



Guide

School sports challenges

Volleyball | Level 1

RULES FOR THE VOLLEYBALL CHALLENGE

1 – Steps for the Volleyball challenge Level 1

- Students must be in groups of 4 athletes dispersed on one side of a volleyball court.
- They should exchange the ball as many times as possible within 1 minute in high school and 30 seconds in elementary school. The stopwatch will start on the first hit.

2 – Rules

- When serving, the ball must be hit (in contact) and not thrown by one of the 4 athletes.
- For a hit to be considered legal, it must be made with the upper body (from the waist up). Players in wheelchairs will be allowed to touch the ball from as of the knees.
- The rally count starts again from zero when the ball touches the ground.
- A player may not touch the ball twice in a row (double touch).
- Coaches and chaperones cannot be physically involved during the challenge. A tee shot waiver may be accepted for an athlete(s) with physical limitations in the upper limbs who are not able to throw the ball themselves.
- There are no nets at level 1.
- At the start, athletes must be at least 2 meters apart.

3 – The ball

- The ball is an orange latex balloon with an athletic valve inflated to 24 inches.



4 – Videos

<https://www.youtube.com/watch?v=rVEewd1ktAk&feature=youtu.be>

Faut que ça bouge !

Let's get moving!





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