

Indoor Volleyball R1 Training

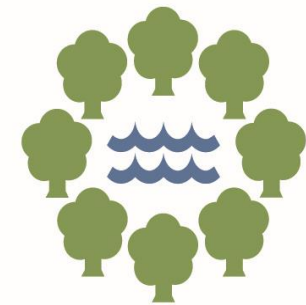


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Provided by Quentin Johnson

Pre-Match

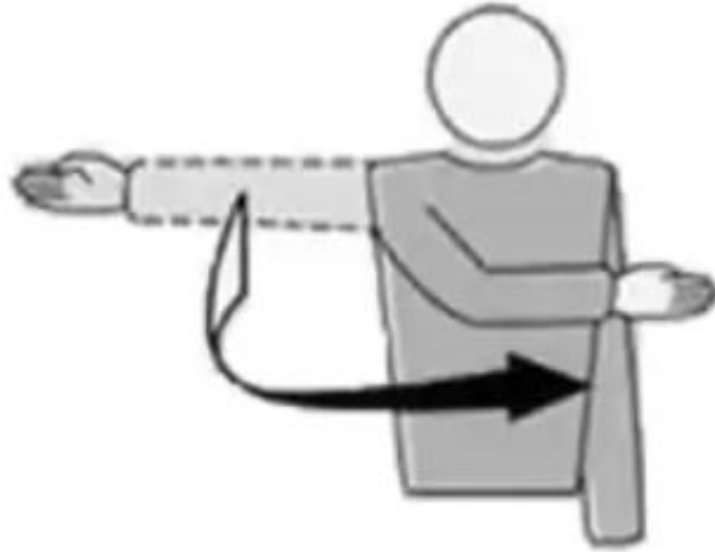
- Home team selects heads or tails (You can also do Rock-Paper-Scissors, odd or even number behind me back, etc.)
- Winner selects serve, receive, or side. Opponent then selects what isn't yet decided
- Teams will switch sides each Set and will switch sides at 13 in Set 3 (if needed)
- Make sure you take note of which team is which, so you submit scores correctly.



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Authorization to Serve

1



Move the hand to indicate the direction of service.



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Team to Serve

2



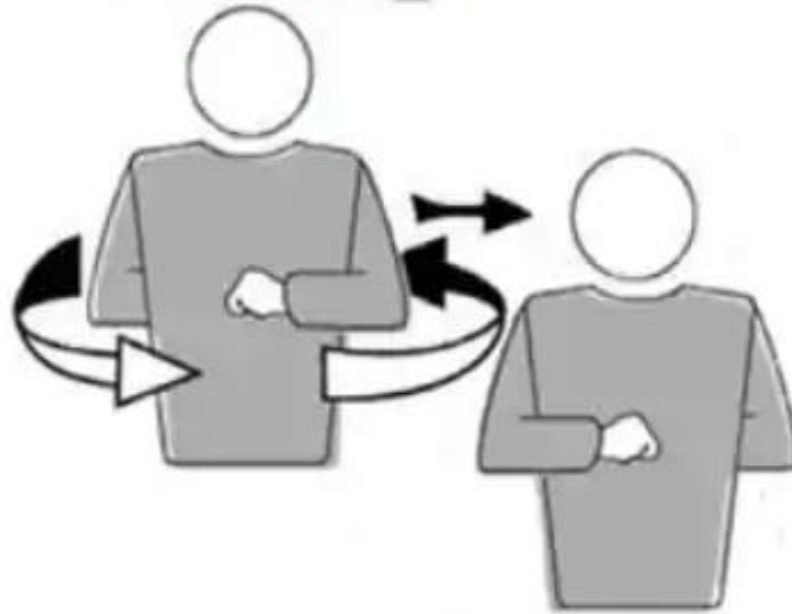
Extend the arm to the side of the team that will serve.



