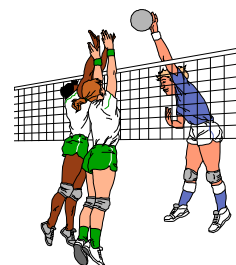


# Log Cabin Camp

## ACTIVITIES INSTRUCTIONS

# VOLLEYBALL



### DESCRIPTION

Volleyball is your perfect opportunity to encourage teamwork and sportsmanship amongst your campers. The sport continues to gain in popularity, especially in Australia with great successes in beach volleyball at Olympic levels.

The aim of the activity is to provide participants with a fun and energetic activity developing their psychomotor skills, increasing their self-confidence, while competing in a team sport.

### INSTRUCTIONS

1. Activity Leader should proceed with teams to volleyball court with volleyball.
2. The Activity Leader should thoroughly instruct teams on rules and fair play as per attached Rules Sheet however imaginative Leaders may find diversity in their own rules. Younger children can catch the ball and pass to one another in this manner.
3. Activity Leader should act as umpire and score keeper.
4. Volleyball should be returned to Sports Room after use.

### EQUIPMENT

Volleyball

### SAFETY GUIDELINES

- Participants should avoid rough play.

**Time to allow for this activity:** Unlimited

### LOCATION

Volleyball court is located at the east end of the main hall.

### AGE SUITABILITY

The activity is most suitable for participants aged eight years and over.

### RATIO

No set ratio.

### INSTRUCTOR EXPERIENCE

Previous experience supervising small groups in recreation activities would be an advantage but is not essential.

### ASSISTING LEADERS EXPERIENCE

No previous experience is required for an assistant. An assisting leader is not essential for this activity, but if one is available can be very useful.

### **PARTICIPANT EXPERIENCE**

No previous experience in the activity is required.

### **INSTRUCTOR RESPONSIBILITY**

The instructor is responsible for camper supervision and behaviour at all times, this includes the supervision and behaviour of campers at the activity and to and from the activity. The instructor is also responsible for: assessing first aid requirements and identifying campers with asthma or other ailments; and ensuring that all the equipment is returned to the program room at the end of the activity.

The instructor/leader must inform the assisting leader (if one is available) of their role in the supervision of the activity, and to also train them in the technical and safety components of volleyball.

### **PARTICIPANTS RESPONSIBILITY**

Participants are responsible for adhering to the instructions of the instructor.

### **PARTICIPANTS CLOTHING AND ACCESSORIES**

Solid footwear, sunscreen, sun hat when necessary

### **FIRST AID REQUIREMENTS**

The location of the activity is on the campsite, so if any injury should occur the designated camp first aider should be consulted.



# Volleyball Basic Rules



## **THE SERVE**

- (A) Server must serve from behind the restraining line (end line) until after contact.
- (B) Ball may be served underhand or overhand.
- (C) Ball must be clearly visible to opponents before serve.
- (D) Served ball may graze the net and drop to the other side for point.
- (E) First game serve is determined by a volley, each subsequent game shall be served by the previous game loser.
- (F) Serve must be returned by a bump only. No setting or attacking a serve.

## **SCORING:**

- A. Rally scoring will be used
- B. There will be a point scored on every score of the ball
- C. Offense will score on a defence miss or out of bounds hit.
- D. Defence will score on an offensive miss, out of bounds hit or a serve into the net.
- E. Game will be played to 25 points
- F. Must win by 2 points

## **ROTATION:**

- A. Maximum of three hits per side.
- B. Player may not hit the ball twice in succession (A block is not considered a hit).
- C. Ball may be played off the net during a volley and on serve.
- D. A ball touching a boundary line is good.
- E. A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest.
- F. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
- G. A player must not block or attack a serve.
- H. Switching positions will be allowed only between front line players. (After the serve only).

## **BASIC VIOLATIONS**

- (A) Stepping on or over the line on a server, failure to serve the ball over the net successfully.
- (B) Hitting the ball illegally (Carrying, Palming, Throwing, etc.).
- (C) Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- (D) Reaching over the net, except under these conditions:
  - 1 - When executing a follow-through.
  - 2 - When blocking a ball which is in the opponent's court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play.
- (E) Reaches under the net (if it interferes with the ball or opposing player).
- (F) Failure to serve in the correct order.
- (G) Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.