



What's New

Hey DVC Family! You may have noticed the new look and format of our newsletter. Our goal is to provide important and interesting information in a concise and reader-friendly style. Take a look at our four sections labeled: "What's New," "This Month @DVC," "Team News," "Tournament Tidbits," and "Forms & Resources," and "Friendly Reminders."

This Month @DVC



Want More Court Time?

DVC offers a semi-private, open gym, and dedicated player position lessons. Check out the Dynamix Volleyball website for more information under "[LESSONS](#)."



Volleyball Basics

Volleyball is one of the world's most successful and popular competitive and recreational sports. Volleyball exhibits the best of ability, spirit, creativity, and aesthetics.

William Morgan, the game's creator, designed the game with certain distinctive and essential elements including:

- Service
- Rotation (taking turns to serve)
- Attack
- Defense

Volleyball has been considered as one of the more complex indoor sports because it has its own jargon, playing rules as well as player positions. So let's start with some basics.

Before the Set Begins: Basics

For junior competition, teams have two minutes of shared court time during which balls may not cross the net, and four minutes of individual court time (E.g., **warm-up** time). A coin is tossed, and the winning team selects if they want to begin with service or serve to receive. The team with the first service has the court first. The team not warming up may not engage in ball handling at the team bench or in the spectator walkways. Within the last two minutes of warming up, and 30 seconds prior to the end of a set's **interval**, the team's starting **line-up** must be submitted on a signed **line-up sheet** to the 2nd referee or scorer. All players not listed on the starting line-up are considered **substitutions** except the **Liberos**. When a position discrepancy is discovered before the start of a set, player position(s) are immediately fixed to match the line-up sheet without a sanction. If, however, a player is not listed on the line-up that should be, a regular substitution must be requested and recorded on the score sheet.

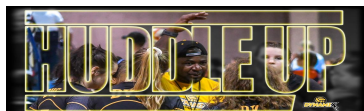
The Line-Up: Basics

There must always be six players per team in play. The team's starting line-up indicates the rotational order of the players on the court. This order must be maintained throughout the set. If a discrepancy between player positions and the line-up sheet is discovered after play has begun, and the team at fault is serving, all points scored are canceled. If the error is discovered during the opposing team's service, positions are corrected, and no penalty is assessed.

Whistle to Whistle: Basics

A rally begins when the 1st referee (known as the "Up Ref") blows the whistle to start the play. The Up Ref beckons the server, and the rally begins. A rally is a sequence of playing actions from the moment of service hit by the server until the ball is out of play. Once the serve crosses over the net into the playing area, the receiving team has three hits (otherwise known as 'touches') to return it (note: a block doesn't count as a 'touch'.)

Typically, a player can hit the ball with any part of the body so long as the ball does not come to a rest. A rally continues as each team hits the ball back and forth across the net until a fault happens. A fault is when the ball hits the net without going over, hits the ground, a player touches the net or a player's foot goes under the net during active play at the net, a player hits the ball 2 consecutive times, a team hits the ball 4 times, or a player illegally handles the ball. The ball is good even if it lands on a line. The Up Ref blows the whistle again to stop the play, awards the point to the scoring team, and indicates by hand signals the type of fault. The match, consisting of two sets, is won by the team that wins two sets out of three. Regulation games go to 25 points (in a set of three) with the third game going to 15. A set must be won by two points.



Court Layout: Basics

Volleyball requires a minimum of equipment and space and can be played indoors or outdoors. The game is played on a smooth-surfaced court 30 feet wide by 60 feet long, divided by a center line into two equal areas, one of which is selected by or assigned to each competing team. Players may not step completely beyond the center line while the ball is in play. A line 10 feet from and parallel to the center line of each half of the court indicates the point in front of which a backcourt player may not drive the ball over the net from a position above the top of the net.

We often refer to the different volleyball court positions as zones and label them with a number. The court has a front and back zone. The server typically is in zone 1. The numbers then start back at 6 and count down as a player rotates clockwise through each zone.

