



## National Competition Framework: Volleyball

This framework contains “Inclusion” boxes which indicate ways that young people with a disability can learn to play Volleyball at a pace that suits their developmental needs, but along the same player pathway as all young people. Therefore young people with learning difficulties, physical disability, and those who are visually impaired or deaf can play alongside all young people when appropriate according to their ability, or enjoy learning to play Volleyball within their own peer group. The differentiation for these young disabled people is based upon the STEP principle and built into the teaching/ learning resources at each stage (e.g. Volley Sport cards that form the first stage of the “Let’s Play Volleyball” programme).

Please note the inclusion of a framework for the Paralympic form of Volleyball, Sitting Volleyball. This framework will be more suited to those young people with mobility difficulties, but is a highly relevant learning tool for any young person developing Volleyball skills and understanding, reinforced again by its’ inclusion in the teaching/ learning resources of the “Let’s Play Volleyball” programme. Although there is no talent pathway for wheelchair users as the sport of Sitting Volleyball is based on the floor, young people using wheelchairs can play Sitting Volleyball in the context of this framework alongside players seated on the ground.

For details of “Let’s Play Volleyball” festivals, entry into National Competitions and feed of players into the Regional Talent Development Programme (RTDP) please contact the Volleyball England national office on 01509 631699 [www.volleyballengland.org](http://www.volleyballengland.org)

# National Competitions Framework: Volleyball



## Primary Schools: Framework

Competition framework descriptor	Recommended competition	Level and location	Scheduling	Next steps in competition
<b>VOLLEYBALL</b>				
<p><b>Key Stage 2: 7-9 years</b></p> <ul style="list-style-type: none"> <li>Multi-skill festivals (termly)</li> <li>Off school site</li> <li>'Theme' based</li> <li>Possible early specialisation in some sports through NGB and club structure</li> </ul>	<ul style="list-style-type: none"> <li>Multi-skill festivals: Movement skills specific to net/wall and racquet sports</li> <li>Ball-related movements</li> <li>Skills and coaching based, with fun games linked to Volley Sport through TOPs 2 Active Games</li> </ul>	<ul style="list-style-type: none"> <li>Between primary schools from the same cluster</li> <li>At central venue, e.g. local secondary school or primary if facility suitable</li> <li>Game related activities to be on a singles badminton size court</li> </ul>	<ul style="list-style-type: none"> <li>Any half-term</li> </ul>	<ul style="list-style-type: none"> <li>Larger skills festivals for the whole SSP at the Sports College</li> </ul>
<p><b>Key Stage 2: 9-11 years</b></p> <ul style="list-style-type: none"> <li>Multi-sport competition (six-week block rotation)</li> <li>Central venue leagues</li> <li>Coaching and competition based on primary, secondary or club sites</li> </ul>	<ul style="list-style-type: none"> <li>2v2 Volley Sport</li> <li>Six-week central venue</li> <li>Coaching and competition</li> <li>Mixed gender teams and matches</li> <li>Schools can enter multiple teams</li> </ul>	<ul style="list-style-type: none"> <li>Between primary schools from the same cluster</li> <li>At central venue, e.g. local secondary school or primary if facility suitable</li> </ul>	<ul style="list-style-type: none"> <li>Half-term Oct-Dec or Jan-Feb (though could take place in any half-term)</li> </ul>	<ul style="list-style-type: none"> <li>Summer term – regional "Let's Play Volleyball" festival available for schools. Contact Volleyball England for details 01509 631699 <a href="http://www.volleyballengland.org">www.volleyballengland.org</a></li> <li>School – club links: Junior club section for Volley Sport</li> </ul>
<p><b>Inclusion at Key Stage 2:</b></p> <ul style="list-style-type: none"> <li>In Key Stage 2 it is expected that young people with a disability will learn sport within a multi-skills environment.</li> <li>However, for the more able, inclusion based upon the STEP principle is recommended: Adapting Space, Time, Equipment, number of Players, and Rules.</li> <li>If these adaptations are made as required, disabled and non-disabled young people can play alongside each other.</li> <li>However, for some disabled young people the game of sitting volleyball may be more appropriate (see below).</li> </ul>				

