

Skolly Ball

Suggested Age: All ages and abilities can play this inclusive game.

Requirements:

- Volleyball net
- Volleyball court
- Omnikin Ball (www.omnikin.ca)

Instructions:

This game is similar to volleyball rules and regulations except that you are using a lighter, softer omnikin ball to play it therefore it is very inclusive. Players can kick, punch, or hit the ball towards the other team on the other side of the net.

(Source: City of St. John's Recreation Department)