
Circulation- and mini-volleyball

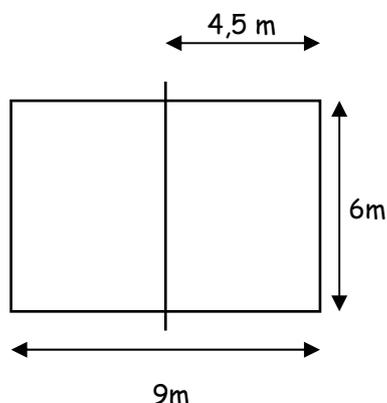
Rules level 1 - 6
Explanation of the rules

2003

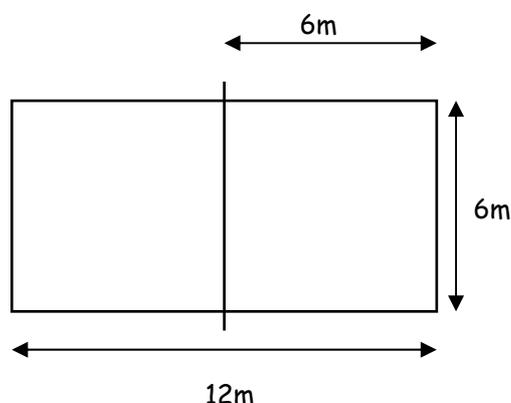
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Explanation of the rules

Court measurement levels 1 to 4



Court measurement levels 5 en 6



1. The level and age mentioned is an indication of what a player should be capable of achieving, assuming the player has gone through the previous levels. Is the player a starting volleyballplayer, then it is up to the coach to determine the level at which the player should start.
2. At all levels the game is played 4 against 4. Our advice is not to exceed six players.
3. How do the substitutes get into play? At level 1, 2 and 3 the goal of the game is to clear the opponent's court of players. The higher the level the more difficult it is to get players back in the game (explained in the rules per level). The players who start outside the court, are the first players to enter the court, when the objective is met. At level 4, 5 and 6 it is compulsory that players re-enter the court at the serve position.
4. For the first three levels we advise a mini-volleyball. This ball has a circumference of 62 centimeters. The differences between brands vary, in colour, durability and the choice of the material. There are also different manufacturers who make balls for the C-youth level (12-13 year old). These balls are special because of their soft and flexible exterior and are lighter than the normal (adult) volleyball.
5. The game is lead by one person (assistant), who is required to have a good knowledge of the level played. This person is there to make sure the games runs in good order, and should expect help from the people who accompany the teams.
6. In a situation where the rules do not provide a solution, it is up to the game assistant to decide. Otherwise the official rules apply.

Level 1: Throwing, catching, moving

AGE: 6 - 7 YEARS OLD
NUMBER OF PLAYERS: 4 PLAYERS PER TEAM
COURT: 6 X 4½ METER
NET HEIGHT: 2.00 METER

GOAL

The players try to get the ball over the net on to the floor of the opponent. It's allowed that the ball touches the net.

START

The ball can be thrown into the court over the net from any spot in the court.

RULES

1. Every time a player throws the ball over the net, the whole team rotates a clockwise position.
2. The players are not allowed to walk with the ball.
3. When the distance up to the net is too big, the player can pass the ball to a team-member and then the ball is played over the net.
4. The ball may touch the net.
5. When a player drops the ball or, throws the ball out of court or, throws the ball into the net, or touches the ball before it goes out of play, this player has to leave the court and take his/her place next to the court.
6. When the ball is thrown on the floor by an opponent, the player closest to that ball has to leave the court.
7. If there are only two players left in the court, these players switch places every time the ball is thrown over the net into the opponent's court.
8. A player can re-enter the court when a team mate catches the ball.
9. The player that was out of court the longest; returns first and begins closest to the net.
10. When all opponents are removed from the court, the team left scores 1 point.

WHEN IS THE GAME INTERRUPTED?

The game is INTERRUPTED when the ball is not caught, which means:

- the ball is thrown out;
- a player dropped the ball;
- the ball was thrown into the net;
- the ball was thrown onto the floor in the opponent's court.