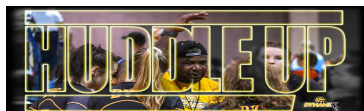
Court Positions: Basics

The concept of rotation has driven the need for all-around athletes. This means the rules on player positions permit teams to have flexibility, create interesting strategic court movements, and add a layer of complexity to the game.

As soon as the ball is hit by the server, each team must be positioned within its own court in rotational order. Players in the front row along the net occupy positions 4 (front-left), 3 (front-center), and 2 (front-right). The other three are back-row players occupying positions 5 (back-left), 6 (back-center), and 1 (back-right). This is important because each back-row player must be positioned further back from the center line than the corresponding front-row player and the front-row players and back-row players, respectively must be positioned laterally on the correct order of their rotation on the court. Specifically, each front-row player must have at least a part of one foot closer to the center line than the feet of the corresponding back-row player. Each right-side player must have at least one part of one foot closer to the right sideline than the closest foot of the center player in that row and each left-side player the same for the left sideline. All player positions must be maintained up until the moment the ball is contacted for service. A player commits a positional fault if that player is not in the correct position when the ball is hit. This is known as being out of rotation. If a player is on the court through illegal substitution and play restarts, this is also considered a positional fault.

Court Rotation: Basics

Players must rotate clockwise with each new service. The players must follow the service order recorded on the line-up sheet. A player serving must do so from behind the baseline and can use either an over or underarm action and hit with only the hand. Once the serve has been made the server can join their team in-play and battle out the point.



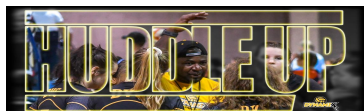
Player Positions: Basics

Every player on a volleyball team has a unique and important role, each requiring a specific skill set. But since all six players on the court 'play a position,' each position brings its own unique challenges. The six positions in volleyball are Setter (S), Outside Hitter (OH), Opposite (OPP), Middle Blocker (MB), Libero (L), and Defensive Specialist (DS).

The libero is the player who specializes in defense and passing in the back row. A libero primarily plays out of position 6 and dominates the backcourt because they're usually the most accurate passer on the team. The libero subs into the backcourt, usually for the middle blocker, and their primary role is as a serve reception specialist, but they're also out there to dig the ball and make powerful defensive plays which means they can often be seen diving and rolling all over the place as they make athletic defensive saves. A good libero is similar to a setter; they're the captain of the backcourt. They virtually need to steal passes from other players – whenever a serve goes into the seam between two receivers, it's always the libero's responsibility to pass it. When the setter is unable to get to the second ball, it's often the libero's job to deliver the ball to a hitter (since they can't attack, they may as well). They need to be able to set long distances with a high degree of precision, so an attacker still has a chance to make a kill even after the pass goes astray. Since the libero can't rotate into the front row or attack the ball they wear different colored jerseys to the rest of the team to help the referees keep track of their position on the court. Bottom line: To be a good libero, a player must have amazing passing accuracy and incredible reaction and be really fast on their feet.

The other two back-row players are Defensive Specialists (DS) and must work collaboratively with the libero. A DS typically has all the same skills as a libero, except they do not wear a different colored jersey and can sub into the game for any player in any position. And like a libero, a DS needs to be able to make great scramble defensive plays and cover the court efficiently. Often a DS is put into the game to help deal with a particularly strong server or to take a particularly weak defender/passers out of the lineup, so a DS needs to stay cool in high-pressure situations.

The setter is the player who sets the ball for the attackers and plays out of position 1 or 2. The role of the setter is to orchestrate the team's offense. During serve reception, the setter's primary responsibility is to accurately 'set' the second touch into the perfect hitting window for the outside, opposite, or middle hitter to kill the ball. A great setter will identify holes in the opposition's defense and coordinate an attack to exploit it. Depending on the particular formation, setters will also have to block and defend and will occasionally pass the ball if needed. Put simply, setters need to put the ball in the perfect spot so an attacker can put the ball away. They also need to be able to serve the ball. They're master communicators and natural leaders. They're often the team captain and even when they're not, they need to act like one.



