



A Beginner's
Guide

Have a child starting volleyball?

Before your child gets started, it might help to understand a few of the game's rules and what equipment is needed to play.

This guide breaks volleyball down so new players and their parents can be prepared to dig in.



FUNDAMENTALS OF THE GAME

Getting to know the fundamentals of volleyball is a great place to start for new players and parents.

Age-Group

Kids can start to learn the sport as early as 7,8 years old.

USA Volleyball groups teams based on the age of the players, we have 8U (8 year olds and under), 9U, 10U, all the way till 18U.

Getting into position

Volleyball positions vary based on age, style of play and competitive level. It's generally encouraged for younger players to try all the positions before focusing in on one or two of their favorites.

- **Hitters**

There are three main hitting positions: left, right and middle. Left and right hitters pass, attack and block balls for their team.

- **Setter**

These players often play in the front right or back right position and are normally the first player to serve. Their job is to set the ball for the hitters to attack it.

- **Middle**

These players play in center position of the front row and focus on blocking and spiking the ball.

- **Libero**

This player wears a different color jersey than his or her teammates and is restricted to playing in the back row only. Liberos are tasked with receiving the serve, passing to the setter and digging incoming attacks.

- **DS – Defense specialist**

As described, this players focuses in the fist ball contact, passing and defense.

DRESS TO PLAY

Staying safe means you can have more fun!

Volleyball requires very little gear to play, but your child will need a few things before he or she hits the court.

Here's what is required for your child to get started:



Athletic Shoes

While most lightweight tennis shoes will do the trick, volleyball specific shoes have good grip to help your child move laterally across the court and absorb impact from jumping.



Water Bottle

Staying hydrated is crucial to succeeding in any sport – especially volleyball! Your child will be running and jumping for over an hour, keep water nearby.



Knee Pads

Volleyball players frequently slide across the court on their knees. A good pair of knee pads will save your child from painful abrasions.



Uniform

Jerseys with number and Club or School name, can be short or long sleeve. Shorts for boys, spandex for girls,



Hair Accessories

Athletes with long hair should use a headband, hair-tie or scrunchy to make a ponytail will keep your child's hair out of his or her face during gameplay.



Safe Volleyball Training

To prevent injuries during training, players should not use equipment or wear anything which is dangerous to himself or another player. No jewelry may be worn by any player (earrings, watches, necklaces, etc.)

WAYS TO PLAY

It's a good idea to research the volleyball programs available to your child before signing him or her up to play. Each program differs in their structure, cost and commitment level.

School Volleyball

<p>Age: Middle & High School</p>	<p>Good for: Those interested in playing with classmates and friends while representing their school.</p>	<p>Structure: Students try out for school team and compete against schools under district.</p>
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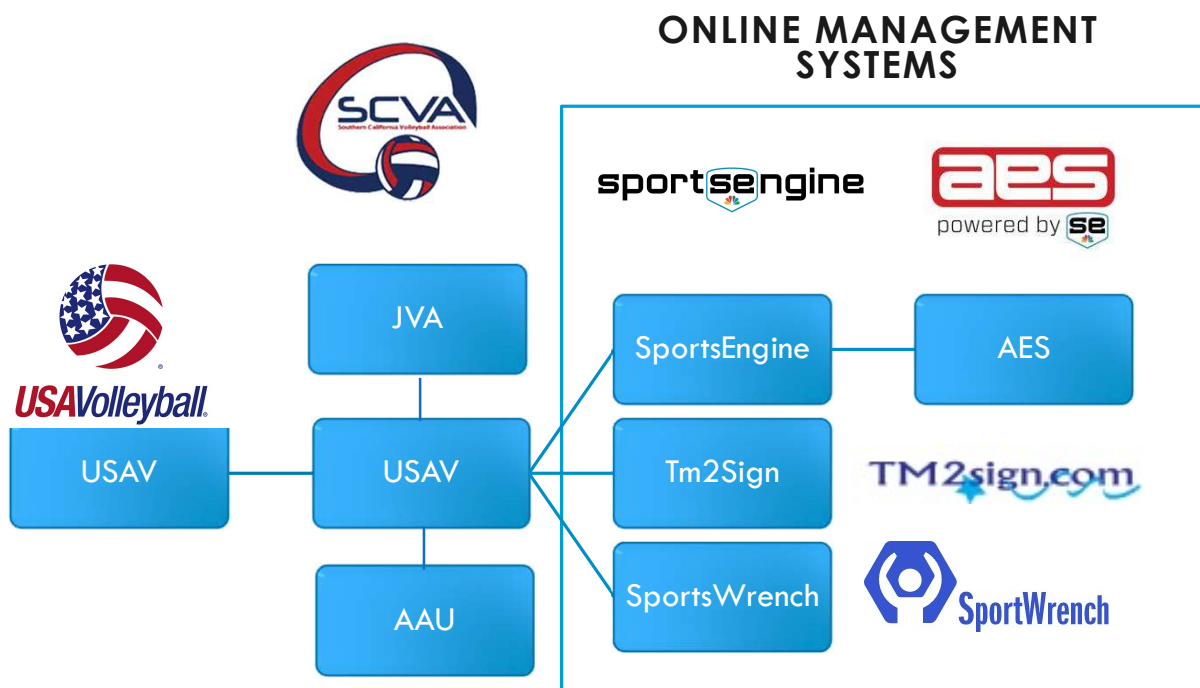
Club Volleyball

