

RULES -VOLLEYBALL INDIVIDUAL SKILLS COMPETITION

Each athlete will compete in either all 4 skills for level 1 or all 5 skills for level 2. Athletes must submit preliminary scores for each skill and a total of all skill scores on the entry form to be entered in Area or State Individual skills events.

LEVEL 1—LOW LEVEL

1. Volleyball Juggle

- ❖ *Description*— Athlete sits or stands within a 6.5' diameter circle and attempts to keep the ball from falling to the ground by hitting it with his/her hands and forearms/
- ❖ *Scoring*—Athlete's score is the number of times he/she hits the ball into the air in 60 seconds. The count of hits is continuous.

2. Serving

- ❖ *Description*— Athlete sits or stands behind a line 6.5' away from the net. The athlete is given 5 chances to hit or throw a ball, in an underhand motion, over a net height of 6.5'.
- ❖ *Scoring*—Athlete receives 1 point for each ball hit or thrown completely over the net.

3. Volleying

- ❖ *Description*— Athlete sits or stands within a 6.5' square and tries to return a ball, tossed to him/her by an official who is 6.5' away. Athlete may return the ball with hands (pass) or arms (bump) only. Each athlete receives 5 chances to return the ball.
- ❖ *Scoring*—Athlete will receive 1 point if contact is made with the ball and 3 points if the ball is successfully returned to the official

4. Volleyball Pass

- ❖ *Description*—Athlete sits or stands behind a line 3.5' away from the net. Athlete attempts to hit or throw the ball over net, in an overhead fashion, using 2 hands. Athlete is given 5 chances to hit or throw ball over net.
- ❖ *Scoring*—One point is scored for each ball that goes successfully over the net.
 - *Level one skills participants may use a lighter weight, modified volleyball*

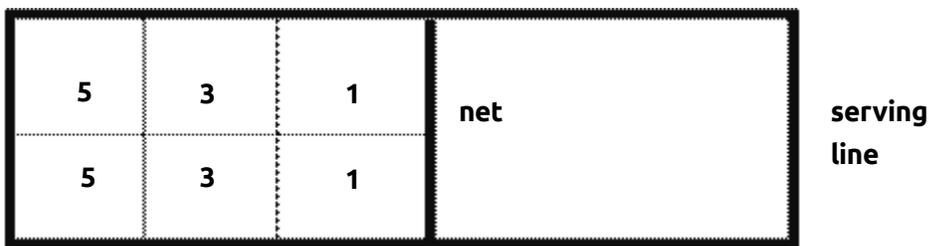
LEVEL 3—HIGH SKILLS

1. Volleying

- ❖ *Description*— Athlete stands or sits near a wall and attempts to volley a ball, in an overhead fashion, on or above a line marked 7.5' high on the wall, as many times as possible in 60 seconds. If the athlete loses control, he/she will retrieve the ball and continue volleying. The count is continuous.
- ❖ *Scoring*— The athlete received 1 point for each successful volley on or above the line on the wall. The score is the total number of successful volleys completed in 60 seconds.

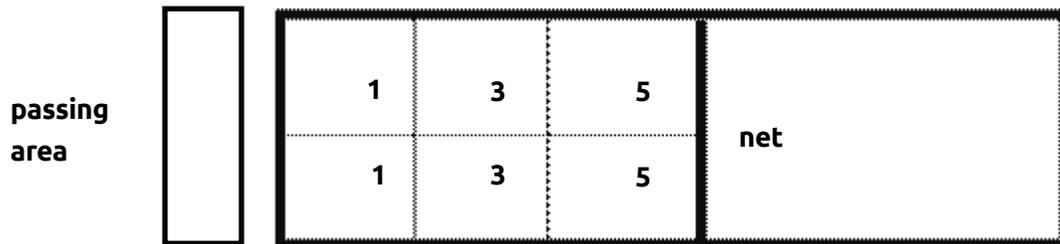
2. Serving

- ❖ *Description*—Athlete attempts to serve 5 balls – one at a time – over the net into the opposite court, which is divided into 6 areas, each with a different point value.
- ❖ *Scoring*—The athlete's score is the point total of the 5 serves. A ball landing on a line is given the higher point value.



3. Passing

- ❖ *Description*—The athlete stands behind the back line and passes the ball – tossed to him/her by an official – into one of the 6 marked areas of the court, each with a different point value. Athlete is given 5 attempts.
- ❖ *Scoring*—Athlete’s score is the point total of the 5 passes. A ball landing on a line is given the higher points.



4. Spiking

- ❖ *Description*—The athlete stands in the middle of the court and attempts to spike the ball over the net into the opposite court. An official will toss the ball high in the air near the net to the athlete. A spiker’s approach will be used. The athlete will get 5 attempts.
- ❖ *Scoring*—The athlete receives 1 point for each successful spike of the ball over the net into the opposite court. A trial is taken over if the ball is not properly set by the official for the athlete to spike.

5. Bump

- ❖ *Description*—Standing near a wall, the athlete attempts to bump pass the ball on or above a line marked 7.4’ high on the wall as many times as possible in 60 seconds. If the athlete loses control, he/she will retrieve the ball and continue. The count is continuous.
- ❖ *Scoring*—The athlete receives 1 point for each successful bump on or above the line on the wall. The score is the total number of successful bumps in a 60-second time period.