

Indoor Volleyball R1 Training

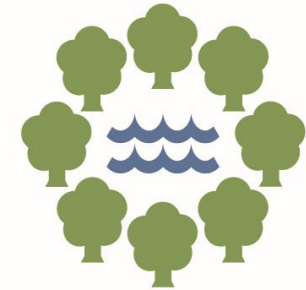
Provided by Quentin Johnson



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Pre-Match

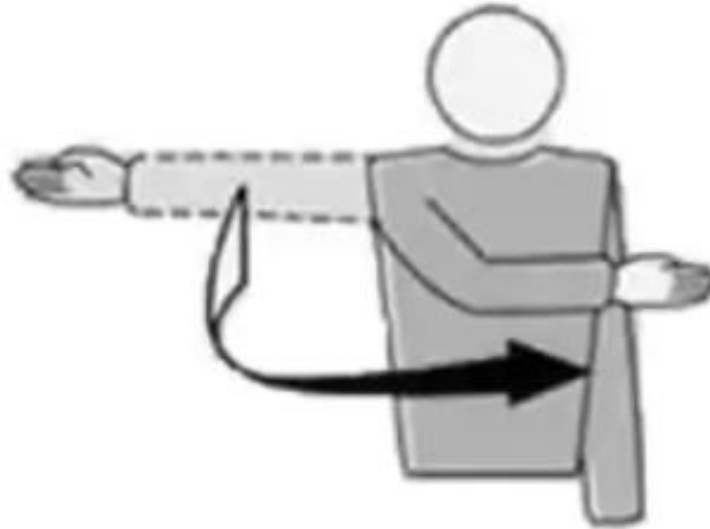
- Home team selects heads or tails (You can also do Rock-Paper-Scissors, odd or even number behind me back, etc.)
- Winner selects serve, receive, or side. Opponent then selects what isn't yet decided
- Teams will switch sides each Set and will switch sides at 13 in Set 3 (if needed)
- Make sure you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



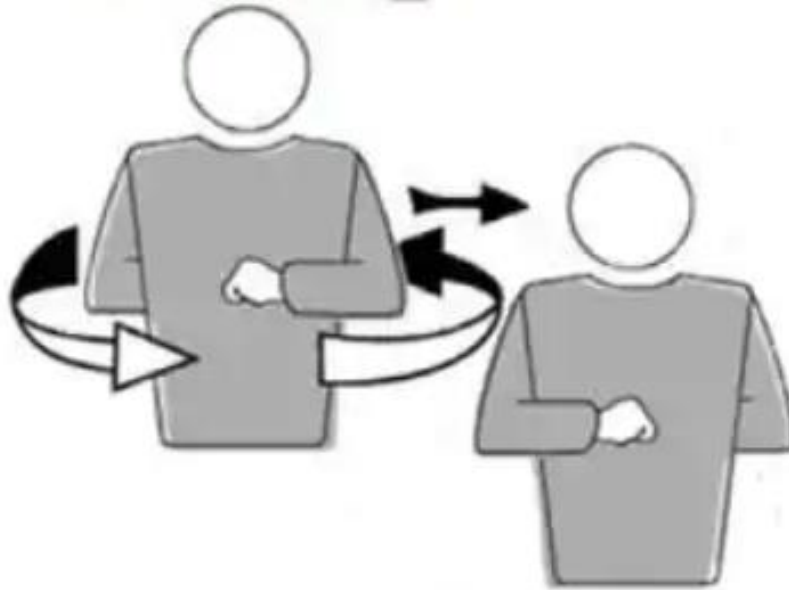
Extend the arm to the side of the team that will serve.



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Change of Courts

3



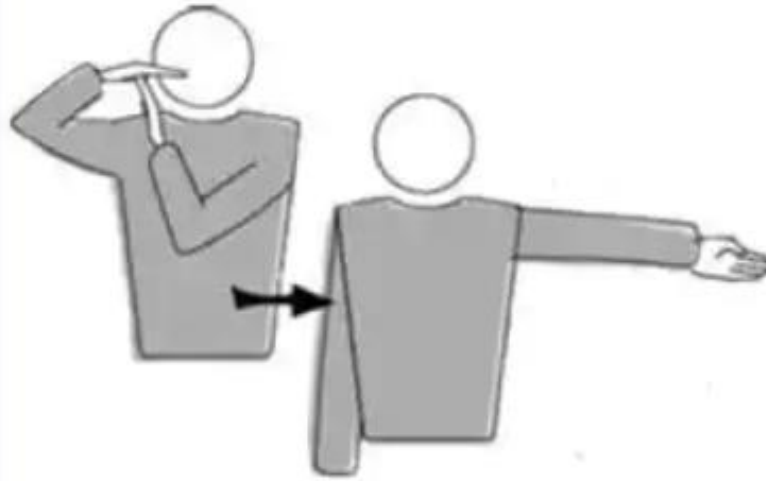
Raise the forearms front and back, and twist them around the body.