## SITTING VOLLEYBALL

<p><b>Key Stage 2: 7-9 years</b></p> <ul style="list-style-type: none"> <li>• Movement skills education directed by Youth Sport Trust</li> </ul> <p><b>Key Stage 2: 9-11 years</b></p> <ul style="list-style-type: none"> <li>• Multi-skill festivals</li> <li>• Central venue</li> <li>• Coaching and competition</li> </ul>	<ul style="list-style-type: none"> <li>• Multi-skill festivals</li> <li>• Coaching &amp; competition</li> <li>• Ball-related movements</li> <li>• Movement skills in a seated position</li> <li>• Mixed gender</li> <li>• Open to all young people with disability</li> </ul> <ul style="list-style-type: none"> <li>• Multi-skill festivals</li> <li>• Coaching &amp; competition</li> <li>• Ball-related movements</li> <li>• Movement skills in a seated position</li> <li>• Mixed gender</li> <li>• Open to all young people with disability</li> </ul>	<ul style="list-style-type: none"> <li>• At own school, or...</li> <li>• Between schools from the same cluster</li> <li>• At central venue, e.g. local secondary school facility suitable</li> </ul> <ul style="list-style-type: none"> <li>• At own school, or...</li> <li>• Between schools from the same cluster</li> <li>• At central venue, e.g. local secondary school facility suitable</li> </ul>	<ul style="list-style-type: none"> <li>• Any half-term</li> </ul> <ul style="list-style-type: none"> <li>• Any half-term</li> </ul>	<ul style="list-style-type: none"> <li>• Larger skills festivals for a number of SSPs at central venue</li> </ul> <ul style="list-style-type: none"> <li>• Larger skills festivals for a number of SSPs at central venue</li> <li>• Possible links into National Sitting Volleyball open days/ exhibitions.</li> </ul>
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# National Competitions Framework: Volleyball



## Primary Schools: Organisers Sheet

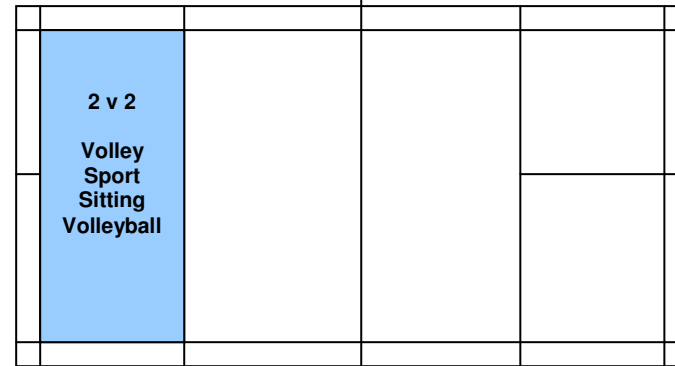
Competition age group	Format	Facilities	Organiser/helpers	Equipment	Resources available from NGB to support
<b>VOLLEYBALL</b>					
Year 3 – 4	<ul style="list-style-type: none"> <li>Multi-skills festivals using TOPS 2 Active Games</li> </ul>	<ul style="list-style-type: none"> <li>Sports hall/ playing fields as appropriate for net/wall, racquet sports and athletics components of multi-skills work</li> </ul>			
Year 5 – 6	<ul style="list-style-type: none"> <li>Coaching and competition with 50:50 time split between elements per session</li> <li>Games to be one set to 25 points</li> <li>Mixed gender 2v2 games</li> <li>Any child may enter, encouraging participation of many</li> <li>Does not have to be the same children from each school each week</li> </ul>	<ul style="list-style-type: none"> <li>Sports hall</li> <li>Net height: 2.15m</li> <li>Court = singles badminton court</li> </ul>	<ul style="list-style-type: none"> <li>Coaching to be led by appropriately qualified teacher/ coach/SiS leader</li> <li>Volley Sport course attendance as preferred minimum</li> <li>Young leaders supervised by teachers to run competition</li> </ul>	<ul style="list-style-type: none"> <li>Posts/ wall fixings to erect net at 2.15m on badminton courts. Could mark court boundaries with cones/ floor markers.</li> <li>May use a long-net that crosses the whole hall.</li> <li>One ball (a lighter ball, available from suppliers) per court for matches</li> <li>One ball between two maximum ratio for coaching</li> </ul>	<ul style="list-style-type: none"> <li>Volleyball Leaders award</li> <li>Young Referee awards</li> <li>Volley Sport cards and courses</li> <li>Contact Volleyball England 01509 631699 <a href="http://www.volleyballengland.org">www.volleyballengland.org</a></li> </ul>
<p><b>Inclusion at Key Stage 2:</b></p> <ul style="list-style-type: none"> <li>In Key Stage 2 it is expected that young people with a disability will learn sport within a multi-skills environment.</li> <li>However, for the more able, inclusion based upon the STEP principle is recommended: Adapting Space, Time, Equipment, number of Players, and Rules.</li> <li>If these adaptations are made as required, disabled and non-disabled young people can play alongside each other.</li> <li>However, for some disabled young people the game of sitting volleyball may be more appropriate (see separate organisers sheet)</li> </ul>					

## SITTING VOLLEYBALL

Please note: for health and safety reasons it is imperative that the floor used is both clean and free from bumps and splinters to ensure both the hygiene and safety from injury of all players in a seated position on the floor.