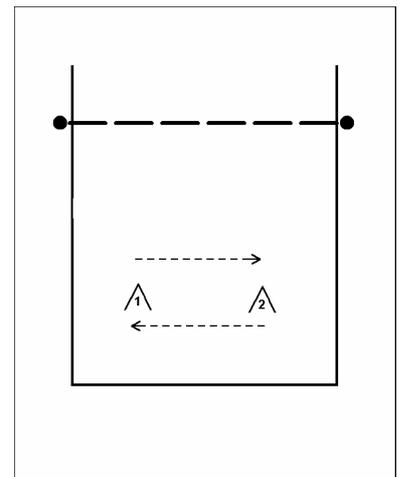
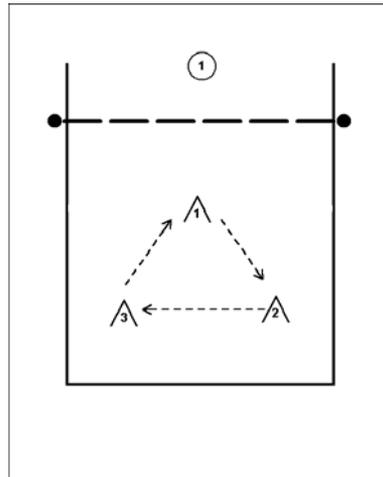
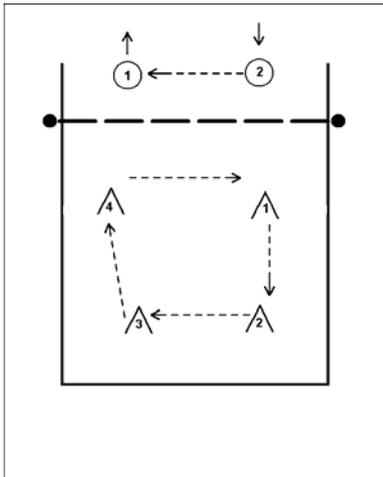
WHAT HAPPENS WHEN THE GAME IS INTERRUPTED?

The game is resumed immediately by the player who has the ball at that moment, thrown anywhere in the court.

SCORE

When the opponent's court is empty the team left gets 1 point. The game starts again with 4 against 4 players. Decide beforehand if a match is played to a certain score or a time limit is set.

The graphics show: formation and way of rotation after the ball has crossed the net when the court is filled with four, three or two players.



SPEED

Let the players throw the ball back right after they catch it, to get as much speed into the game and also as much speed into the moving of the players.

OBJECTIVES

1. Versatile, quick moving en reaction with constant recognition of the trajectory of the ball, through which the idea of movement of the own body and the ball through space is trained well.
2. The coach needs to stimulate the catching and throwing with two extended arms or hands
3. Throwing can also be done overhead by pushing out the ball. The player can also throw the ball with one hand above his/her head. General goal is a perfect ball-handling.



- Recognition of the trajectory of the ball
- Timing
- Throwing and catching in different ways.
- Footwork (forwards, backwards and to the side)

Level 2: Underhand serve

AGE: 7 - 8 YEARS OLD
NUMBER OF PLAYERS: 4 PLAYERS PER TEAM
COURT: 6 X 4½ METER
NET HEIGHT: 2.00 METER

GOAL

The players try to get the ball over the net on to the floor of the opponent.

START/ FIRST BALL

The ball can be served underhand over the net from **any place** in the court. The ball may touch the net.

RULES

- 1 After a player throws the ball over the net, the whole team rotates one position clockwise.
- 2 The players are not allowed to walk with the ball.
- 3 After a player throws the ball over the net, the whole team rotates one position clockwise.
- 4 The ball may touch the net.
- 5 When a player drops the ball or, throws the ball out of court or, throws the ball into the net, or touches the ball before it goes out of play, this player has to leave the court and take his/her place next to the court.
- 6 When the ball is thrown on the floor by an opponent, the player closest to that ball has to leave the court.
- 7 If there are only two players left in the court, these players switch places every time the ball is thrown over the net into the opponent's court.
- 8 A player can re-enter the court when a teammate catches three balls in a row.
- 9 The player that was out of court the longest; returns first and begins closest to the net.
- 10 When all opponents are removed from the court, the team left scores 1 point.