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Change of Courts

3



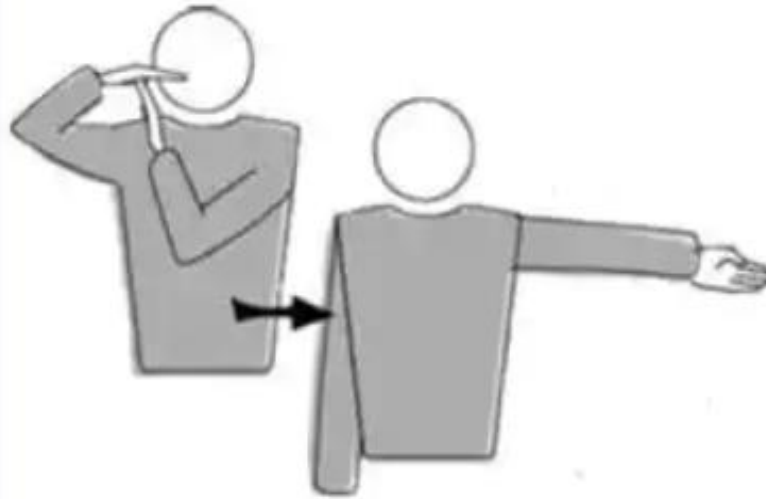
Raise the forearms front and back, and twist them around the body.



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Time-Out

4



Place the palm of one hand over the fingers of the other, held vertically (forming a "T"), and then indicate the requesting team.



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Substitution

5



Circular motion of the forearms around each other



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Misconduct Warning

6a

Misconduct
Penalty 6b



Show a yellow card for a warning; red card for a penalty.

Expulsion

7



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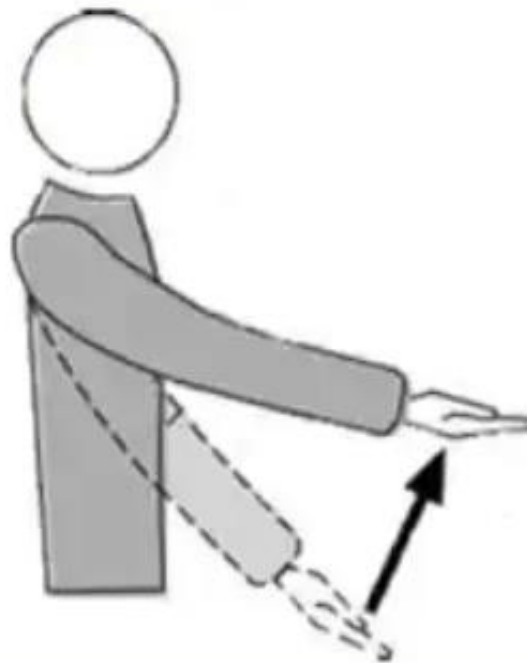
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End of Set
or Match



Cross the forearms in front of the chest, hands open.

Ball Not Tossed or Released 10
at the Service Hit



Lift the extended arm, the palm of the hand facing upward.



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Delay in Service

11

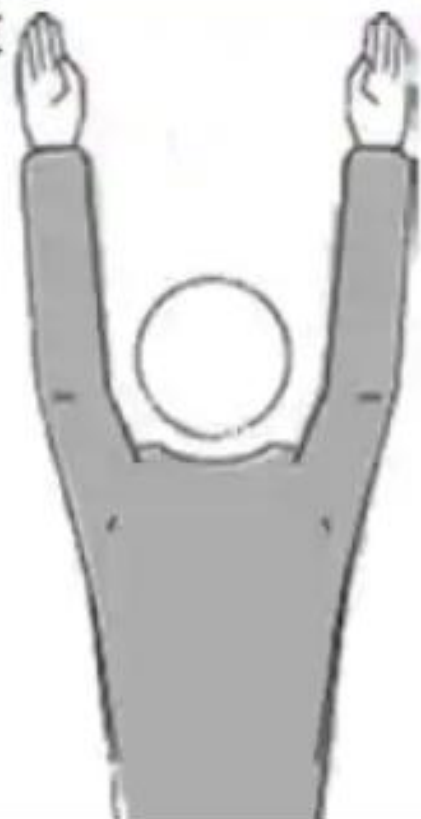


Raise eight fingers, spread open.