Court Dimensions Based shown in relation to badminton court lines:

**2 v 2** 5.18m x 3.96m



### Key Stage 2 7-11 years

- Multi-skills festivals using YST Top Sportsability cards
- Sports hall appropriate for multi-skills work including movement skills in a seated position in preparation for Sitting Volleyball
- Coaching to be led by appropriately qualified teacher/ coach/SiS leader
- As required to run multi-skills sessions.
- N/A

# National Competitions Framework: Volleyball



## Secondary Schools: Framework

Competition framework descriptor	Recommended competition	Level and location	Scheduling	Next steps in competition
<b>VOLLEYBALL</b>				
<p><b>Key Stage 3: 11-12 years</b></p> <ul style="list-style-type: none"> <li>Multi-sport competition (monthly, three sports)</li> <li>E.g. central venue leagues in a range of sports coaching and competition at secondary, hub or club sites</li> </ul>	<ul style="list-style-type: none"> <li>3v3 Mini Volley</li> <li>Six-week central venue</li> <li>Competition and coaching</li> <li>Mixed gender teams and matches</li> <li>Schools can enter multiple teams</li> </ul>	<ul style="list-style-type: none"> <li>Between secondary schools of the same SSP</li> <li>To be played at the Sports College or another school with suitable facilities</li> </ul>	<ul style="list-style-type: none"> <li>Half-term Oct-Dec or Jan-Feb (though could take place in any half-term)</li> </ul>	<ul style="list-style-type: none"> <li>Area/county level competitions for SSP winners at an appropriate central venue.</li> <li>Summer term – regional “Let’s Play Volleyball” festival available for schools. Contact Volleyball England for details 01509 631699 <a href="http://www.volleyballengland.org">www.volleyballengland.org</a></li> <li>School – club links: Junior club section for Mini Volley</li> <li>Talent ID: Girls U14 Regional Talent Development Programme (RTDP)</li> </ul>
<p><b>Inclusion at Key Stages 3 &amp; 4, and into FE:</b></p> <ul style="list-style-type: none"> <li>In Key Stage 3 and beyond it is expected that young people with a disability will move into learning the skills of specific sports, in a multi-sport environment. This sporting experience will be catered to the developmental needs of the individual.</li> <li>Whilst using the framework as a guide to develop skills in small sided games it may be that by following the STEP principle adaptation are made to Space, Time, Equipment, number of Players, and Rules as necessary for the specific group.</li> <li>Suggestions on how to achieve this are included in the teaching/learning resource cards for Volley Sport, Mini Volley and Super Mini Volley.</li> <li>It is recommended that the disabled young people progress through the stages according to the direction of the framework and organisers sheet at their own pace. Please note that it is important to learn the skills at each level and not move straight into higher levels:             <ul style="list-style-type: none"> <li>- Beginners: 2 v 2 Volley Sport</li> <li>- Intermediate: 3 v 3 Mini Volley</li> <li>- Development: 4 v 4 Super Mini Volley</li> <li>- Advanced: 6 v 6 Volleyball</li> </ul> </li> <li>To ensure numbers are sufficient, it is deemed acceptable that girls and boys with a disability can play alongside each other at all levels.</li> <li>If these adaptations are made as required disabled and non-disabled young people can play alongside each other.</li> <li>However, for some disabled young people the game of sitting volleyball may be more appropriate (see below)</li> </ul>				

