



# SUMMER GAMES



## GREATER MANCHESTER SCHOOL GAMES 2015/2016

Participants in this competition can be from the same or different schools in the borough

### Year 7/8/9 MIXED SITTING VOLLEYBALL COMPETITION

Wednesday 6<sup>th</sup> July 2016

The National Cycling Centre (Opening Ceremony in Outdoor Arena first)

#### SCHOOL GAMES BACKGROUND INFORMATION:

The Greater Manchester School Games aims to further revive the culture of competitive sport in schools. This exciting new concept will harness the power of the Olympics and Paralympics and is designed to motivate and enthuse more young people than ever before to participate in high quality, meaningful competition within and across schools, supporting them in achieving their own personal best in sport and in life.

The competition will run across three distinct, but integrated levels (see below) providing a simple and progressive pathway culminating in a multi sport festival (level 3) that will showcase the very best of competitive sport across the County.

Level 3 – Greater Manchester School Games

Level 2 – Inter-school competition

Level 1 – Intra-school competition



Teams from Primary, Secondary and Special Schools will win the right to compete in the Level 3 Games having qualified through their local level 2 inter-school competitions. The 'Summer Games' will feature thirteen sports; all of which will be delivered simultaneously utilizing a number of the City's world class sporting facilities.

## COMPETITION PATHWAY:

In partnership with Volleyball England, the Greater Manchester Local Organising Committee proudly presents the KS3 Mixed Greater Manchester School Games Sitting Volleyball Competition.

Inclusive sitting volleyball is a dynamic and exciting game that enables SEN/disabled (SEND) and non-SEND players to play and compete together and against each other.

### 1. SGO Area/Borough Events

Primary Schools within an SGO Area/Borough will be encouraged to enter the first stages of the competition at a venue local to their school. The top team from the Borough will then be invited to the School Games County Final.

### 2. Greater Manchester School Games County Final

This stage of the competition will be organised by the LTA and will comprise of up to 10 schools representing the 10 Boroughs of Greater Manchester.

NB; An athlete can only represent their school in one sport at the GM School Games County Final.

## STANDARD RULES:

### Age Groups

Mixed Gender Competition.

All players must be from Key Stage 3: Year 7 and/or Year 8 and/or Year 9 and/or Year 10.

### Squad/player Eligibility

- Teams are made up of between six and eight players.
- Each team should include a minimum of two SEND players throughout the game.
- SEND players are defined as SEND pupils who cannot easily access mainstream volleyball.
- Two SEND players must be on the court at all times.
- Teams should be made up of players of similar volleyball ability.

### Court/Equipment Requirements

- The sitting volleyball court is 9m x 5.18m on a badminton court, however may be adapted to suit the needs of the competitors.
- Set the net height at 1m using badminton posts (for example).

### Rules of the competition

- Players must keep a part of the body between the buttocks and shoulders in contact with the floor when playing the ball.
- Players can play the ball with any part of their body.

- When serving a player must be positioned at the back of the court and their buttocks must not touch the court, however the server's feet, legs or hands may touch the court.
- Players can serve underarm, overarm or throw the ball into play.
- Players have two attempts to serve.
- The team that wins the rally, wins the point, they then serve the next point. If they lose the point the opposing team serves.
- A point is scored after every serve.
- A team rotates their position clockwise when they regain the serve.
- The ball must go over the net on the third touch at the latest. Players cannot make two consecutive touches.
- Scoring: three sets, each set the best of 11 points.

### **Other points**

- Time-outs: one 30-second time-out is allowed per team per set.
- If the ball hits the boundary lines it is in.
- A block is not counted as a touch the team still has three touches.
- Play continues if a ball hits the net and goes over, including the serve.

### **Rotation**

- Team will rotate each time they win the serve back from the opposition.
- Players shall rotate in a clockwise manner.
- It is always the player sitting in position 1 that serves.
- Substitutions: allow substitutions but ensure that two SEND players remain on the court at any one time.

### **Thinking Inclusively**

Due to the nature of the game we will be thinking inclusively and therefore some elements of the game may be adjusted such as:

**Space:** Adjust the width or length of the court.

**Task:** Allow teams to touch the ball more than three times. If appropriate allow players to catch the ball before using a part of their body to pass to a colleague or return over the net. Consider adjusting the scoring, e.g. number of sets, number of points per set. Feed the ball in from the side to remove the serve.

**Equipment:** If beneficial adjust the height of the net to change the speed of the game. Use a different ball to make the game faster, e.g. a junior volleyball; or slower, e.g. a balloon ball or sponge ball.

**People:** If meaningful and appropriate wheelchair users can get out of their chairs and play sitting on the floor. Wheelchair users, who cannot sit on the floor safely and comfortably, can play in their wheelchairs as long as necessary health and safety precautions are taken, e.g. wheelchair users play in a back court position designated by cones to avoid collisions.

### **Fair Play**

The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.

### Health & Safety

Before any matches take place, the following MUST be read and adhered to:

- It is important that players do not pull on the net during play.
- Players will not be permitted to compete in bare feet or unsuitable footwear.
- No jewellery should be worn.
- Long hair must be tied back.
- All loose clothing must be tucked in and shoelaces tied.
- No chewing gum/sweets allowed.
- It is recommended players bring plenty of liquid refreshment with them.
- All players are advised to warm up appropriately before each match.
- When not competing, players are reminded to remain off the courts and do not get in the way or distract the officials at any time.
- Medical supplies that players may need i.e. asthma inhalers should be brought with them on the day.
- All team teachers must ensure their pupils are under adult supervision at all times, even when playing. During this time players can watch and encourage their fellow team members.
- Please ensure that your pupils have been thoroughly briefed with regards to health and safety.

**DEADLINE FOR ENTRY – FRIDAY 17<sup>TH</sup> JUNE 2016**