

VOLLEYBALL (INDOOR AND OUTDOOR)



All Physical
Activities
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Indoor Activities
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Off-site Activities
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Volleyball (Indoor and Outdoor)

Medium Risk Sport

The following sections must also be consulted: **All Interschool Activities, Indoor Activities, Outdoor Activities, Off-site Activities.**

Supervision

- **Constant visual** supervision is recommended if student athletes are involved in setting up and putting away poles.
- **In-the-area** supervision is recommended following initial skill instruction and after all safety concerns have been emphasized.

Instructional Considerations

- Student athletes should be instructed in the proper method of set-up and take-down of nets.

Equipment/Facilities

- The posts should be stored in a safe manner.
- The posts are rounded and smooth, fixed to the ground without wires.
- The posts supporting the net are placed at a distance of 0.50-1.00m outside the sidelines.
- The posts should be padded - including cranks and supports, from the floor up to the bottom of the net.
- Antennae should be flush with the bottom of the net.

Beach Volleyball:

- Sand courts must have a sand depth of at least 40 cm composed of fine loosely compacted grains of sand. There should be no bare or hard dirt areas.
- The playing court is a rectangle measuring 16 x 8 m, surrounded by a free zone which is a minimum of 3 m wide on all sides and with a space free from any obstruction up to a height of a minimum of 7 m from the playing surface.
 - o *Note:* There is no differentiation of court size for variations of the game involving more participants than 2 per team.
- The terrain must be composed of leveled sand, as flat and uniform as possible, free of rocks, shells and anything else, which can represent risks of cuts or injuries to the players.