<p><b>Key Stage 3 and 4: 12-16 years</b></p> <ul style="list-style-type: none"> <li>• Inter-school leagues and cup competitions within SSPs (year group teams)</li> <li>• Volleyball England has an integrated competitive structure including schools and clubs from local to national levels.</li> </ul>	<p><b>Year 8/U13</b></p> <ul style="list-style-type: none"> <li>• 3v3 Mini Volley</li> <li>• Six-week central venue</li> <li>• Competition and coaching</li> <li>• Single sex</li> <li>• Schools can enter multiple teams</li> </ul> <p style="text-align: center;">↑ Competitions for Years 8 and 9 can be done together or kept separate for the year groups ↓</p> <p><b>Year 9/U14</b></p> <ul style="list-style-type: none"> <li>• Details as above</li> </ul> <p><b>Year 10/U15</b></p> <ul style="list-style-type: none"> <li>• 4v4 Super Mini Volley</li> <li>• Six-week central venue</li> <li>• Competition and coaching</li> <li>• Single sex</li> <li>• Schools can enter multiple teams</li> </ul>	<ul style="list-style-type: none"> <li>• Between secondary schools of the same SSP</li> <li>• To be played at the Sports College or another school with suitable facilities</li> </ul> <ul style="list-style-type: none"> <li>• Details as above</li> </ul> <ul style="list-style-type: none"> <li>• Between secondary schools of the same SSP</li> <li>• To be played at the Sports College or another school with suitable facilities</li> </ul>	<ul style="list-style-type: none"> <li>• Half-term Oct-Dec or Jan-Feb (though could take place in any half-term)</li> </ul> <ul style="list-style-type: none"> <li>• Details as above</li> </ul> <ul style="list-style-type: none"> <li>• Half-term Oct-Dec or Jan-Feb (though could take place in any half-term)</li> </ul>	<ul style="list-style-type: none"> <li>• Area/county/regional competitions for SSP winners at an appropriate central venue. <b>Feed into National Competition for u14s 3v3. Contact Volleyball England by October each year for info.</b></li> <li>• Summer term – regional “Let’s Play Volleyball” festival available for schools. Contact Volleyball England for details 01509 631699 <a href="http://www.volleyballengland.org">www.volleyballengland.org</a></li> <li>• School – club links: Junior club section for Mini Volley</li> <li>• Talent ID: Girls U14 and boys U15 RTDP</li> </ul> <ul style="list-style-type: none"> <li>• Details as above</li> </ul> <ul style="list-style-type: none"> <li>• Area/county/regional competitions for SSP winners at an appropriate central venue. <b>Feed into National Competition for u15s 6v6 (changing to 4v4 in 2008-09 season). Contact Volleyball England by October each year for info.</b></li> <li>• Summer term – regional “Let’s Play Volleyball” festival available for schools. Contact Volleyball England for details 01509 631699 <a href="http://www.volleyballengland.org">www.volleyballengland.org</a></li> <li>• School – club links: Junior club section for Mini Volley</li> <li>• Talent ID: Girls U16 and boys U15 RTDP</li> </ul>
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	<p><b>Year 11/U16</b></p> <ul style="list-style-type: none"> <li>• 6v6 (can be short court 6)</li> <li>• Six-week central venue</li> <li>• Competition and coaching</li> <li>• Single sex</li> <li>• Schools to enter multiple teams if there is capacity in the year group</li> </ul>	<ul style="list-style-type: none"> <li>• Between secondary schools of the same SSP</li> <li>• To be played at the Sports College or another school with suitable facilities</li> </ul>	<ul style="list-style-type: none"> <li>• Half-term Oct-Dec or Jan-Feb (though could take place in any half-term)</li> </ul>	<ul style="list-style-type: none"> <li>• Area/county/regional competitions for SSP winners at an appropriate central venue. <b>Feed into National Competition for u16s 6v6. Contact Volleyball England by October each year for entry info.</b></li> <li>• Summer term – regional “Let’s Play Volleyball” festival available for schools. Contact Volleyball England for details 01509 631699 <a href="http://www.volleyballengland.org">www.volleyballengland.org</a></li> <li>• School – club links: Junior club section for Mini Volley</li> <li>• Talent ID: Girls U16 and boys U17 RTDP</li> </ul>
<p><b>16-19 years</b></p> <ul style="list-style-type: none"> <li>• <u>Not</u> for talented already identified as part of an NGB talent programme</li> <li>• ‘Junior Varsity’ to give this group an identity</li> <li>• Intramural competition within the learning community, e.g. schools, PE, sixth forms</li> <li>• Organised sport in core sports that match the secondary programmes</li> <li>• E.g. single venue festivals for a number of institutions during ring fenced time (Wednesday pm)</li> </ul>	<ul style="list-style-type: none"> <li>• Intra-school/college matches on a local basis according to the local arrangement of sixth form/FE or events organised through the British Colleges Sports Association.</li> <li>• 6v6</li> </ul>	<ul style="list-style-type: none"> <li>• Central venue league within SSP/area</li> <li>• Six week central venue</li> </ul>	<ul style="list-style-type: none"> <li>• Half-term Oct-Dec or Jan-Feb (though could take place in any half-term)</li> </ul>	<ul style="list-style-type: none"> <li>• Links into the British Colleges Sports Association competitions <b>Feed into National Competition for u18s 6v6. Contact Volleyball England by October each year for entry info.</b></li> <li>• Summer term – regional “Let’s Play Volleyball” festival available for schools. Contact Volleyball England for details 01509 631699 <a href="http://www.volleyballengland.org">www.volleyballengland.org</a></li> <li>• School – club links: Junior club section</li> <li>• Talent ID: Boys U17 RTDP, also girls and boys national squads.</li> </ul>

