Myths & Truths of Volleyball

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Director of Sport Development

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Disciplines Internationally for Men & Women

• Indoor (6/14)
• Beach (2/0)
• Snow (3/4)
• Sitting (6/12)
• Youth Sitting (3/4)
• ParaBeach (3/0)
National Championships of USA Volleyball

• 18,17,16,15,14,13,12,11 U – Junior Olympic Indoor & Beach
• Open, AA, A, BBB, BB, B – Indoor & Beach
• 30,35,40,45,50,55,60,65,70,75,80 & Over Adult Indoor
• 30,40,50,60 & over Masters Beach
• Sitting Nationals
Variations of the Game

- Coed
- Footvolley
- Field Newcomb
- Table Tennis 2-3 hits
- Reverse Coed
- Chinese 9 man
- Sepak Takraw
- Nudist
- Afghan 9 man
- Philippine Elbow
- SpikeBall
- Goal Volley w/ paddles
## SIFA Facts 2013-2019

### Total Court Volleyball Participation Trends

<table>
<thead>
<tr>
<th>Year</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
<th>Change (2017-2018)</th>
<th>3 Year AAG</th>
<th>5 Year AAG</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6,433</td>
<td>6,304</td>
<td>6,423</td>
<td>6,216</td>
<td>6,317</td>
<td>6,317</td>
<td>0.0%</td>
<td>-0.5%</td>
<td>-0.3%</td>
</tr>
</tbody>
</table>

*Note: AAG = Average Annual Growth*

### Total Beach/Sand Volleyball Participation Trends

<table>
<thead>
<tr>
<th>Year</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
<th>Change (2017-2018)</th>
<th>3 Year AAG</th>
<th>5 Year AAG</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4,769</td>
<td>4,651</td>
<td>4,785</td>
<td>5,489</td>
<td>4,947</td>
<td>4,770</td>
<td>-3.6%</td>
<td>0.4%</td>
<td>0.3%</td>
</tr>
</tbody>
</table>

### Total Grass Volleyball Participation Trends

<table>
<thead>
<tr>
<th>Year</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
<th>Change (2017-2018)</th>
<th>3 Year AAG</th>
<th>5 Year AAG</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4,098</td>
<td>3,911</td>
<td>3,888</td>
<td>4,295</td>
<td>3,454</td>
<td>3,464</td>
<td>0.3%</td>
<td>-2.9%</td>
<td>-2.8%</td>
</tr>
</tbody>
</table>
USA Volleyball Leads an Alphabet Soup

As one of the 12 founders of the FIVB, now with 221 National Federations – We lead this IOC International Federation (IF)

As one of some 40 NGBs (National Governing Body) of the now USOPC – US Olympic and Paralympic Committee - we are subject to the rules and regulations of the ASA (Amateur Sports Act of Congress for 1977 amended to include Paralympic sport in 1995.

Founded in 1928 as the United States Volleyball Association (USVBA) we followed USOPC requests to TBA USA Volleyball – with 40 RVAs (Regional Volleyball Associations) as our branch offices.

With the addition of SafeSport - we have had to modify our relationships with the MSOs (MultiSports Organizations) of the USOPC.
Break - USA Volleyball Prize

• What are the #1 Team Sports for high school boys and girls?
USA V Registrations 1980-2019 (2019 data incomplete)

- Junior Male
- Junior Female
- Adult Male
- Adult Female
- Total Participants

ASBA 2019
USA VOLLEYBALL
AGE & GENDER

We Deliver the 10 to 18 Female Demographic
74.2% of USA Volleyball’s 360,000 Members

Adult Female Members (44,120) Number Twice as Many as Male (22,900)

- Female 18 and Under
- Female 19 and Above
- Male 18 and Under
- Male 19 and Above
USA VOLLEYBALL
EDUCATION LEVEL

Highly Educated
96.4% of Adults with some college or greater

- Grade School
- Some High School
- High School Graduate
- Some College
- College Graduate
- Some Post Graduate
- Post-graduate Degree
### SUMMARY COMPARISON – NCA/USA VOLLEYBALL/NFHS

**VOLLEYBALL RULE DIFFERENCES 2019**

**NOTE:** No NAIA or NJCAA modifications are included in this document.

Underlined text denotes revision from previous version.