<p>Age: Middle & High School</p>	<p>Good for: Advanced players that want to increase their skills and play competitively.</p>	<p>Structure: Club volleyball is focused on building skills and playing at a competitive level. Players try out and are assigned to a team – or not – based on performance.</p>
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Recreational Volleyball/ Rec League, Summer Camp & Beach club

<p>Age: Young kids, Middle & High School</p>	<p>Good for: Anyone who wants to play volleyball for fun and to stay active.</p>	<p>Structure: Community leagues focus less on competition and more on learning and being active.</p>
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VOLLEYBALL HIERARCHY



JVA

The Junior Volleyball Association was founded in 2006 to give players and clubs an option other than the USAV. The JVA runs a series of tournaments throughout the season, whether they are part of the Power League or JVA Challenge Series. Clubs can be members of both JVA and USAV. The JVA also allows non-member teams to compete in their tournaments.

AAU

The Amateur Athletic Union runs a series of tournaments that operate in one of their five divisions (from highest level of competition to lowest): Open, Premier, Club, Aspire, and Classic. The AAU is a member organization of the USSAV.



ABOUT USA VOLLEYBALL

USA Volleyball (USAV) is the national governing body for beach, indoor, sitting volleyball, snow and beach paravolley in the United States with over 360,000 members, responsible for selecting the Olympic and Paralympic volleyball teams. USA Volleyball also supports a network of regional associations, youth and junior programs, national championships, coaching and officials' training, grassroots development, and the SafeSport initiative. <https://usavolleyball.org>



ABOUT SCVA

The Southern California Volleyball Association (SCVA) is a non-profit organization affiliated with USA Volleyball--the national governing body for amateur volleyball. The primary objective of the SCVA is to furnish an opportunity for volleyball players to participate in an organized schedule of tournament play. SCVA offers four different programs in which a team or an individual may participate: Men, Women, Coed and Junior. Each of these programs has its own Program Coordinator who formulates schedules, procures tournament sites, arranges for officials and communicates information to the team representatives. <http://www.scvavolleyball.org>



ABOUT SCVA

The season of organized play for **Junior Girls:**

- **14 and under-** is held from October through June- July, culminating with the USA Junior National Girls Championships.
- **15 and older** – Tryouts July / August. Commitment day July 27th.

Season begins in November and culminating with the USA Junior National Girls Championships.

The season of play for **Junior Boys** is September through January and May through July . The boy's season also ends with the USA Junior National Boys Championships in July.

During the season, all teams and individuals must be registered with the national office (for insurance purposes), appropriate uniforms are required, and after the deadline players are not allowed to change teams for the remainder of the season. Tournaments are generally held in facilities throughout the Los Angeles, Orange County, or Riverside areas, however there are tournaments held in Santa Barbara and San Diego. Formats of each tournament are usually pool play to insure teams the most playing time in the tournament. At the majority of tournaments, referees are furnished along with awards.