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Blocking Fault
or Screening



12

Raise both arms vertically, palms forward.



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Positional or Rotation
Fault

13



Make a circular motion with the forefinger.



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Ball "In"

14



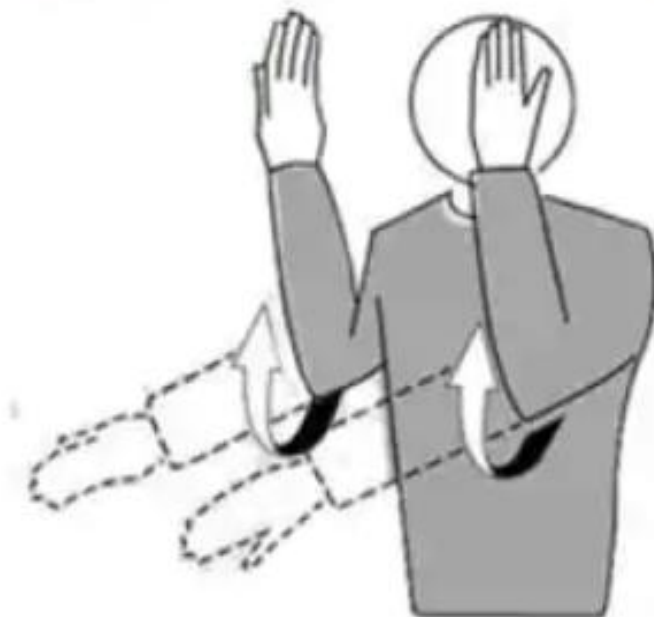
Point the arm and fingers toward the floor.



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Ball "Out"

15



Raise the forearms vertically, hands open, palms toward the body.



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Catch

16



Slowly lift the forearm, palm of the hand facing upward.



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Double Contact

17



Raise two fingers, spread open.



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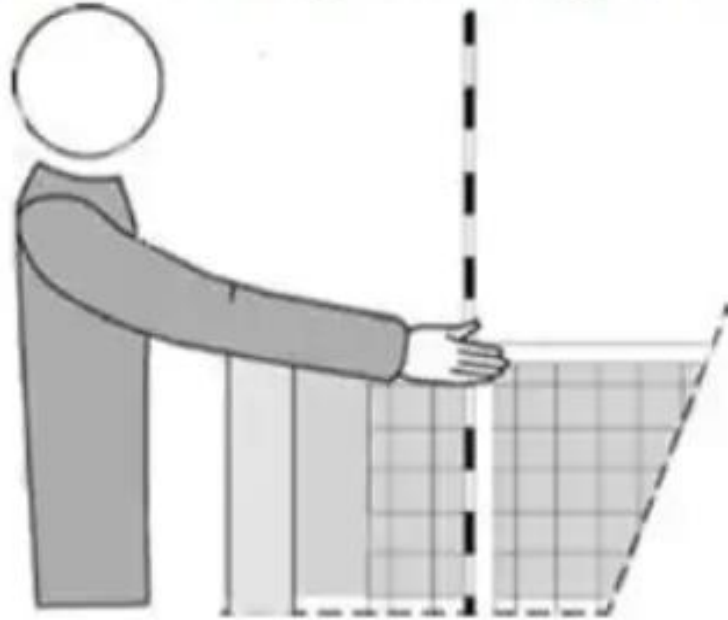
Four Hits

18



Raise four fingers, spread open.