## SITTING VOLLEYBALL

<p><b>Key Stage 3-4 and FE: Age 11-19 years</b></p>	<p><b>Beginners</b></p>	<ul style="list-style-type: none"> <li>• 2 v 2 Volley Sport</li> <li>• As part of SSP Multi-skill festival</li> <li>• Coaching and Competition</li> <li>• Mixed gender teams and matches</li> <li>• Open to all young people with disability</li> </ul>	<ul style="list-style-type: none"> <li>• Central venue in SSP</li> <li>• For those with little/no experience of Sitting Volleyball, or with limited ball and movement skills</li> <li>• Ability, not age based</li> </ul>	<ul style="list-style-type: none"> <li>• Any half-term</li> </ul>	<ul style="list-style-type: none"> <li>• Movement into the Intermediate group</li> <li>• Possible links into National Sitting Volleyball open days/ exhibitions</li> </ul>
	<p><b>Intermediate</b></p>	<ul style="list-style-type: none"> <li>• 3 v 3 Mini Volley</li> <li>• As part of SSP Multi-skill festival</li> <li>• Coaching and Competition</li> <li>• Mixed gender teams and matches</li> <li>• Open to all young people with disability</li> </ul>	<ul style="list-style-type: none"> <li>• Central venue in SSP</li> <li>• For those who can play a tactically and technically more advanced game</li> <li>• Ability, not age based</li> </ul>	<ul style="list-style-type: none"> <li>• Any half-term</li> </ul>	<ul style="list-style-type: none"> <li>• Movement into the Development group</li> <li>• Possible links into National Sitting Volleyball open days/ exhibitions</li> </ul>
	<p><b>Development</b></p>	<ul style="list-style-type: none"> <li>• 4v4 Super Mini Volley</li> <li>• As part of SSP Multi-skill festival</li> <li>• Coaching and Competition</li> <li>• Mixed gender teams and matches</li> <li>• Open to all young people with disability</li> </ul>	<ul style="list-style-type: none"> <li>• Central venue in SSP</li> <li>• For those who can play a tactically and technically more advanced game</li> <li>• Ability, not age based</li> </ul>	<ul style="list-style-type: none"> <li>• Any half-term</li> </ul>	<ul style="list-style-type: none"> <li>• Movement into the Advanced group</li> <li>• Possible links into National Sitting Volleyball open days/ exhibitions</li> </ul>
	<p><b>Advanced</b></p>	<ul style="list-style-type: none"> <li>• 6 v 6 Sitting Volleyball</li> <li>• As part of SSP Multi-skill festival</li> <li>• Coaching and Competition</li> <li>• Mixed gender teams and matches</li> <li>• Open to all young people with disability</li> </ul>	<ul style="list-style-type: none"> <li>• Central venue in SSP</li> <li>• For those capable of playing the full 6 v 6 game of Sitting Volleyball</li> <li>• Ability, not age based</li> </ul>	<ul style="list-style-type: none"> <li>• Any half-term</li> </ul>	<ul style="list-style-type: none"> <li>• Links into National Sitting Volleyball squads</li> <li>• Links into National Sitting Volleyball competitions/ open days/ exhibitions</li> </ul>

# National Competitions Framework: Volleyball



## Secondary Schools: Organisers Sheet

Competition age group	Format	Facilities	Organiser/helpers	Equipment	Resources available from NGB to support
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**VOLLEYBALL**

Year 7	<ul style="list-style-type: none"> <li>• Competition and coaching with 50:50 time split between the elements respectively</li> <li>• Games to be one set to 25 points</li> <li>• Mixed gender 3v3 games</li> <li>• Any child may enter, encouraging participation of many</li> <li>• Does not have to be the same children from each school each week</li> </ul>	<ul style="list-style-type: none"> <li>• Sports hall</li> <li>• Net height: 2.15m</li> <li>• Court = doubles badminton court</li> </ul>	<ul style="list-style-type: none"> <li>• Coaching to be led by appropriately qualified teacher/coach/SiS leader</li> <li>• Mini Volley course attendance as preferred minimum</li> <li>• Young leaders supervised by teachers to run competition</li> </ul>	<ul style="list-style-type: none"> <li>• Posts to erect net at 2.15m on badminton courts</li> <li>• May use a long-net that crosses the whole hall.</li> <li>• One ball (a lighter ball, available from suppliers) per court for matches</li> <li>• One ball between two maximum ratio for coaching.</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball Leaders award</li> <li>• Junior Referee awards</li> <li>• Mini Volley cards and courses</li> <li>• Contact Volleyball England 01509 631699 <a href="http://www.volleyballengland.org">www.volleyballengland.org</a></li> </ul>
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**Inclusion at Key Stages 3 & 4, and into FE:**

