



Northern Virginia Volleyball League

A, BB, B and Recreational are levels of play offered by NVVL. The levels defined below can blend from one level to the next depending on how people choose to sign up and what levels end up fielding full divisions. For example, if a team signs up for Women's B based on the description below and no other teams sign up, that team may choose to compete at a higher level thereby skewing the definitions. NVVL does not require tryouts for our Sunday night league where you will be placed based on the skill level of yourself as well as other participants registered.

Recreational – A "Recreational" player is a Beginner. A Recreational player should know the basics of volleyball, and played some volleyball before, but he/she is just beginning to bump, set, and hit.

Level B – Consists of teams with a very basic understanding of the game and rules but few developed skills. These players may also be people who have played a while ago and are trying to get back into it.

Level BB – Consists of teams with a solid knowledge of the game and rules. Skill levels range from Advanced Beginner to Proficient Veteran. All players understand rotational sequence, offensive concepts (i.e., 5-1, 6-2, etc.) and defensive positions but may be working to solidify those skills.

Level A – Consists of teams with a solid knowledge of the game and rules. Skill levels range from Advanced Intermediate to Experienced. All players understand rotational sequence, offensive concepts (i.e., 5-1, 6-2, etc.) and defensive positions and can apply them in competition. Game and player strategies are well understood (i.e., running offensive plays, identifying opponent weaknesses, reading opponents plays during volley, etc.) but may still be in refinement.

Not currently offered at NVVL

Level AA – Consists of teams with a superior knowledge of the game and rules. Skill levels range from Experienced to Professionally Trained Athletes. All players understand rotational sequence, offensive concepts (i.e., 5-1, 6-2, etc.) and defensive positions and can apply them in competition. Game and player strategies are well understood (i.e., running offensive plays, identifying opponent weaknesses, reading opponents plays during volley, etc.) and the game is run at a high tempo.