WHEN IS THE GAME INTERRUPTED?

The game is INTERRUPTED when the ball is not caught, which means.:

- the ball is thrown out;
- a player dropped the ball;
- the ball was thrown into the net;
- the ball was thrown onto the floor in the opponents court.

WHAT HAPPENS WHEN THE GAME IS INTERRUPTED?

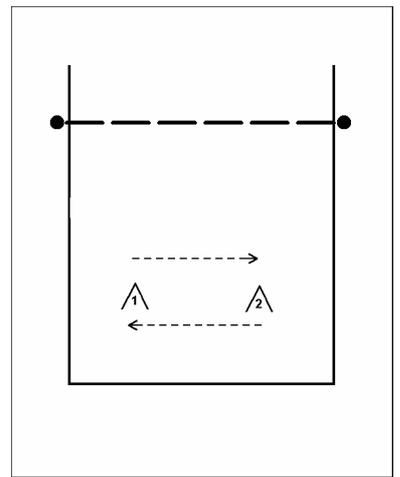
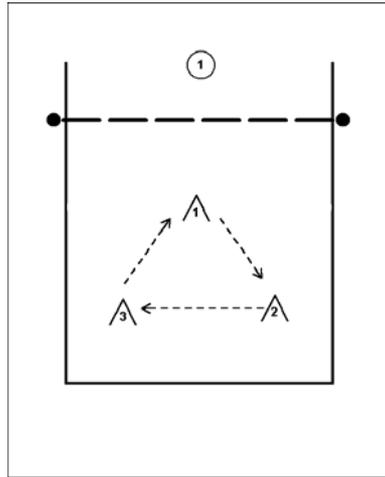
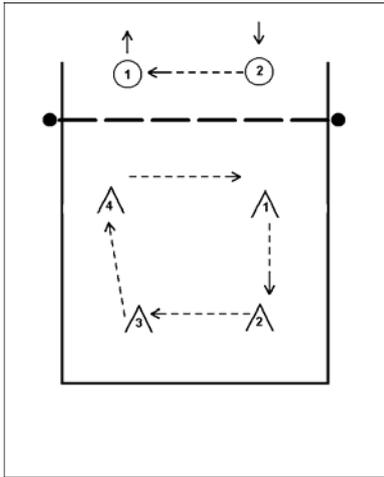
The game is resumed immediately by an underhand serve closest to the place where the game stopped. The server is not allowed to walk with the ball before serving.

SCORE

When the opponent's court is empty the team left gets 1 point. The game starts again with 4 against 4 players. Decide beforehand if a match is played to a certain score or a time limit is set.



The graphics show: formation and way of rotation after the ball has crossed the net when the court is filled with four, three or two players.



Level 3: Forearm passing

AGE:	8 - 9 YEARS OLD
NUMBER OF PLAYERS:	4 PLAYERS PER TEAM
COURT:	6 X 4½ METER
NET HEIGHT:	2.00 METER

GOAL

The players try to throw or bump the ball over the net on to the court of the opponents.

START/ FIRST BALL

The ball can be served underhand over the net from any place in the court. The ball may touch the net.

RULES

1. After a player throws the ball over the net, the whole team to which this player belongs rotates one position clockwise.
2. The players are not allowed to walk with the ball.
3. The ball may touch the net.
4. The ball needs to be played over the net in one time, except for the forearm pass.
5. When a player drops the ball or, throws the ball out of court or, throws the ball into the net, or touches the ball before it goes out of play, this player has to leave the court and take his/her place next to the court.
6. When the ball is thrown on the floor by an opponent, the player closest to that ball has to leave the court. When in doubt the coach points out the player that has to leave the court.
7. If there are only two players left in the court, these players switch places every time the ball is thrown over the net into the opponent's court.
8. When all opponents are removed from the court, the team left scores 1 point.
9. A player may re-enter the court when a team-mate catches a ball from a forearm pass, or when there is only one player left, this last player makes a forearm pass and catches it him/herself.
10. The player that was out of court the longest; returns first and begins closest to the net.