- In Key Stage 3 and beyond it is expected that young people with a disability will move into learning the skills of specific sports, in a multi-sport environment. This sporting experience will be catered to the developmental needs of the individual.
- Whilst using the framework as a guide to develop skills in small sided games it may be that by following the STEP principle adaptation are made to Space, Time, Equipment, number of Players, and Rules as necessary for the specific group.
- Suggestions on how to achieve this are included in the teaching/learning resource cards for Volley Sport, Mini Volley and Super Mini Volley.
- It is recommended that the disabled young people progress through the stages according to the direction of the framework and organisers sheet at their own pace. Please note that it is important to learn the skills at each level and not move straight into higher levels:
  - Beginners: 2 v 2 Volley Sport
  - Intermediate: 3 v 3 Mini Volley
  - Development: 4 v 4 Super Mini Volley
  - Advanced: 6 v 6 Volleyball
- To ensure numbers are sufficient, it is deemed acceptable that girls and boys with a disability can play alongside each other at all levels.
- If these adaptations are made as required, disabled and non-disabled young people can play alongside each other.
- However, for some disabled young people the game of sitting volleyball may be more appropriate (see below).

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Year 8 – 9	<ul style="list-style-type: none"> <li>• Competition and coaching with 50:50 time split between the elements respectively</li> <li>• Games to be one set to 25 points. In regional/national events this may be 2 set matches or best of 3 sets.</li> <li>• Single sex 3v3 games</li> <li>• Does not have to be the same children from each school each week</li> </ul>	<ul style="list-style-type: none"> <li>• Sports hall</li> <li>• Net height: 2.15m</li> <li>• Court = doubles badminton court</li> </ul>	<ul style="list-style-type: none"> <li>• Coaching to be led by appropriately qualified teacher/ coach/SiS leader</li> <li>• Mini Volley course attendance as preferred minimum</li> <li>• Young leaders supervised by teachers to run competition</li> <li>• Also Volleyball England National Competition for U14</li> </ul>	<ul style="list-style-type: none"> <li>• Posts to erect net at 2.15m on badminton courts</li> <li>• May use a long-net that crosses the whole hall.</li> <li>• One ball (a lighter ball, available from suppliers) per court for matches</li> <li>• One ball between two maximum ratio for coaching</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball Leaders award</li> <li>• Junior Referee awards</li> <li>• Mini Volley cards and courses</li> <li>• Contact Volleyball England 01509 631699 <a href="http://www.volleyballengland.org">www.volleyballengland.org</a></li> </ul>
Year 10	<ul style="list-style-type: none"> <li>• Competition and coaching with 50:50 time split between the elements respectively</li> <li>• Games to be one set to 25 points. In regional/national events this may be 2 set matches or best of 3 sets.</li> <li>• Single sex 4v4 games</li> <li>• Does not have to be the same children from each school each week</li> </ul>	<ul style="list-style-type: none"> <li>• Sports hall</li> <li>• Net Height: 2.15m (in National Competitions the net heights are 2.15m girls and 2.24m boys).</li> <li>• Court = 14m x 7m</li> </ul>	<ul style="list-style-type: none"> <li>• Coaching to be led by appropriately qualified teacher/ coach/SiS leader</li> <li>• Super Mini Volley course attendance as preferred minimum</li> <li>• Young leaders supervised by teachers to run competition</li> <li>• Also Volleyball England National Competition for U15</li> </ul>	<ul style="list-style-type: none"> <li>• Posts to erect net at 2.15m on 14m x 7m court</li> <li>• May use a long-net that crosses the whole hall.</li> <li>• One ball (an orthodox volleyball available from suppliers) per court for matches</li> <li>• One ball between two maximum ratio for coaching</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball Leaders award</li> <li>• Junior Referee awards</li> <li>• Super Mini Volley cards and courses</li> <li>• Contact Volleyball England 01509 631699 <a href="http://www.volleyballengland.org">www.volleyballengland.org</a></li> </ul>
Year 11	<ul style="list-style-type: none"> <li>• Competition and coaching with 50:50 time split between the elements respectively</li> </ul>	<ul style="list-style-type: none"> <li>• Sports hall</li> <li>• Net Height: 2.15m for girls, 2.24m for boys (in National Competitions the net heights are</li> </ul>	<ul style="list-style-type: none"> <li>• Coaching to be led by appropriately qualified teacher/ coach/SiS leader</li> <li>• Level 1 as preferred minimum (VS, MV</li> </ul>	<ul style="list-style-type: none"> <li>• Posts to erect net at 2.15m for girls, 2.24m for boys, on 16m x 9m court</li> <li>• One ball (an orthodox volleyball available from</li> </ul>	<ul style="list-style-type: none"> <li>• Volleyball Leaders award</li> <li>• Junior Referee awards</li> <li>• Super Mini Volley cards and courses</li> <li>• Contact Volleyball England 01509 631699</li> </ul>