The outside hitter, often referred to as the left side hitter, is the player who attacks from the left side of the court and sticks to positions 4 and 5; dominating the left side of the court. The outside is often seen as the go-to attacker on the court. When play breaks down and the defense is scrambling, the second ball is often 'released' to the outside who's tasked with getting the ball over the net. The outside can't just be a good hitter, however. They need to know how to pass as well, since they're a big part of service reception. Of course, they also need to know how to block and defend too. A good outside really needs to be a good all-rounder.

The opposite, also known as the right-side hitter, is the player who attacks from the right side of the court and blocks the opposing outside. This player plays from positions 1 and 2; moving succinctly with the setter. The opposite or right-side hitter is similar to the outside hitter in that they're primarily responsible primarily for attacking and blocking, but the role is otherwise quite a bit different. The opposite rarely passes the ball and so they don't need to be great at serve reception. If the setter is out (i.e. contacts the first ball or is unable to reach the second ball), the opposite will often step in to set the ball, so it helps to have a good set of hands as an opposite. Since the opposite attacks from the right side of the court, it's quite beneficial if they're left-handed. Being left-handed means the ball doesn't have to cross their body to attack it. Having said all that, some of the best opposites in the world are right-handed, just as some of the best outsiders are left-handed!

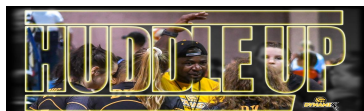
The middle blocker, also known as the middle, is the player who blocks and attacks from the middle of the net. Because this player stands in the center of the court and blocks the opposition outside, middle, **and** opposite, this player must have strong footwork, quick reaction times, the ability to transition quickly from a defensive role to a fast-paced offense and great court awareness. Middle blockers are often the tallest players on the court and are responsible for running quicks (fast-paced attacks) through the middle of the court, as well as blocking the opposing team's attacks. The middle wants to contact the ball almost immediately after it's left the hands of the setter which requires incredible timing and precision. Bottom line: to be a good middle, a player must be a defensive powerhouse, be tall, and have fast footwork.

All positions except for the libero are required to serve in volleyball. There are lots of restrictions on how players can make contact with the ball for the attack hit.

Formations: Basics

When developing an offense and defensive system, there are generally three strategic formations to choose from (the numbers refer to positions, not to number of players):

- 4-2 formation. This has four hitters and two setters. Generally speaking, the setters position themselves on the right; they are the two front attackers. This is generally only used in beginner's play.
- 6-2 formation. This is where a player comes up from the back and acts as a setter. The front row is all poised to attack. All players will be hitters at some point or another.



- 5-1 formation. This has only one player as a setter, regardless of where they are positioned in the rotation. Obviously, there are sometimes 2 and sometimes 3 attackers in the front row. The setter can then change their strategy as they rotate and even just dump the ball lightly over the net at times. It's very setter-centric!



Pass, Set, Attack: Basics

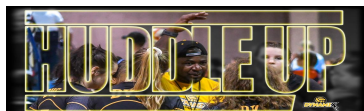
The best way to receive a serve is with a forearm pass. A forearm pass is used to absorb the momentum of the ball because serves can be fast and hard. The ball is then accurately passed forward toward the net. A set is then used to intentionally place the ball so a 'hitter' can attack and smash the ball down onto the opponent's side of the court. A blocker prevents the team's opponent from doing the same.

Only players in the front zone of the court can jump and attack a ball that is higher than the net. Players in the back zone can jump and hit the ball but only from behind the ten-foot line and only when the ball is lower than the height of the net.



Rules to Live By: Not So Basic

- Player contact with the net in a manner not directly relating to or affecting the course of play is NOT a violation. However, an Up Ref has the authority to make a judgment call.
- A player may touch the ball beyond the net as long as the player does not interfere with the opponent's play before or during the opponent's attack. In addition, a player is permitted to reach beyond the net provided the contact has been made within the player's playing space first.
- Officials will look for and call the following faults: Carry/lift, double contact, 4 contacts, foot fault (on serve), out of bounds, back row attack, net violation, center line violation, over the net (roofing)
- Each team consists of 6 players and 6 substitutes. Players can be substituted at any time but if they return, they can only be swapped for the player that replaced them.
- Each team has only 12 substitutes per set. A libero sub does not count.
- Two or more teammates can touch the ball simultaneously and it is counted as one hit.
- A ball may not be caught and/or thrown.
- The ball may contact various parts of the body consecutively on the first touch and only count as one hit provided the contact occurs during one action.
- Crossing over the center line under the net is only considered a violation if there is potential for a safety hazard to opponents.
- The server must hit the ball within 8 seconds after the 1st referee whistles for service. (within 5 seconds for 14-and-under age groups.)
- Only one toss or release of the ball is allowed. (A second toss is permitted if contact is not made with the ball for 14-and-under age groups.)