<table>
<thead>
<tr>
<th></th>
<th>NCAA (Women)</th>
<th>USA Volleyball</th>
<th>National Federation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Playing surface</strong></td>
<td>The playable surface consists of the court and at least 2 meters surrounding it, which must be flat and smooth. Additional playing area can have a lower surface by up to ⅛ as long as both surfaces are safe. Free space requirement of 3 meters for facilities constructed after 2016.</td>
<td>Entire playing surface must be flat, horizontal, and uniform (e.g., playing surface ends at the edge of the portable playing surface). Minimum free zone space is 2 meters. The ball may be retrieved from beyond the free zone when the surface is lower by up to ⅛ or less and the entire area surrounding the court is free of obstructions.</td>
<td>There must be at least 6 feet (preferably 10 feet) of unobstructed space outside the boundary lines. The court and the adjacent playable area must be flat, smooth and free of obstructions other than required equipment and padding.</td>
</tr>
<tr>
<td><strong>2. Playing restrictions</strong></td>
<td>A player must be touching the playable surface to legally play a ball over a non-playing area.</td>
<td>Ball may be retrieved from beyond the free zone when the surface change is lower by ⅛ or less and the area is free of obstructions. If this condition does not exist, then a player must be touching the playable surface when playing the ball, or must land on the playing surface after playing the ball.</td>
<td>A player must be touching the playable surface to legally play a ball over a non-playable area.</td>
</tr>
</tbody>
</table>
| **3. Center line specifications** | May have any or all of the following characteristics:  
- A solid (uninterrupted) line.  
- A solid interrupted line: 4-inch line, 2-inch break, 4-inch line, 2-inch break, etc.  
- A shadow-bordered line with 64-centimeter (2½-inch) borders. | Must be a solid line. | May be solid or shadow-bordered. The border or outlines must be at least ¼" wide and within the total 2" width. |
| **5. Media location** | Equipment and personnel cannot be in front of the benches or between the attack lines extended on the bench side of the court. In other areas, must be at least 2 meters away from the court, and within 1 meter of the boundary defining the playing area. During timeouts and between sets, media personnel may enter the court. | Not specifically addressed, but 2 meters of free space surrounding the court is required. | Not specifically addressed, but 6 feet of free space surrounding the court is required. |
Gain 6” of Space How?
Volleyball Safety

USA Rules say 2 meters – Parents/crowds at endline, shared court sidelines – distance to wall
Standards and officials stands padded to 5’ minimum
Game is played looking up/pursuing - Mark Eastman story
#6 cause of injury – water bottles – why?
Too slippery/too gripping
Uneven surfaces
Deadman anchors or blade support for beach courts
• How tall is the MVP male player for the Rio Paralympic Games Gold Medal team, if he is standing up?
Concrete / Dirt / Sand Courts
Containment and Lockers – Fans
1 Hour Filming 1 rally
Wall Options for More Nets
Wood Xs Ribbon, Rope, 4 nets System
Rule Change

RETRACTABLE CEILING POLES, CABLES
2-2, 2-3j (NEW), 2-4-1e (NEW), 2-4 PENALTIES 3 (NEW), 9-8-1i

- When the volleyball strikes the cables and/or the diagonal poles used to retract ceiling suspended net systems the referee will stop play and determine if the ball was playable.
- The referee will signal out-of-bounds or replay.
Errors in Building

• Ceiling too low – OPTC Pop up
• Lights – Too Low - Too direct
• 30x60 feet vs 9x18 meters
• Free zone too small for divider net use
• Court Lines colors
• Too close to walls
• Not enough nets compared to basketball
• Basketball backboard intrusion
80% Playing Sitting are NOT Disabled
There are essentially only 5 rule differences from Olympic to Paralympic

- You are allowed to block the serve
- The Court (5m deep x 6 m wide) & Net (41 cm high), 2 meter attack line
- Any part of the net can be touched except the top of the net band
- Your bottom must be legal on line crossing, not your feet
- No Air Butt – one cheek in contact with floor