	<ul style="list-style-type: none"> <li>Games to be one set to 25 points. In regional/national events this may be 2 set matches or best of 3 or 5 sets.</li> <li>Single sex 6v6 games</li> <li>Does not have to be the same children from each school each week</li> </ul>	<p>2.24m girls and 2.35m boys)</p> <ul style="list-style-type: none"> <li>Court = 16m x 9m (short court 6)</li> </ul>	<p>and SMV)</p> <ul style="list-style-type: none"> <li>Young leaders supervised by teachers to run competition</li> <li>Also Volleyball National Competition for U16</li> </ul>	<p>suppliers) per court for matches</p> <ul style="list-style-type: none"> <li>One ball between two maximum ratio for coaching</li> </ul>	<p><a href="http://www.volleyballengland.org">www.volleyballengland.org</a></p>
Year 12 – 13	<ul style="list-style-type: none"> <li>Competition for players not involved in Talent Programme</li> </ul>	<ul style="list-style-type: none"> <li>Sports hall</li> <li>Net Height: 2.24m for girls, 2.35m for boys (in National Competitions the net heights are 2.24m girls and 2.43m boys)</li> <li>Court = 18m x 9m</li> </ul>	<ul style="list-style-type: none"> <li>Coaching to be led by appropriately qualified teacher/ coach/young leader</li> <li>Level 1 as preferred minimum (VS, MV and SMV)</li> <li>Links into the British Colleges Volleyball Championship and the Volleyball England National Competition for U18</li> </ul>	<ul style="list-style-type: none"> <li>Posts to erect net at specific heights for girls and boys.</li> <li>One ball (an orthodox volleyball available from suppliers) per court for matches</li> </ul>	<ul style="list-style-type: none"> <li>Volleyball Leaders award</li> <li>Junior Referee awards</li> <li>Super Mini Volley cards and courses</li> <li>Contact Volleyball England 01509 631699</li> <li><a href="http://www.volleyballengland.org">www.volleyballengland.org</a></li> </ul>

## SITTING VOLLEYBALL

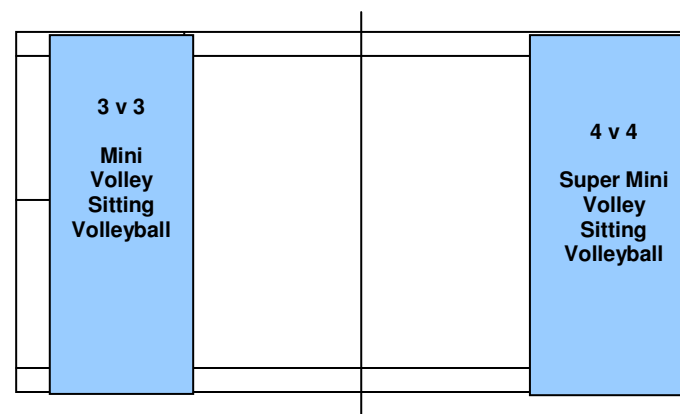
Please note: for health and safety reasons it is imperative that the floor used is both clean and free from bumps and splinters to ensure both the hygiene and safety from injury of all players in a seated position on the floor.