- (1) Net Touched by Player 19
(2) Served Ball Fails to Pass to the Opponent Through Crossing Space

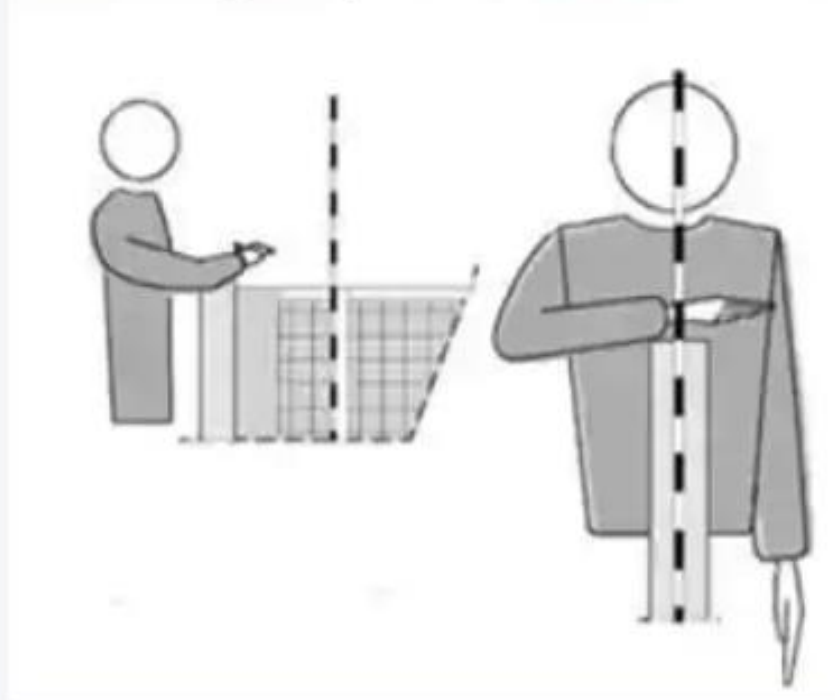


Indicate the respective side of the net.



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Reaching Beyond the Net 20



Place a hand above the net, palm facing downward.



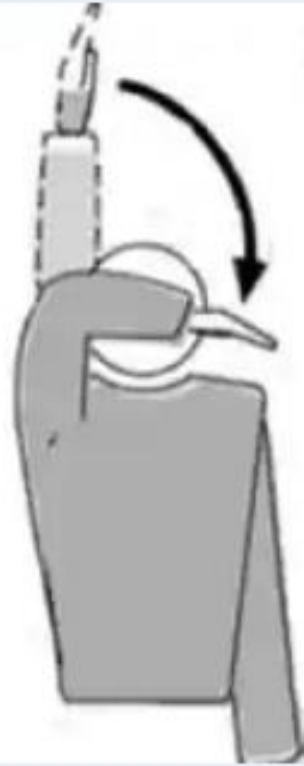
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Attack Hit Fault

21



Make a downward motion with the forearm, hand open.



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Penetration into the Opponent 22
Court

Ball Crossing the
Lower Space or the
Server Touches the
Court (End Line)
or the Player Steps
Outside His/Her
Court at the Moment
of the Service Hit



Point to the center line or to the respective line.

Double Fault and Replay 23



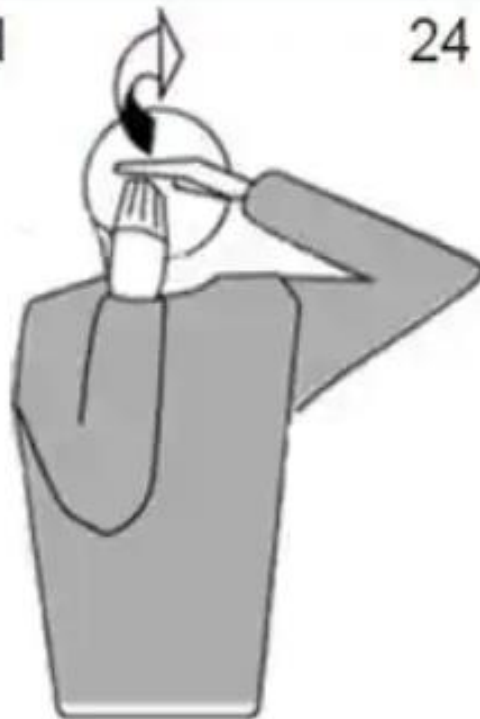
Raise both thumbs vertically.



