

Scottish Volleyball

Adapted Play Guidance - Phase 2

Phase 2 guidance allows limited cooperative play for small groups of up to 4 players per court as long as social distance and hygiene measures are maintained for players that do not belong to the same household.

In order to **maintain 2 metres Social Distance** at all times, please follow the guidance below on how to set up your court with 4 players:

- Players can play in their own quadrant and remain 2 metres from other players at all times, even when they are at the edge of their quadrant.
- The 'No Net Zone' means that no close net action can take place, i.e. blocking or jousting.
- A one-way system will also be in place around the court with both teams moving anti-clockwise around the court when they are changing sides.
- Remember that even players on the same side of the court must also remain 2 metres from each other during this change of ends unless they are from the same household.
- No player should change ends by going under the net at any time.
- Players can use the change of ends to sanitise their hands with the hand gel provided on each net post.

