



USA Volleyball

Heart of America Region

2011-12

Youth Volleyball Information Packet



What is Youth Volleyball:

Youth volleyball is for all boys and girls 10 years and younger (born on or after September 1, 2001). The purpose of Youth volleyball is to provide a developmental game for Junior Volleyball.

How to run Youth Volleyball:

HOA recommends clubs to organize groups of about 20 participants. These groups are open to girls and boys. Groups practice once or twice a week in the period January through April for one or one-and-a-half hour. The attention span of young children is not very long. A gym with 2 regular size volleyball courts will be required for up to 24 participants. Participation will not be based on teams. Teams will only be formed for participation in an event. Players will not register with a team, but with the Youth volleyball program of a club. The number of teams clubs register for an event depends on the number of players available for that date. Teams are preferably coed, but not required so.

Festivals:

Youth volleyball events are recommended, without a tournament format. Teams should be assigned random matches. Scores will be kept during the match, but no standings will be kept for the event. There will be no event winners or champions. The events will be named festivals rather than tournaments. Every team will play a minimum of 4 matches in about a 3 hours time-span. Every match is one set to 25 points. If there is enough interest from the clubs, HOA will work with the clubs on organizing some events.

Equipment:

One of the challenges for Youth volleyball will be creating courts for practices and events: It will require some creativity from clubs and coaches to create smaller courts and lower nets. If net posts do not go down enough, nets can be pulled down with ropes. Lines can be taped where needed. Be aware though that certain types of tape can damage a (wood) floor.

Staffing:

It is recommended to have 2 coaches on a group of about 20 kids. These coaches preferably have experience in working with young children. Larger clubs can involve some of the older junior players with Youth volleyball. When participating in events with multiple teams, it is recommended to assign a junior player or parent to each team. These assigned coaches will also take care of the officiating duties. There is no IMPACT requirement for these parent coaches, but they should be registered as parent members for liability reasons.

The Game:

Youth volleyball is to encourage participation and ball contacts. Players will develop quicker if they have a lot of contact with the ball. It is important that all players participate in and enjoy the practices and festivals. It is highly encouraged to teach the children to have three team contacts when the ball is on their side of the net.

HOA Youth Membership

An HOA Membership for Youth volleyball players will be available for \$15 per player.

Cost of the Program

To develop a viable 10 & under program, it is important to keep the cost low. Here are some estimates for expenses for a program based on 24 kids, a 12 week program and 2 events:

Gym rent:	12 weeks, 1.5 hours a week at \$25 per hour:	\$ 450
Coaches:	2 coaches at \$300 a person	\$ 600
Membership:	24 kids @ \$15 and 2 coaches @ \$40, 2 parents @ \$30	\$ 500
Equipment:	12 Molten V140 balls	\$ 150
Events:	2 event, 5 teams, \$60 per team	\$ 600
Miscellaneous:	Estimate	\$ 200
Total Program Expenses:		\$2500

This will translate to a cost of about \$100 per kid. This is an example of what the cost could be. Adjust the amounts to fit your specific situation.

Adjustments to USAV rules:

Rule 1: Playing Area Dimensions:

The playing court is rectangle measuring 4.5x4.5 m (14'9"x14'9"). This is half the width and length of a regulation size volleyball court.

No attack lines shall be used

Service Zone:

The service Zone is a 4.5m (14'9") wide area behind each end line

Rule 2: Height of the Net:

10 years and under	1.98 m (6'6")
8 years and under	1.80 m (5'11")

Rule 3: Balls

The Heart of America Region will be using the Molten V-140 ball for all 10- and 8- & Under competition.

Rule 4: Team Composition:

A team may consist of a maximum of 5 players and 1 coach. Youth volleyball is about participation. A maximum team size will promote individual playing time. More than 5 players will only be allowed on a team if a club does not have enough players to field multiple teams.

Player's jerseys don't need to be uniform nor numbered.

Rule 6: Match

A match will consist of one set to 25 points. The team that won the previous point, initiates the game by serving the ball. After the rally is completed, a ball will be tossed by the referee to the team that lost the rally. If the same team wins the rally, a point is scored by that

team. If the other team wins the rally, a third ball will be thrown in by the referee. The winner of that rally will receive a point. After a point, both teams will rotate a position.

Rule 7: Teams

There will be 4 players per team in the court. If needed, teams will be allowed to play with 3 players. There will be no difference between front and back row players. Players must maintain the proper serving order.

The positions of the players are numbered as follows:

The 2 players along the net occupy positions 3 (front-left) and 2 (front-right).

The other 2 players occupy positions 4 (back-left) and 1 (back-right)

To rotate, the player in position 2 rotates to position 1 (unless there are more than 4 players on the team), the player in position 1 rotates to position 4, etc.

Rule 8: Substitution of players

If there are more than 4 players on a team, all players will rotate onto the court between positions 2 and 1. The right front player will leave the court to be replaced by the substitution. The substitution will serve. This rotation is mandatory.

Rule 10: Playing the Ball

For 8 and under competition: Players may catch the served ball and toss it to one of their team members, or toss the ball up for themselves and pass the ball to a team member. The catch and toss will count as one ball contact.

For all Youth volleyball: All multiple contacts of the ball in a single effort to play the ball are legal. Prolonged contact with the ball other than a catch of the ball (unless specified above) is allowed.

Rule 20: Libero player

The use of a Libero player will not be allowed in Youth volleyball.

Rule 23: Refereeing corps

One referee will be used to guide Youth volleyball competition. The referee will stand beside the court. A score-flipper will keep track of the score during the match.