

The **goal** of two ball is to promote better skill development, participation, meaningful competition, and fun.

Atomic volleyball uses **4 on 4 game play** with some modifications to the standard 6 on 6 format.

Modifications include:

- ✓ Lowered net heights that are size and age appropriate for the players.
- ✓ Smaller court - badminton court or standard volleyball court divided in two.
- ✓ Using a lighter ball

Progressions for ball 'movement' between players during each rally: Based on **Ability level of the athletes** {1st contact -> 2nd contact -> 3rd contact}

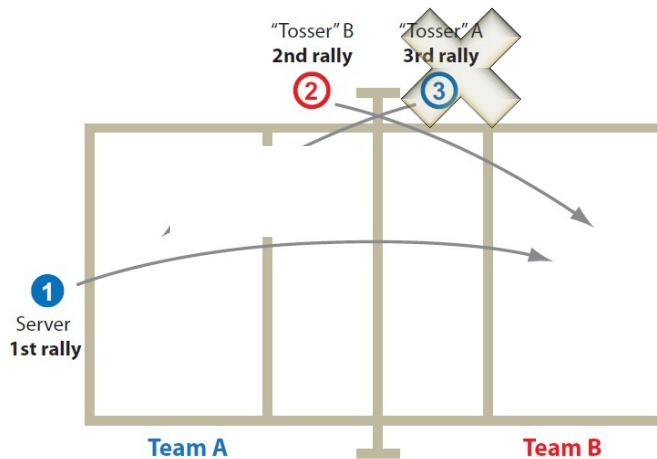
NOVICE athletes:	CATCH & Toss -> CATCH & Toss -> HIT (Volley)
INTERMEDIATE athletes:	CATCH + Self-toss & Forearm Pass -> CATCH & STV -> HIT (Volley/Spike)
ADVANCED athletes:	PASS -> CATCH & STV -> HIT (Spike); PASS - PASS - HIT (Spike)

Overview of the Two Ball Sequence:

Progressions for initiating 'game play': {Based on the **Game experience of athletes**}

INTRODUCTORY level: {Both balls are **tossed**}

- a) The game follows a sequence of two rallies (TOSSED ball 1, TOSSED ball 2 – BOTH TOSSES ARE DIRECTED TO THE SAME TEAM).
 - * 1st rally – tossed ball given to team A directed to player in back **right**;
 - * 2nd rally – tossed ball given to team A directed to player in back **left**.
- b) The tossing alternates between teams after each two ball sequence.
- c) A team must rotate and introduce a player (to back left side) when it is their turn to receive the toss.
- d) Every ball introduced is worth one point.



INTERMEDIATE & ADVANCED levels: {1st ball is **served**; 2nd ball is **tossed**}

- a) The game follows a sequence of two rallies (**SERVED** ball 1, **TOSSED** ball 2 – BOTH the serve and the toss are directed to the same team).
 - * 1st rally – SERVED ball given to team A;
 - * 2nd rally – TOSSED ball given to team A directed to player in back left.
- b) The serve alternates between teams after each two ball sequence.
- c) A team must rotate and introduce a new server when it is their turn to serve.
- d) Every ball introduced is worth one point.

 **Two Ball Rules:**

- a) Switching to a different position from the service order during a rally is NOT ALLOWED.
- b) Each rotation will have a different designated setter. The player in the front right position in service reception will be the designated setter.
- c) Everyone on the team will get the opportunity to play as a “Rotating Substitution” system will be in place. After the 2 ball sequence, players on the serving team will rotate clockwise. The previous server from (back right) will move to the bench, the first player “in line” on the bench will move to position in the back left.
- d) Athletes must play the *tossed ball* with a **forearm pass**, otherwise a replay will occur.
- e) Athletes cannot intentionally send the *tossed ball* over the net, otherwise a replay will occur.

 **Guidelines for Tossers:**

- a) The “Tosser” introduces balls to **their own** team.
- b) Balls are tossed underhand with two hands, with little to no spin and above the height of the antennae to allow athletes time to play the ball.
- c) The Tosser can step into the court to introduce the ball but must immediately move a safe distance away from the court after the toss.
- d) The TOSSED ball must be tossed directly to the intended athlete otherwise a replay will occur.
- e) The TOSSED ball will be introduced when the front row players are at the net and ready to transition; the Tosser verbally cues the athletes by calling “**Ball in**”.