



## VOLLEYBALL LEAGUES

### *Description of our League Divisions*

Joining an adult volleyball league is a great way to improve game skills while having fun. While volleyball leagues help to improve playing skills, teams should choose a league that matches their correct level of competition. Teams need to evaluate their own skill level, and when choosing between Coed A, B, and C volleyball divisions.

- The leagues are offered in the winter, spring, and fall.
- They typically run for a set number of weeks, playing a double header once a week, followed by an “end of season single elimination tournament.”

**A Division:** Very Competitive. All players are able to consistently and correctly execute volleyball techniques such as bump, set, spike, and over-hand serve. A division teams are able to execute combination plays that include slides, tandems, x's, crosses, and back-row hitting. This division plays on Mondays at Chase Middle School on the South Hill.

**B Division:** Competitive. All players are able to correctly execute volleyball techniques such as bump, set, spike, and over-hand serve – most of the time. B division players have a great understanding of the game and its objectives. They're comfortable on the court and know where to be at all times. This division plays on Mondays at Sac/ Glover Middle Schools on the South Hill, and also, on Thursdays at Salk Middle Schools on the North Side.

**C Division:** Recreational. All C division players should know the basics of volleyball and played some volleyball before. Teams in the C division attempt to execute bump, set, and spike but are inconsistent. Jump serve is not allowed. In the C division, many points are given due to execution errors. This division plays on Thursdays at Sac Middle School on the South Hill, and on Fridays at Salk Middle Schools on the North Side.