

# Indoor Volleyball Tournament Division Descriptions

## Divisions overview:

The ESSC offers 5 different divisions for Indoor Volleyball: Recreational, Recreational Plus, Intermediate, Intermediate Plus, and Competitive.

Divisions are based on a team's experience and skill level – not competitive behaviour. No matter which division you register for, all players are expected to play with a fun-first, winning-second attitude.

Teams will naturally have varying strengths and weaknesses across their roster. Division placement should reflect how your team performs collectively – including pace, consistency, defensive/offensive ability, and overall cohesion – not just the abilities of one or two individuals.

All games are self-officiated. If a rule disagreement occurs, we ask teams to re-serve and move on. If issues persist, captains should further discuss the issue with an ESSC representative and opposing team captain.

If you have any questions about the different divisions or where to place yourself, just call us at 780-429-4263 or send us an email at [info@edmontonportsclub.com](mailto:info@edmontonportsclub.com).

## Recreational

This division is designed for teams that are new to volleyball, or teams made up of a mix of inexperienced and lightly experienced players. Some players may still be learning the rules, and as a result, the flow of the game is slower and less consistent.

Games in this division typically feature basic bumping/passing, light hitting, and a focus on simply getting the ball over the net. Underhand serves are more common than overhand, and rallies are often short. Players generally do not have set positions or play in a system and will rotate positions as required.

If the majority of your team is experienced, consistently controls rallies, or wishes to hit hard, you should register in a higher division.

In this division, you **cannot**:

- Hard hit
- Jump serve
- Back-row attack
- Have a libero

## **Recreational Plus**

This division is for teams with slightly more experience, consistency, or athleticism than those in the Recreational division. Players may have seen success in the Recreational level, played previously, or are simply looking for a step up in pace and challenge without moving into play with hard-hitting.

The flow of the game is quicker than in Recreational, with fewer stoppages and longer rallies. Teams can typically hold rallies with more consistency and better ball control. While most teams still do not have set positions or play in a formal system, there is a clearer understanding of spacing, rotations, and basic strategy.

If the majority of your team can control three-hit rallies, execute controlled attacks at the net, or is looking to incorporate jump serving or more advanced systems of play, you should register in a higher division.

In this division, you **cannot**:

- Hard hit
- Jump serve
- Back-row attack
- Have a libero

## **Intermediate**

This division is for teams made up primarily of experienced volleyball players. This may include the occasional more advanced player, alongside teammates who demonstrate consistent ball control, controlled attacking, and a strong understanding of gameplay. The pace and consistency of play is noticeably higher than in Recreational or Recreational Plus.

Hard-hitting becomes more common, though it may still be inconsistent or predictable compared to higher divisions. Most plays feature three hits, and games include some solid blocking and defensive reads. While passes are generally controlled, they may not always be crisp and can be subject to occasional cold spells.

Most players are knowledgeable and comfortable with the rules and gameplay. Teams may have set or loosely defined positions (such as a designated setter), and some teams will play in a system, though not all.

If your team can consistently control play at a fast pace and can execute advanced skills such as jump serving, back-row attacks, and/or playing in a system, you should register in a higher division.

In this division, you **cannot**:

- Jump serve
- Back-row attack
- Have a libero

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## **Intermediate Plus**

This division is designed for teams with more experience and skill than the average Intermediate team. The majority of players are confident and capable, typically with several years of experience, many having played at the club or high school level, and potentially a small number with college-level experience.

The game is fast-paced and intentional. Teams can reliably hit, pass, block, and serve with control and purpose. Most teams run structured systems with defined positions, and some may choose to use a libero.

There are no restrictions on serving, hitting, back-row attacks, or liberos in this division.

If the majority of your team has extensive high school, college, or club experience, competes at a very fast pace with consistent, powerful attacking, and executes systems at a high level, you should register in Competitive.

## **Competitive**

This is the highest level offered by the ESSC. Teams in this division are made up mostly of highly skilled and experienced players, typically with backgrounds in club, high school, college, or higher-level volleyball.

The game is fast, tactical, and consistent. Players are expected to execute their positional roles at a high level, including strong serving, controlled passing, effective attacking, and solid blocking. Teams play in structured systems, and most use a libero.

There are no restrictions on serving, hitting, back-row attacks, or liberos in this division.