Court Dimensions Based shown in relation to badminton court lines:

**3 v 3:** 6.1m x 3.96m

**4 v 4:** 6.1m x 4.72m

**6 v 6:** 10m x 6m



<p><b>Key Stage 2 7-11 years</b></p>	<ul style="list-style-type: none"> <li>Multi-skills festivals using YST Top Sportsability cards</li> </ul>	<ul style="list-style-type: none"> <li>Sports hall appropriate for multi-skills work including movement skills in a seated position in preparation for Sitting Volleyball</li> </ul>	<ul style="list-style-type: none"> <li>Coaching to be led by appropriately qualified teacher/ coach/SiS leader</li> </ul>	<ul style="list-style-type: none"> <li>As required to run multi-skills sessions.</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>
<p><b>Key Stage 3-4 and FE: Age 11-19 years</b></p> <p><b>Beginners</b></p>	<ul style="list-style-type: none"> <li>Coaching and competition 50:50</li> <li>Games to be one set to 25 points</li> <li>Mixed gender 2 v 2 games</li> <li>Any child may enter, encouraging max participation</li> <li>Does not have to be the same children from each school each week</li> </ul>	<ul style="list-style-type: none"> <li>Sports hall</li> <li>Net height: 0.9m</li> <li>Court = 5.18m x 3.96m using badminton court lines</li> </ul>	<ul style="list-style-type: none"> <li>Coaching to be led by appropriately qualified teacher/ coach/SiS leader</li> </ul>	<ul style="list-style-type: none"> <li>Posts to erect net at 0.9 on badminton courts</li> <li>One ball per court for matches</li> <li>One ball between two maximum ratio for coaching</li> <li>A variety of lightweight balls are available from suppliers</li> </ul>	<ul style="list-style-type: none"> <li>Volley Sport cards and courses</li> <li>Volleyball leaders award</li> </ul>

<p><b>Intermediate</b></p>	<ul style="list-style-type: none"> <li>• Coaching and competition 50:50</li> <li>• Games to be one set to 25 points</li> <li>• Mixed gender 3 v 3 games</li> <li>• Any child may enter, encouraging max participation</li> <li>• Does not have to be the same children from each school each week</li> </ul>	<ul style="list-style-type: none"> <li>• Sports hall</li> <li>• Net height: 0.9m</li> <li>• Court = 6.1m x 3.96m using badminton court lines</li> </ul>	<ul style="list-style-type: none"> <li>• Coaching to be led by appropriately qualified teacher/ coach/SiS leader</li> </ul>	<ul style="list-style-type: none"> <li>• Posts to erect net at 0.9 on badminton courts</li> <li>• One ball per court for matches</li> <li>• One ball between two maximum ratio for coaching</li> <li>• A variety of lightweight balls are available from suppliers</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Volley cards and courses</li> <li>• Volleyball leaders award</li> </ul>
<p><b>Development</b></p>	<ul style="list-style-type: none"> <li>• Coaching and competition 50:50</li> <li>• Games to be one set to 25 points</li> <li>• Mixed gender 4 v 4 games</li> <li>• Any child may enter, encouraging max participation</li> <li>• Does not have to be the same children from each school each week</li> </ul>	<ul style="list-style-type: none"> <li>• Sports hall</li> <li>• Net height: 1.0m</li> <li>• Court = 6.1m x 4.72m using badminton court lines.</li> </ul>	<ul style="list-style-type: none"> <li>• Coaching to be led by appropriately qualified teacher/ coach/SiS leader</li> </ul>	<ul style="list-style-type: none"> <li>• Posts to erect net at 0.9 on badminton courts</li> <li>• One ball per court for matches</li> <li>• One ball between two maximum ratio for coaching</li> <li>• A variety of lightweight balls are available from suppliers</li> </ul>	<ul style="list-style-type: none"> <li>• Super Mini Volley cards and courses</li> <li>• Volleyball leaders award</li> </ul>
<p><b>Advanced</b></p>	<ul style="list-style-type: none"> <li>• Coaching and competition 50:50</li> <li>• Games to be one set to 25 points</li> <li>• Mixed gender 6 v 6 games</li> <li>• Any child may enter, encouraging max participation.</li> <li>• Does not have to be the same children from each school each week</li> </ul>	<ul style="list-style-type: none"> <li>• Sports hall</li> <li>• Net height: 1.15m</li> <li>• Court = 10m x 6m (full sized Sitting Volleyball court, to be used if players capable of moving on that far).</li> </ul>	<ul style="list-style-type: none"> <li>• Coaching to be led by appropriately qualified teacher/ coach/SiS leader</li> </ul>	<ul style="list-style-type: none"> <li>• Posts to erect net at 1.15m on badminton courts</li> <li>• One ball per court for matches</li> <li>• One ball between two maximum ratio for coaching.</li> <li>• A variety of lightweight balls are available from suppliers</li> </ul>	<ul style="list-style-type: none"> <li>• Super Mini Volley cards and courses</li> <li>• Volleyball leaders award</li> </ul>