The participants involved in SCVA usually have had previous experience with volleyball at a club, high school, or collegiate level. Different divisions within each program allow the Program Coordinator to equalize the draw, allowing teams of equal strength to compete against one another.

For more information, visit:

<http://www.scvavolleyball.org/page/180020323/180121421/Register>

DIVISIONS

The USAV Events Department, with input from the QDs of each of the NQs, determines the maximum number of Teams a NQ may host in each Open, National (11's and 12's), USA and American Division. Currently, a NQ may host a maximum of 48 Teams in each Open Division and 128 Teams in each National (11's and 12's only), USA and American Division. On a case-by-case basis, the USAV Director of Events may grant a waiver for a NQ division to exceed these numbers, except that no waivers will be granted for the NQ Open Divisions.

For more information, visit:

<https://usavolleyball.org/wp-content/uploads/2020/12/2021-Championship-Manual-Girls-New-Final.pdf>



ABOUT SPORTSENGINE

SportsEngine is the home of youth sports, enhancing the sports lives of more than 30 million athletes, parents, volunteers, administrators, families, and fans with intuitive software solutions that help build relationships, keep athletes safe, and simplify administrative tasks. <https://www.sportsengine.com>

Features: online registration, websites, background checks, payments, team management, tournament management, league management, fundraising.



AES

AES' integrated online hotel-management system makes it easy to book, manage and track hotel reservations. The interface is easy to use for administrators and tournament participants, and offers a wealth of convenient features that alleviate the hassle of ensuring a seamless hotel experience.

AES makes life simple for both tournament directors and participants. Directors will find it easy to initiate, schedule, and host volleyball tournaments with seamless online registration, hotel management, scheduling services, and results tracking. Participants and fans will love the intuitive online registration forms, streamlined hotel reservation service, and mobile app to follow schedules, standings, and results. <https://www.advancedeventsystems.com>



PURCHASING A SPORTSENGINE MEMBERSHIP

MEMBERSHIPS ARE NON-REFUNDABLE EXCEPT IN RARE AND EXTREME CIRCUMSTANCES. REFUNDS FOR MEMBERSHIP FEES WILL NOT BE ISSUED, EITHER IN WHOLE OR IN PART, DUE TO THE COVID-19 SEASON CANCELLATION.

When purchasing membership for a player that is a minor (DOB on or after 7/1/2001) take the following steps.

Create or sign in to a household account in the name of a parent/legal guardian when you click on the link to membership--<https://www.sportsengine.com/>
On "Who Is This For" click **Add Child** or click the name of the child if already in the list of people in the household account.

Add and verify player's information to buy the membership.

To purchase Tryout Membership, Upgrade or purchase Full Membership go to this link: <https://memberships.sportsengine.com/org/southern-california-region-volleyball>

To Obtain Electronic Membership ID:

1. Log into SportsEngine.com
2. Click on Household
3. Click on the box containing the name of person for whom you want to print the membership card.
4. To the right of the profile information for that individual, see the membership information.
5. Click the wallet symbol in the right hand corner of membership information.
6. Click Add to Apple Wallet (works best if on an iPhone) or click Add to Google Pay (better option on computer but requires a log in to a gmail/google account). Follow steps to add and/or print Membership ID.

For more information, visit:
<https://www.sportsengine.com/>

PURCHASING A SPORTSENGINE MEMBERSHIP

If you already have a SportsEngine account:

1. To get the registration go to scvavolleyball.org
2. Click on Register it is at the top middle of the page
3. Click tryout membership
4. If you are not signed in put in your email address and password
5. Once signed in click add child
6. Put in your child's information click next
7. Verify the information click next
8. Click the agree box and submit to all acknowledgement/use agreements
9. The registration should be \$20 and you will pay the remaining registration fee when you join a club
10. Review the information click continue to payment
11. Uncheck box if you do not want to be contacted by a third party vendor 12. Click proceed to check out on the right side
13. Put in your card information and click pay \$20