

## **VOLLEYBALL - WHICH level of play is right for MY CHILD?**

In an effort to help every parent and coach make the best decision possible for their child and athlete, we would like to outline a few of the main differences between Recreational Volleyball and Competitive Volleyball:

<b>Which Level of play is right for my child?</b>	
<b>Recreational Level</b>	<b>Competitive Level</b>
<i>General Focus of Skills</i>	
Players will be taught the Basic Techniques and Fundamentals of the sport such as, but not limited to: serve, serve receive-passing	Players should be able to fully execute the Basic Techniques and Fundamentals of the sport such as, but not limited to: serve and serve receive-passing with accuracy to a target area
<i>Play Time</i>	
Constant rotation with players rotating into Middle-back position	Players will most-likely NOT play every position on the court
Equal play time	NOT equal playtime
NO substitutions allowed	Substitutions allowed
<i>Serving</i>	
Maximum of 3 serves/points per player	Unlimited serves
1 reserve allowed upon fault	NO reserves allowed
<i>Practice Time</i>	
90min per week	90min per week

Further details, as well as additional differences can be found by viewing the ASA Recreational and Competitive Level Rules on our website at [www.allensports.org/volleyball](http://www.allensports.org/volleyball) and following the link at LEFT titled “Rules” subsection “Volleyball”. All rules are in PDF format for ease of use.

In addition, the **Division Directors** and **Volleyball Board** are available for any questions you may have, and can be contacted using the contact information provided on the Volleyball Board link at RIGHT titled “Volleyball Board”.