WHEN IS THE GAME INTERRUPTED?

The game is INTERRUPTED when the ball is not caught, which means.:

- the ball is thrown out;
- a player dropped the ball;
- the ball was thrown into the net;
- the ball was thrown onto the floor in the opponents court.
- A forearm passed ball is not caught by the own team. In this case the player who had to be able to catch that forearm pass leaves the court, except when the pass was really bad, then the passer has to leave the court.

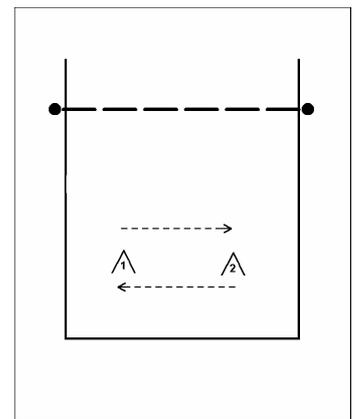
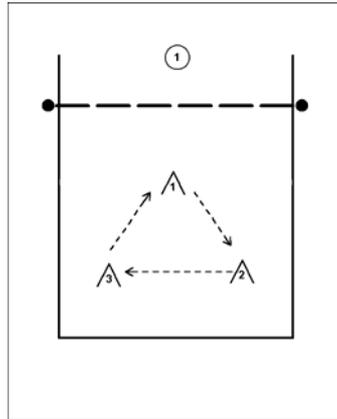
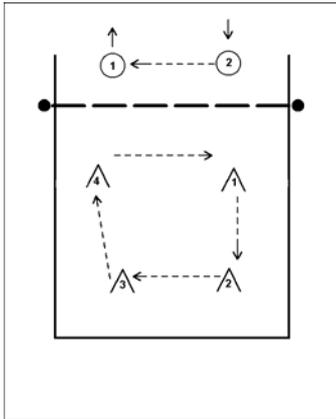
WHAT HAPPENS WHEN THE GAME IS INTERRUPTED?

The game is resumed immediately by an underhand serve closest to the place where the game stopped. The server is not allowed to walk first with the ball before serving.

SCORE

When the opponents court is empty the winning team gets a point. The game starts again with 4 against 4 players. Before the match one should determine if a match is played to reach a score or that a timelimit is set.

The graphics show: formation and way of rotation after the ball has crossed the net when the court is filled with four, three or two players.



OBJECTIVES

1. Good mobility to be able to play a forearm pass, where running and shuffle (joining steps) are the most suitable movements.
2. Feet are spread and broad, a low body-posture for optimum balance.
3. To be able to play the ball in front as well as next to the body.
4. Combine the correct feet-position with the point where the ball is played in respect of the body.
 - ballcontact in front of the body = broad side-by-side position.
 - ballcontact to the left of the body = broad side-by-side position with rightfoot in front.
 - ballcontact to the right of the body = broad side-by-side position with leftfoot in front.
5. The tilting of the shoulders because of the angle in which the ball has to be played.
 - Movements running and shuffle.
 - Broad side-by-side position of the feet at ballcontact.
 - Correct positioning of the pass-sheet of your arms.

LEVEL 4: SECOND BALL IN A SMOOTH CATCH - THROW MOVEMENT

AGE:	9 - 10 YEARS OLD
NUMBER OF PLAYERS:	4 PLAYERS PER TEAM
COURT:	6 X 4½ METER
NET HEIGHT:	2.00 METER

GOAL

The players try to play the ball over the net on to the floor of the opponent.

START

The ball has to be played with an underhand-serve over the net from behind the serve-line, the ball may touch the net.

RULES

1. The ball has to be played three times before crossing the net.
2. The second ball contact is a mandatory non-interrupted catch-throw-movement. This can be done in three ways:

- With extended arms forwards.
- With extended arms backwards, throwing overhead.
- With extended arms in an angle.





3. It is not allowed to throw the second ball over the net.
4. When a player has made three serves in a row the team rotates and the next player has to serve.
5. The extra players are obliged to re-enter the game at the serve-spot.