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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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End of Set
or Match

9

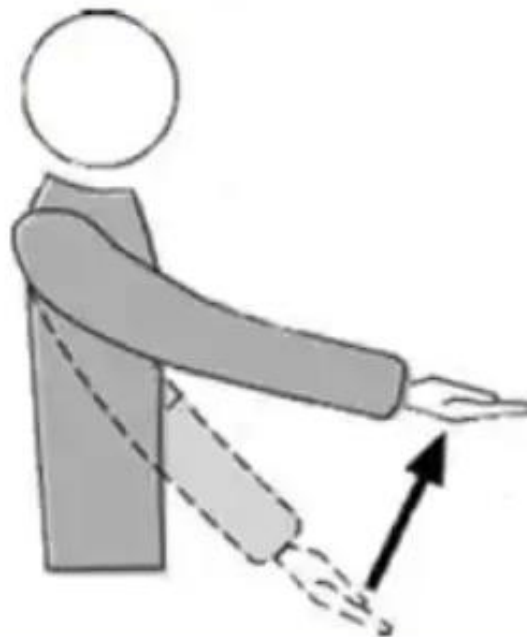


Cross the forearms in front of the chest, hands open.



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Ball Not Tossed or Released 10
at the Service Hit



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

Is this a Lift?





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Delay in Service

11

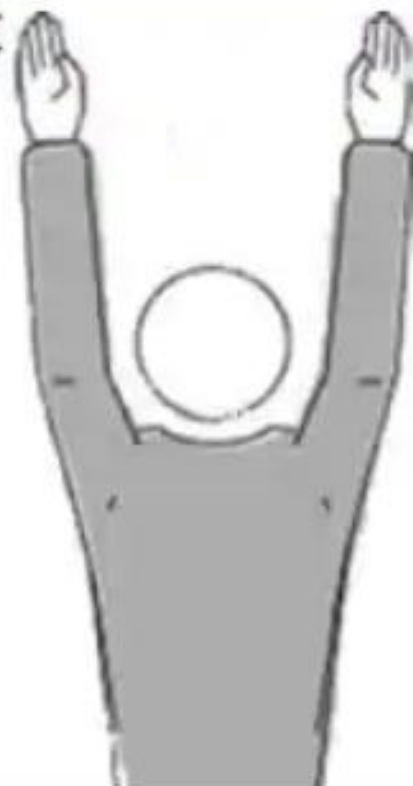


Raise eight fingers, spread open.



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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



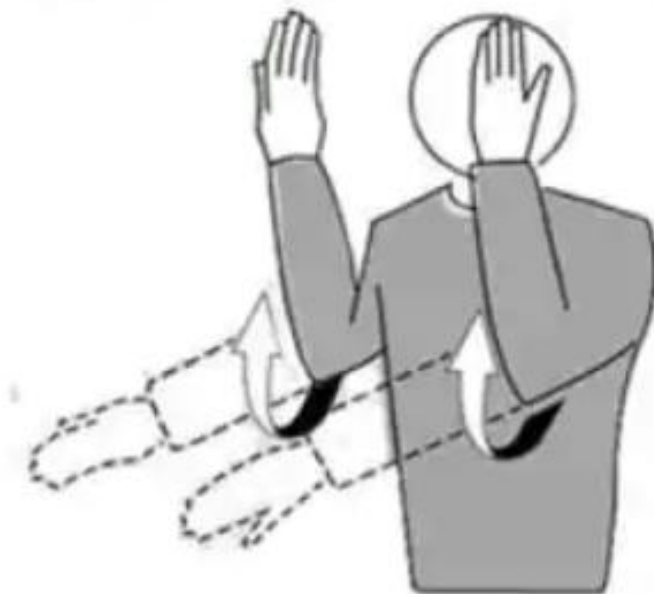
Point the arm and fingers toward the floor.



