

INCLUSION SECONDARY INTRA-CARDS

PART OF THE
**Sainsbury's
SCHOOL
GAMES**

INCLUSIVE SITTING VOLLEYBALL

QUICK INTRODUCTION

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

GETTING STARTED

Who the competition is aimed at

- Teams are made up of six 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.
- Teams should be made up of players of similar volleyball ability.

Setting up the competition

- Mark out the sitting volleyball court (size 9m x 5.18m) on a badminton court.
- Set the net height at 1m using badminton posts (for example).
- Play using a beach ball.

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.

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It is always the player sitting in position 1 that serves.

SPIRIT OF THE GAMES STATEMENT

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



★ ORGANISING THE COMPETITION

- 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.

SAFETY (IF APPROPRIATE/NECESSARY)

- It is important that players do not pull on the net during play.

★ OFFICIATING

- Explain the rotation system to players and get them to practise if they are not used to it.
- Each team could be asked to provide an umpire and scorer.

★ THINK TACTICS

- Increase control of the ball by playing three touches and putting height on the ball.

★ THINK INCLUSIVELY

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.
- Adjust the number of players in a team.
- Substitutions: allow substitutions but ensure that two SEND players remain on the court at any one time.