SCORE

Rallypoint: each mistake is a point to the opponent.

MOTIVATION

The second ball is in this stage of the player's development the hardest ball to handle because playing the overhead pass and the forearm pass at an angle is difficult. The chance of mistakes is big and the game has to be stopped many times. Through using the catch-throw method for the second ball, the rally can be continued. Stimulate that the second ball is parallel to the net; the last player can run to the net/ball before playing it with an overhead pass

OBJECTIVES

1. New: forward overhead pass to a team-mate (practice).
 2. Playing together in a threeballs contact, where the second ball is played parallel to the net. The player who stands to the left or the right on the court can/should step towards the ball to be able to play the ball over the net.
 3. Playing in angles. When a player has to play the ball to the left (from the view of the player), his/her left foot has to be in front. An angle to the right means of course that his right foot should be in front.
 4. Serving over greater distance, from behind the serve-line.
- Playing together / 3 times
 - Correct foot-position at ball contact.

Level 5: Continuous play from underhand serve

AGE:	10 - 11 YEARS OLD
NUMBER OF PLAYERS:	4 PLAYERS PER TEAM
COURT:	6 X 6 METER
NET HEIGHT:	2.00 METER

GOAL

Players try to play to the ball over the net by using an overhead pass or forearm pass onto the court of the opponent.

START

The ball has to be played with an underhand-serve over the net from behind the service line, the ball may touch the net.

RULES

1. The players are not allowed to catch the ball, they have to play the ball with short contact.
2. The team is allowed to play the ball with a maximum of three short contacts, after that the ball has to cross the net to the court of the opponent.
3. The extra players are obliged to re-enter the game at the serve-spot.
4. When a player has made three serves in a row the team rotates and the next player has to serve.

SCORE

Rallypoint: each mistake is a point to the opponent.

MOTIVATION

It is mandatory that the serve has to be played underhand, so the receiving team is able to build a rally. The chance that a game is continuous is greater when the number of ball contacts increases.

OBJECTIVES

1. Convert catch-throw movement in to overhead pass forwards or backwards.
 2. New: overhead pass backwards (practise).
 3. Team work, means playing in angles; overhead pass as well as forearms pass.
 4. Quick moving towards the ball and correct feet-position at ball contact, playing at an angle to the right or the left.
 5. Forearm passing:
 - to the left = left-foot in front and playing the ball at the right side of the body.
 - to the right = right-foot in front and playing the ball at the left side of the body.
- Forearm pass at an angle to the right = right-foot in front/ playing the ball to the left half in front of the body / bring the right-shoulder down.
 - Forearm pass at an angle to the left = right-foot in front/ playing the ball to the right half in front of the body / bring the left-shoulder down.

Level 6: Continuous play from overhead or underarm serve

AGE:	11 - 12 YEARS OLD
NUMBER OF PLAYERS:	4 PLAYERS PER TEAM
COURT:	6 X 6 METER
NET HEIGHT:	2.00 METER

GOAL

The players try to play the ball over the net on to the court of the opponent by means of the overhead pass, the forearm pass or by an attack (smash; from standing position or, push ball or a smash with approach).

START

The ball has to be played with an underhand-serve or overhead serve over the net from behind the service line, the ball may touch the net.

RULES

1. The players have to play the ball with short contact.
2. The team is allowed to play the ball with a maximum of three contacts, after that the ball has to cross the net to the opponent's court.
3. The extra players are obliged to re-enter the game at the service point.
4. When a player has made three serves in a row the team rotates and the next player has to serve.

SCORE

Rallypoint: each mistake is a point to the opponent.

OBJECTIVES

1. New: overhead serve (practise).
 2. New: smashing/hitting technique - approach - take-off - timing of the attack (practise).
 - forearm playing at an angle (left/right).
 - overhead pass; forwards and backwards at angles.
- Make the transition from throwing overhead to serve / attack.
 - Righthanded = left-foot in front / lefthanded = rightfoot in front.
 - Balance.
 - Attention to tossing the ball.