

BEGINNER DIVISION: This division is ideal for players who are new to volleyball or still learning the basic skills of the game. The focus here is on participation, improvement, and most importantly — having fun. A “fun-first” attitude is encouraged at all times.

Level of play expectations:

- Primary goal is to get the ball over the net rather than strictly following the three-hit sequence.
- Players may not have fixed positions (e.g., setter, power, middle).
- Underhand serving is most common.
- Hard hitting or spiking is **not permitted** — rallies should remain safe and enjoyable for all.

RECREATIONAL DIVISION: This level is suited for players who have developed basic volleyball skills and are looking for a bit more structure and challenge while keeping the atmosphere social. It's a great fit for teams that have found success in the Beginner Division and are ready to take the next step.

Level of play expectations:

- Most teams attempt to use three hits (pass, set, attack), though consistency may vary.
- Teams often set from the middle to outside hitters.
- A mix of underhand and overhand serves can be expected.
- Controlled hard hitting is **allowed**, but sportsmanship and safety come first.
- Ideal for teams seeking balanced play — competitive but friendly.

INTERMEDIATE DIVISION: Players at this level have solid volleyball experience and a good understanding of gameplay and court movement. Matches are still social and friendly but come with a stronger competitive edge.

Level of play expectations:

- The three-hit sequence (pass/dig, set, spike) is executed regularly.
- Players are comfortable setting, spiking, blocking, and maintaining longer rallies.
- Players move efficiently and demonstrate good communication and teamwork.
- Games are fast-paced, with consistent rallies and organized play.

ADVANCED DIVISION: This division is for players with strong technical skills and experience who want a consistent challenge and competitive, well-matched games.

Level of play expectations:

- Hard hitting is frequent and well-controlled throughout matches.
- Players demonstrate strong fundamentals and awareness of both offensive and defensive play.
- Jump serves and back-row attacks may occur, though not in every rally.
- Players understand and effectively run team systems (e.g., 5-1 or 6-2 formations).
- Teams compete with intensity but maintain respect and fair play at all times.

COMPETITIVE DIVISION: This is the highest level of play — designed for skilled, experienced players who thrive on competition and high-level volleyball. Typically suited for those with experience in premier club, varsity, or playing with or against teams and players at the level consistently.

Level of play expectations:

- Players are often specialized in positions such as setter, middle, power, or libero.
- Hard hitting, strategic plays, and strong defensive reads are standard.
- Matches feature high-quality rallies with solid passing, precise sets, effective blocks, and powerful attacks.
- Teams understand rotations, advanced systems, and in-game adjustments.
- Ideal for athletes seeking fast-paced, competitive, and technically sound matches.