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Ball Touched

24



Brush with the palm of one hand the fingers of the other; held vertically; USAV: Brush fingers of opposite hand once over palm of vertical hand.

Delay Warning/
Delay Penalty

25



*Cover the wrist with a yellow card (warning) and
with a red card (penalty).*



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Illegal Contact - Coed

CHANGES

- Only to be called if the ball is contacted 3 times by one team



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Youth Rules – Match Format

- All matches will begin at scheduled time w/ a coach, captain and official mtg prior to game.
- 5 minutes of warm-up
 - 11U: 8 minutes shared court / 2 minutes serving
 - 13U – 18U: 4 minutes shared court / 4 minutes hitting / 2 minutes serving
- 55 minutes of play
 - Play all 3 sets to 25 cap at 27 unless time doesn't allow for a 3rd set
- Tournament Play
 - First 2 sets to 25, win by 2, Cap at 27
 - 3rd set is played if each team has won 1 set, play to 15, no cap



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Youth Rules – Differences and Additions

- Roster limit is 12 players and limited to 2 non-Minneapolis residents
- 11U uses a Volley Lite Ball, all others use NFHS regulation ball
- Teams must have 6 players on the court
- Unlimited Subs are allowed – Each player must play at least 9 points
- Jewelry must be removed, except small, secured studs or posts worn above the chin. No jewelry is permitted below the chin



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Youth Rules – Differences and Additions (Serving)

- Serving lines
 - 11U 10 Feet inside service line
 - 13U 5 Feet inside service line
 - 15U & 18U Regular Service line
- 11U & 13U: No server may serve more than 3 straight points. If there is no "side out" after 3 straight points, the serving team rotates and continues serving, using a normal service rotation.
- 15U: No server may serve more than 5 straight points. If there is no "side out" after 5 straight points, the serving team rotates and continues serving, using a normal service rotation.
- Second Attempt Serve (Service Error Redo): 11U & 13U Divisions: This one attempt serve will count for all three attempts to serve. Each player will receive the maximum of 4 attempts per serving rotation and a minimum of 2 attempts per serving rotation. 11U & 13U Divisions: One second attempt with either over or underhand per serving rotation.
- 15U & 18U: No second attempt, re-toss permitted (Re-Toss permitted regardless of if the ball is caught, dropped, or contacts the player so long as a service contact isn't attempted)



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Other notes for Minneapolis Park and Rec Leagues

- Ball can contact the ceiling and approved aerial components and be played if the ball does not cross the net and if all three contacts have not been used.
- Only captains (identified in the pre-match coin flip) may dispute a call with a referee
- All teams play 3 sets to 25 if time allows. For situations where time is running out, tell the captains that you will play a shorter 3rd set and make sure they agree that the shorter set is fair for both teams
- Tournament Matches – Matches will be played best of three sets. Two sets to 25 (capped at 27), if needed 3rd game to 15 (capped at 17).
- 1 time out per set



Most Importantly...

- Make calls quickly and confidently
- Be honest to players, if you miss something or were blocked from seeing a play, tell them and ask them what they saw or call a re-do.
- Do not make calls that you aren't confident in
- Some of the people you are refereeing have a vast volleyball knowledgebase, if they have feedback, take it and use that to improve without making it personal
- You are a referee, actions toward players outside of being a referee including coaching, flirting, using profanity, or any other acts that are not becoming of a ref can cause the players to feel uncomfortable.



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Questions?

Feel free to call or text 6122973282 or email quentin.johnson@mpnexuslevel.us with any questions



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