



WINTER GAMES



# GREATER MANCHESTER SCHOOL GAMES 2016-17

## 'LETS PLAY VOLLEYBALL'

### UNDER 13 & U15 MINI VOLLEY COMPETITION

Manchester School Volleyball Competition

Our Lady's RC High School o

Tues 28<sup>th</sup> Feb, 3.45-5.30pm.

#### 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 'Winter 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 Under 13 Boys and Girls Greater Manchester School Games Mini Volley Competition. The Manchester School's Competition will also include an Under 15 Boys and Girls Competition (this doesn't go to the GM Finals).

The 'Let's Play Volleyball' National Youth Volleyball Programme is a holistic development model designed to encourage young people to experience and enjoy Volleyball as a player, competitor, leader, coach or referee. 'Mini Volley' is a small sided game used to take young players sequentially through the essential skills required to become a competent Volleyball player, developing game understanding and sport specific techniques in parallel.

The School Games competition is open to all schools; however they must have qualified through their local SGO area/borough heats in order to progress to the County Final.

The competition adopts a simple pathway as follows:

### **1. SSP/Borough Stage**

The winning boys' team and winning girls' team from the Manchester School's Competition will be invited to the School Games County Final.

### **2. Greater Manchester School Games County Final**

This stage of the competition will be organised in partnership with Volleyball England will comprise of the winning boys and girls teams from across Greater Manchester.

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

## STANDARD RULES:

### **Age Groups**

Boys and girls will compete separately.

There will be two separate age groups, Under 13 and Under 15.

All players must be from Year 7 &/or Year 8 (Under 13); Year 9 &/or 10 (Under 15)

### **Squad/player Eligibility**

Each squad should have maximum of 5 players with 3 players on court at any time.

### **Court/Equipment Requirements**

- A standard size ball should be used.
- The court size should be 12m x 6m or doubles badminton court for ease.
- The net height should be 2.15m.

### **Competition Format**

Our Lady's RC High School will host the Manchester School's U13 and U15 Competition.

## Playing the Game

### Serve

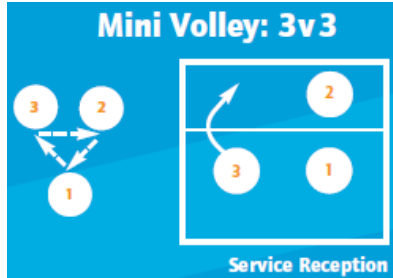
- The server must serve from behind the end line until after contact.
- The ball may be served underhand or overhand.
- The ball must be clearly visible to opponents before serve.
- A served ball may graze the net and drop to the other side for point.
- The first game serve is determined by the toss of a coin.
- A serve can be returned anyway, but not blocked.

### Scoring

- Rally scoring will be used - there will be a point scored on every score of the ball.
- Offense will score on a defence miss or out of bounds hit.
- Defence will score on an offensive miss, out of bounds hit, or serve into the net.
- Points are also scored where the opposition make a foul. For example net touch, foot fault on serving, passing under the line of play at the net, double hit, carrying or lifting the ball.
- Matches are one set to 21 points (two points clear) or 10–12 minute – this is flexible depending on the venue used/number of teams taking part. First to 11 is an alternative option.

### Rotation

- Team will rotate each time they win the serve back from the opposition.
- Players shall rotate in a clockwise manner.



## Playing the Game

- Team captains toss a coin with the winning captain gaining the right to decide either to: (a) serve or receive serve or (b) choose ends for the start of the first set.
- A maximum of three hits per side is permitted (blocking does not count as a hit).
- Double contact rule must be adhered to - a player may not hit the ball twice in succession (a block is not considered a hit).
- The ball may be played off the net during a volley and on serve.
- A ball touching a boundary line is good.
- Catching is not allowed. Contact with the ball is allowed with any part of the body, however kicking is forbidden. If the ball strikes the foot when planted on the floor play will continue, a kick will result in loss of the point.
- Switching positions will be allowed after the serve only.
- One 30 second timeouts per set will be allowed per team.
- Rolling substitutions are permitted.

## Basic Violations

- Stepping on or over the line on a serve.
- Failure to serve the ball over the net successfully.

- Hitting the ball illegally (carrying, palming, throwing).
- 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.
- Failure to serve in the correct order.

### **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:

- 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.

The winning U13 Boys and Girls team will represent Manchester at the Greater Manchester School Games on  
Tuesday 21st March 2017 at the Sugden Centre