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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

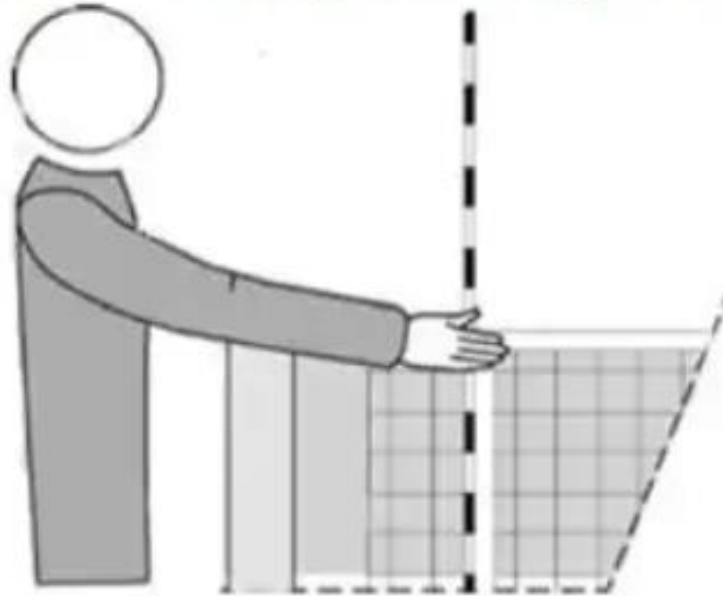


Raise four fingers, spread open.



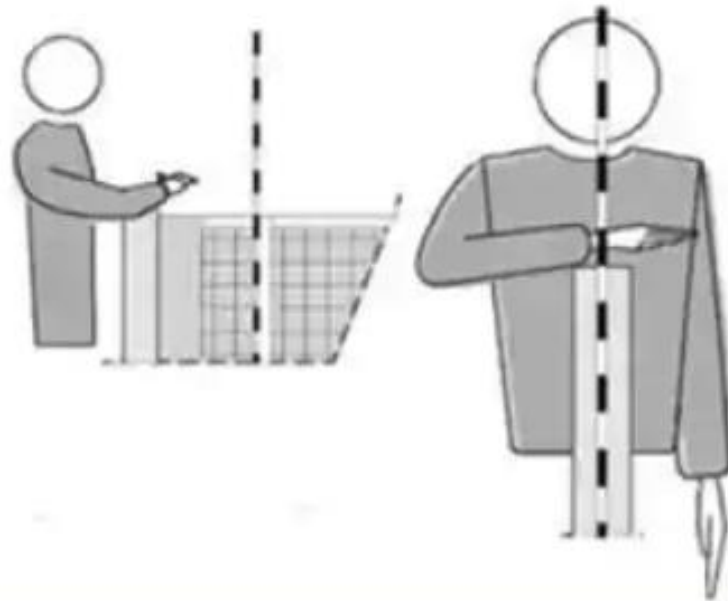
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- (1) Net Touched by Player 19
(2) Served Ball Fails to Pass to the Opponent Through Crossing Space



Indicate the respective side of the net.

Reaching Beyond the Net 20



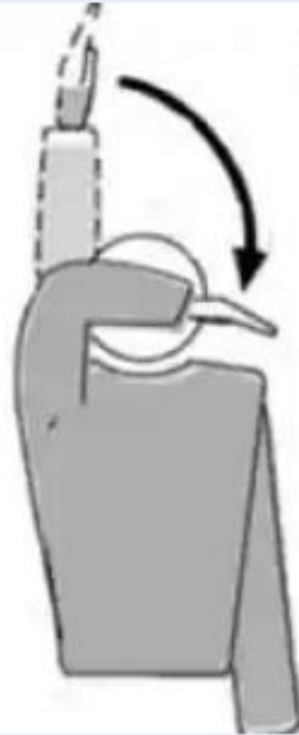
Place a hand above the net, palm facing downward.



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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 Court 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.



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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.



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Delay Warning/
Delay Penalty

25



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

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: 4 minutes shared court / 1 minutes serving
 - 13U – 18U: 2 minutes shared court / 2 minutes hitting / 1 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 at least 5 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



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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 reffing people 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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