



Official U11 Rules



The main goals for this age category are:

- Athletes find enjoyment while playing volleyball
- We maximize the amount of touches on the ball and exchanges over the net
- Athletes learn to move on the court and read cues from other players and teammates.

Court and net set up:

Net height – 2 Meters	Ball - MIKASA VS220W	Court size – 6 x 12
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Tournaments - played 2 sets to 25 points.

Matches - played best of 5 with 3 winning sets.

4	3	2
1		

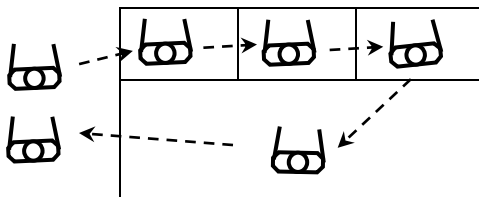
4 players on the court, server is considered the back row player.

Remaining 3 are considered front row players.

The server always comes from the player in position 1

After a team wins back the service they rotate one position clockwise. Also if one server continues to win 3 points while serving, they will rotate one position and continue to serve with the next player in the order.

If a team has more than 4 players on the roster, the team must ensure all players participate in the match. In this case, as a team rotates, position 1 would exit the court and your bench player rotates in position 4. Order of the players needs to be maintained throughout the set.



Rule Variations

Level 1: Red

Objectives:

- Develop player movement and positioning on the court
 - Moving behind the ball.
 - Adjusting angles with teammates.
- Understand the flow of a volleyball match
- Maximize exchanges over the net
- Develop teamwork and coordination amongst teammates
- Introduce basic fundamental volleyball skills: serving, passing, and setting.

Service:

1. Service can come from anywhere on the court as long as it is behind the 3 meters line.
2. 2 attempts, second attempt can be a 2 hand underhand throw over the net.
3. 3 serves maximum per player and then rotation is required.

Gameplay Variation:

1. Athletes have the choice to catch the ball on their side of the net and either throw to a teammate or over the net.
2. The catch and throw motion needs to be a smooth consistent motion. (1 second catch, 1 second throw)
3. Ball can be caught above head or underhand.
 - Above head in a setting position
 - With arms extended forward (passing motion)
4. Once the ball is caught the players have the option to.
 - Throw forward or backwards (passing motion)
 - Or above head, bend knees and push upwards (setting motion)
5. If the ball is caught, athletes cannot move with the ball or change directions.
6. You do not have to catch ball, can always play the ball directly with pass or set.

Rule Variations

Level 2: White

Objectives:

- Increase the use of passing and setting skills
- Reduce the amount of catching and throwing
- Catching and throwing changes to catching, self-toss setting.
- Play as a team, using 3 contacts to build towards an attack

Service:

1. Service can come from anywhere on the court as long as it is behind the 3 meters line.
2. 2 attempts, second attempt can be a 2 hand underhand throw over the net.
3. 3 serves maximum per player and then rotation is required.

Gameplay Variation:

1. The catch and throw motion is replaced with catch and self-toss set to a teammate.
2. Teams are limited to use only 2 catches each time the ball comes to their side of the net. Throughout the rally each time the ball is returned to your team's side, your team is allowed but not forced to use 2 catches within your 3 contacts.
3. Catching and setting is limited to passing only to a teammate and not over the net.
 - Therefore it can only be used for the 1st or 2nd contact on your teams side.
4. Ball can be caught above head or underhand.
 - Above head in a setting position
 - With arms extended forward (imitating a passing motion)
5. If the ball is caught, athletes cannot move with the ball.
6. You do not have to catch ball, can always play the ball directly with pass or set.

Rule Variations

Level 3: Blue

Objectives:

- Increase the use of passing and setting skills
- Reduce the amount of catching and throwing
- Play as a team, using 3 contacts to build towards an attack
- Serving from a greater distance from the net

Service:

1. Service is required to be one step in from the end line. One foot needs to remain behind the end line while serve action is made.
2. 2 attempts, second attempt can be a 2 hand underhand throw over the net.
3. 3 serves maximum per player and then rotation is required.

Gameplay Variation:

1. The catch and throw motion is replaced with catch and self-toss set to a teammate.
2. Teams are limited to use only 1 catch each time the ball comes to their side of the net. Throughout the rally each time the ball is returned to your team's side, your team is allowed but not forced to use 1 catches within your 3 contacts.
3. Catching and setting is limited to passing only to a teammate and not over the net.
 - Therefore it can only be used for the 1st or 2nd contact on your teams side.
4. Ball can be caught above head or underhand.
 - Above head in a setting position
 - With arms extended forward (imitating a passing motion)
5. If the ball is caught, athletes cannot move with the ball.
6. You do not have to catch ball, can always play the ball directly using a volleyball skill.

U11 OFFICIAL RULES

Level 1: Red

- Full Catch and Throw.
- Serving from behind 3 meters.
- Second attempt 2 hand toss.

Level 2: White

- Limited to two catches per side.
- Catch and Self Toss Set.
- Cannot throw ball over the net in rally.



Level 3: Blue

- Limited to one catch per side.
- Cannot throw ball over the net in rally.
- Serve from 1 step in from end line.

Level 4: Gold

Objectives:

- Replace catching and throwing with passing and setting.
- Playing as a team using 3 contacts
- Serving from a greater distance from the net
- Full mini volleyball gameplay

Service:

1. Service is required to be one step in from the end line. One foot needs to remain behind the end line while serve action is made.
2. 2 attempts, Second serve attempt can no longer be thrown.
3. 3 serves maximum per player and then rotation is required.

Gameplay Variation:

1. No more catching and throwing.
2. Regular Mini volleyball is played