VOLLEYBALL SKILLS COMPETITION RULES

Level 1 – Low Skills

1. Volleyball Juggle

- Athletes sit or stands inside a 6.5-foot circle.
- Keeps the ball in the air using hands and forearms for 60 seconds.
- **Scoring:** 1 point for each successful hit. Total hits in 60 seconds = score.

2. Serving

- Athlete sits or stands behind a line 6.5 feet from the net.
- Given 5 attempts to hit or throw the ball underhand over a 6.5-foot-high net.
- **Scoring:** 1 point for each ball that clears the net.

3. Volleying

- Athletes sit or stand inside a 6.5-foot square.
- Returns balls tossed by an official standing 6.5 feet away.
- 5 attempts.
- **Scoring:** 1 point for contacting the ball. & 3 points for successfully returning the ball to the official.

4. Volleyball Pass

- Athlete sits or stands behind a line 3.5 feet from the net.
- Uses an overhead two-hand motion to hit or throw the ball over the net.
- 5 attempts.
- **Scoring:** 1 point for each ball that successfully clears the net.

Note: Level 1 participants may use a lighter-weight modified volleyball.

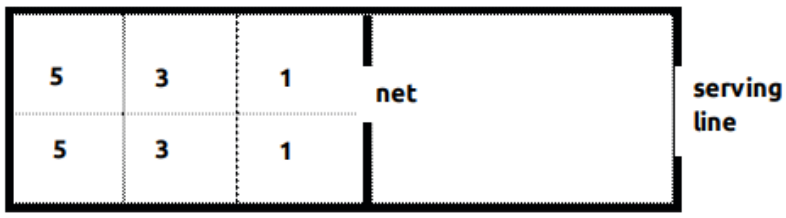
Level 2 – High Skills

1. Volleying

- Athletes stand or sit near a wall.
- Volleys the ball overhead against or above a line marked 7.5 feet high.
- Continuous count for 60 seconds.
- **Scoring:** 1 point for each successful volley.

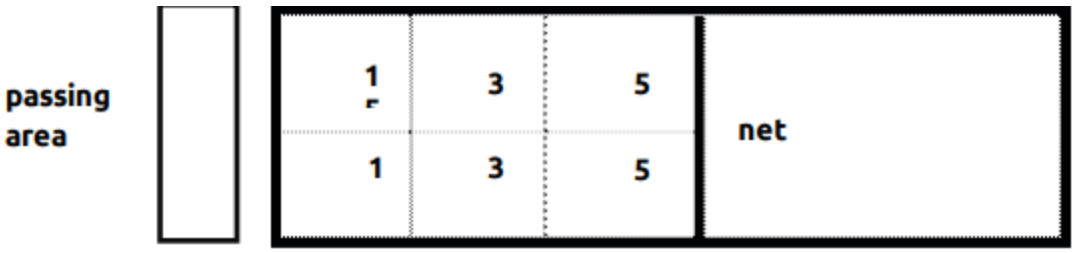
2. Serving

- Athlete serves 5 balls over the net into a court divided into six scoring zones.
- **Scoring:** Points are based on the zone where the ball lands. Balls landing on a line receives the higher value.



3. Passing

- Athlete stands behind the back line.
- Passes balls tossed by an official into six marked scoring areas.
- 5 attempts.
- **Scoring:** Points are based on the zone hit. Balls landing on a line receives higher value.



4. Spiking

- Athlete spikes balls set by an official near the net.
- Standard spiking approaches may be used.
- 5 attempts.
- **Scoring:** 1 point for each successful spike over the net into the opponent's court.
- Attempts are repeated if the ball is not properly set.

5. Bump

- Athlete stands near a wall.
- Bump-passes the ball against or above a line marked 7.5 feet high for 60 seconds.
- Continuous count.
- **Scoring:** 1 point for each successful bump.

Final Score

- The athlete's score is the combined total from all required skills in their competition level.