

# School Sport SA Modified Volleyball (4 v 4)

## Modification

The modification for the School Sport SA format of the competition will be 4 players on court. Competitions can be single or mixed gendered teams as the district or zone decides. See the video at <https://www.youtube.com/watch?v=OWCkPbzq81g> for basic rules of standard volleyball before making modifications.

## Rules

Timed games, best of 5 set scoring limit – scoring stops once a team wins 3 sets.

No kicking the ball.

	Year 5/6	Year 7	Year 8/9, Year 10, Open
<b>Court size</b>	Doubles badminton court	Doubles badminton court	Volleyball court
<b>Start of play</b>	Play begins with serve/throw from anywhere.	Play starts with serve from behind base line. May step in to closer baseline if required.	Play starts with serve from behind end line. Inexperienced players may step in.
<b>Team hit limit</b>	Unlimited hits per team.	Max 3 hits per team (not including block).	Max 3 hits per team (not including block).
<b>Server</b>	Team who won previous point serves. Max 3 serves in-a-row per server. Team rotates and keeps serve.	Team who won previous point serves. Max 3 serves in-a-row per server. Team rotates and keeps serve.	Team who won previous point serves.
<b>Ball</b>	Spikezone balls.	Spikezone balls.	Standard balls.
<b>Additional rules*</b>	One bounce allowed after each hit. Leniency on carries.	Modifications for lower age groups as above.	Modifications for lower age groups as above.

\*may be implemented at school level in some games as required.

## Equipment and field size

From approx. 13m x 6m (doubles badminton court) to 18m x 9m (full size volleyball court) depending on the age and skill of the participants, the number of participants, the space available and current government health recommendations.

## Intra-school competition

Schools are encouraged to run an internal competition at their site to determine their top team/s. This could be done during lunch breaks, through a SEPEP (Sport Education in Physical Education Program) unit or another format determined by the school.



## Possible district/zone carnival format

The top team/s from each school would then progress to a district/zone carnival day. The following is a possible structure for a district/zone carnival day but is flexible and would need to cater for the number of teams participating.

**Example format:** Based on 9 teams. Games 20 minutes in length (1 timeout per team). Central timing. 5 minutes warm-up time between games. Games can be self-officiated or teams on byes can officiate. Clarification can be sought from teachers. Games are timed and not based on points scored.

Round	Time	Court 1	Court 2	Court 3	Court 4
1	9:30				
2	9:55				
3	10:20				
4	10:45				
5	11:10				
LUNCH	11:30				
6	12:00				
7	12:30				
8	12:55				
Semi finals	1:20				
Grand Final	1:45				
	2:10	PRESENTATIONS			