



DIVISION/LEVEL DESCRIPTIONS

BEGINNER

This division/level is suitable for players that lack experience and/or are learning the basic skills of volleyball. Players in this division should abide by the "fun-first" mentality. The following points describe the level of play that should be expected:

- Focus is often on just getting the ball over the net rather than following the 3 hit concept.
- Players generally do not have specific positions (i.e. power, setter, middle, etc.).
- Underhand serving is more common than overhand serving.
- Hard hitting is not allowed.

RECREATIONAL

This division/level is suitable for players that are moderately more skilled than the Beginner Division. This is the ideal league for teams that have had great success in the Beginner Division in the past.

The following points describe the level of play that should be expected:

- Some players might focus on just getting the ball over the net, but most teams execute 3 hits
- Teams generally set from the middle to two outside hitters.
- Underhand serving is equally as common as overhand serving
- Hard driven balls are allowed in this division, however, it must be done in a controlled manner.

INTERMEDIATE

All players have experience playing volleyball, and can handle themselves in a game situation. Matches are still social and fun, however they have a slight competitive edge. The following points describe the level of play that should be expected:

- 3 Hit concept is well executed (pass/dig, set, attack).
- Players are comfortable setting, spiking and blocking and have good court mobility, can keep a rally going.

ADVANCED

All players have experience playing volleyball and are solid in the fundamentals. This is for those are looking for a good challenge and want to have closely matched games. The following points describe the level of play that should be expected:

- Hard hitting can be expected consistently throughout the game
- Back row attacks and jump servicing may occur from time to time but is not a common occurrence.
- Players understand rotational sequences and offensive/defensive concepts (5-1, 6-2) with good in game execution

COMPETITIVE

Players consistently play at a high level and would like to face strong competition. A good fit for people who have played competitively in high school and/or club, consistently as an adult, or ex-Varsity athletes. The following points describe the level of play that should be expected:

- Players are typically specialized in one position (i.e. setter, middle, power, libero etc.) and are effective at their position.
- Majority of players are capable of executing hard hits and are comfortable with defending hard hitting.
- Games will include great passes, solid blocks, good digs, and organized attacks.