



**FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **SKILL LEVELS FOR BEACH VOLLEYBALL “WHAT LEVEL AM I?”**

### ADULT LEAGUES (Ages 16 and Up)

REC League C or D: Great place for beginners or for those who want a relaxed style of gameplay. Players may still be learning skills and rules. Perhaps still learning to serve consistently.

B League: You may still be learning the skills of volleyball and strategy. You understand how to complete the bump-set-spike strategy, but are still working on doing so consistently. You can serve the ball consistently.

BB League: You know where to stand on court when on offense and defense, you can complete all skills such as serve/bump/set/spike/block consistently. You can dig hard serves and spikes. You understand how to communicate to other players on your team and how to strategize. Competitive, but also a fun league.

A League: You are a solid, seasoned player. You can execute all skills with more power and accuracy and prefer a competitive environment. You may find many players jump serve in this division. Many players may have played college volleyball.

AA/AAA League: You are in the last division before playing in pro or open tournaments/leagues. You have excellent power and accuracy. Highly competitive environment.

### JUNIOR LEAGUES

Junior leagues are usually designated by age and then skill level. Here is how to determine both:

12U: Age is determined using the USA Volleyball Junior age definition chart. Players in this division can be 12 or younger.

14U: Age is determined using the USA Volleyball Junior age definition chart. Players in this division can be 14 years or younger.

16U: Age is determined using the USA Volleyball Junior age definition chart. Players in this division can be 16 years or younger.

18U: Age is determined using the USA Volleyball Junior age definition chart. Players in this division must still be in high school and 18 years or younger.

#### **Beginner League:**

Less than 2 seasons of volleyball or brand new to volleyball. Players are learning to serve/bump/set/spike/block. Learning court movement, learning rules of the game.

Intermediate League: Have at least 1 season of volleyball experience. Players are still learning basic skills, but can now show the skills when asked. Can serve the ball over the net and understand the basic rules of play. Learning strategies.

Advanced League: Have at least 2 seasons of volleyball experience. Players can consistently perform all basic skills of volleyball. They can serve over the net consistently and accurately. Players understand rules and court movement and now can add finesse to strategy.