘seed’ teams to create as balanced a competition as possible, therefore a strong school’s ‘C’ team may play against a novice school’s ‘A’ team.

Think inclusively!

Mini Volley can be played as a 3v3 version of the Paralympic form of the sport: sitting volleyball. The net should be lowered to around 1.15m. Players use the same skills and team work but must remain seated on the floor whenever the ball is in play. Mini Volley can also be made more inclusive by using a larger, lighter ball that flies more slowly through the air, or by making the court smaller and easier to defend. A catch could also be allowed on all three contacts on the ball.

The route from here to Level 3:

Winners from local School Games leagues in districts should qualify for the Level 3 (County finals) event. Mini Volley (3v3 volleyball) can be played indoor, outdoor or on the beach so can happen at any time of the year so this sport can fit into your competition calendar at any point!
Name of competition: Super Mini Volley

Age group: Year 9 and 10 (under 15)

How to enter: Local competitions through SGO

Tournament format: Grand Prix (Central Venue). A central venue series of match nights where teams play each other in a full round robin.

Simple rules:
- 4v4 team format.
- Matches are one set to 25 points (two points clear) or 15 minute timed game. This is dependent on entries and time permitted at venue.
- Teams play together throughout the season.
- Court 14m x 7m and net height 2.15m (girls) or 2.24m (boys).
- Girls and boys should have separate competitions.
- Four badminton court hall recommended.
- Change4Life club host schools will have long net system to provide numerous courts.

Roles for young people:
Young people that have completed the Young Leaders and Young Officials courses could plan, deliver and officiate a Super Mini Volley Grand Prix. Photography and reporting could be used to reflect the excitement of this dynamic sports competition and involve more young people.

How can regularity be achieved?
- Can be played during any/all term(s).
- It is recommended that teams please at least eight matches in total to constitute a season. 2–3 games could be played by a team each match night.

How can depth in competition through extra teams be achieved?
- With only four players per team, a school with a minibus could enter four teams in a competition. Tournament style match nights encourage participation of players through a number of matches building the excitement. Local decisions can be made to ‘seed’ teams to create as balanced a competition as possible, therefore a strong school’s ‘C’ team may play against a novice school’s ‘A’ team.

Think inclusively!
Super Mini Volley can be played as a 4v4 version of the Paralympic form of the sport: sitting volleyball. The net should be lowered to around 1.15m. Players use the same skills and team work but must remain seated on the floor whenever the ball is in play. Super Mini Volley can be made more inclusive by using a larger, lighter ball that flies more slowly through the air, or by making the court smaller and easier to defend. A catch could also be allowed on all three contacts on the ball.

Relevant web links:
- www.volleyballengland.org

The route from here to Level 3:
Winners from local School Games leagues in districts should qualify for the Level 3 (County finals) event. Super Mini Volley (4v4 volleyball) can be played indoor, outdoor or on the beach so can happen at any time of the year so this sport can fit into your competition calendar at any point. Teams could go on to enter the national under 15s Cup through the NGB — this is played with the full 6v6 format.
**Volleyball**

**Competition Card 4.**

<table>
<thead>
<tr>
<th>Name of competition:</th>
<th>Volleyball</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age group:</strong></td>
<td>Year 11 and 12/13 (under 16, under 18)</td>
</tr>
<tr>
<td><strong>How to enter:</strong></td>
<td>Local competitions through SGO</td>
</tr>
<tr>
<td><strong>Tournament format:</strong></td>
<td>Grand Prix (Central Venue). A central venue series of match nights where teams play each other in a full round robin.</td>
</tr>
</tbody>
</table>

| Simple rules:         | • 6v6 team format |
|                      | • Matches are 3 sets to 25 points (2 points clear) or 15 minute timed sets. This is dependent on entries and time permitted at venue |
|                      | • Teams play together throughout the season |
|                      | • Court 16m x 9m (short court) and net height 2.15m (girls) or 2.24m (boys) |
|                      | • Girls and boys should have separate competitions |
|                      | • 4 badminton court hall recommended |
|                      | • Change 4 Life Club host schools will have long net system to provide numerous courts. |

| Roles for young people: | Young people that have completed the Young Leaders and Young Officials courses could plan, deliver and officiate a Volleyball Grand Prix. Volleyball also lends itself to other roles such statistics — how many aces were served, how many spikes won points etc? Photography and reporting could reflect the excitement of this dynamic sports competition and involve more young people. |

| Relevant web links:    | www.volleyballengland.org |

| How can regularity be achieved? | • Can be played during any/all term(s). |
|                               | • It is recommended that teams please at least 8 matches in total to constitute a season, 2 games could be played by a team each match night by bringing three teams together in a ‘triangular’ where the team not playing officiates. |

| How can depth in competition through extra teams be achieved? | With 6 players per team, a school with a minibus could enter 2 teams in a competition. Tournament style match nights encourage participation of players through a number of matches building the excitement. Local decisions can be made to ‘seed’ teams to create as balanced a competition as possible, therefore a strong school’s ‘C’ team may play against a novice school’s ‘A’ team. |

| Think inclusively! | Volleyball can be played as the 6v6 Paralympic form of the sport: Sitting Volleyball. The net should be lowered to around 1.15m. Players use the same skills and team work but must remain seated on the floor whenever the ball is in play. Volleyball can be made more inclusive by using a larger, lighter ball that flies more slowly through the air, by making the court smaller and easier to defend, or lowering the net. A catch could also be allowed on all 3 contacts on the ball. |

| The route from here to Level 3: | Winners from local School Games leagues in districts should qualify for the Level 3 (County finals) event. Teams could go on to enter the national under 16 and/or under 18 Cup through the NGB — this is played with slightly higher nets (2.24m for girls, 2.35m for boys). |