- There are lots of restrictions on the attack hit; most importantly no player can complete an attack hit on the opponent's service when the ball is in the front zone and entirely higher than the top of the net (E.g., on first touch.)

Sources: <https://www.britannica.com/sports/volleyball>, [Volleyball Positions 101: Player Roles Explained - Volleyball Vault](https://www.volleyballvault.com/volleyball-positions-explained), [volleyball positions explained - Search \(bing.com\)](https://www.volleyballvault.com/volleyball-positions-explained), <https://www.rulesofsport.com/sports/volleyball.html>

Did You Know?

What is an interval?

An interval is the time between sets. All intervals last 3 minutes.

What is the height of the net?

The height of the net is specific for age groups and gender. For female players over the age of 12, the net is 7'4" 1/8".

Is there a minimum and maximum number of players on a team?

According to USAV rules, a team can have a maximum of 15 players and five coaches/team personnel. The minimum is six players and one certified coach.

Is there a designated place for players when not on the court?

According to USAV rules, Players not in play can either sit on the team bench or stand in the warm-up area. The Warm-up area is outside the free zone at the end of the bench area but not nearer to the court than the front of the team bench. (Which is why coaches are constantly telling players to move back away from the court boundary lines.)

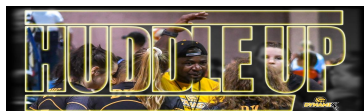
Why is it important to be on time for a match?

Teams will forfeit one game every ten minutes past the designated start time if they do not have the legal amount of players on the court.

Who can speak to the referee during a match?

When the ball is out of play, only the game captain is authorized to speak to the referee.

Source: USAV Rules 2023

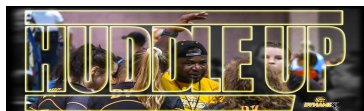


Team News:

Sparks (U11/U12 National)



The Sparks scrimmaged the 13/14 Regional team and did really well. They won one of the sets with only 8 girls this year on the team. The girls are very tenacious and smart on the court. We are looking forward to our first tournament at the end of January at the Nike National Showdown. #GOSPARKS!



Jags (U13 National)



As we find ourselves midway through an exhilarating season, it's a privilege to share with you the remarkable progress our young athletes have been making. Each practice session unfolds as a testament to their unwavering commitment, resilience, and talent.

From the very first practice, it was clear that we had a group of determined individuals ready to dive into the challenges of volleyball with open hearts and minds, although they started super quiet and unsure of when to speak.

Since then, their growth has been nothing short of spectacular. Our players have been diligently working on their skills, from working daily on the fundamentals of serving and setting to executing more complex movements like diving and hitting.

These are our tournament records and placements so far.

- National Harbor - 8th out of 12 teams. 2nd in bronze bracket
- Battle of Ohio - 11th out of 17 teams in the silver bracket.



One of the most inspiring aspects of this season has been witnessing the players support each other and become closer friends. This has not only enhanced their individual skills but has significantly strengthened the team dynamics. With each practice, I can see the steady progress of working as a cohesive unit. This synergy is what makes volleyball such a thrilling sport to be a part of.

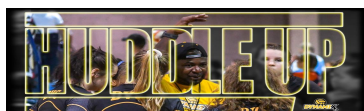
Our coaching staff has been focused on nurturing not just athletic ability but also the spirit of sportsmanship, teamwork, and personal integrity. Although we still have a lot of work to do, we've seen incredible improvements in communication on the court and better execution of volleyball skills. Their dedication to practice is evident in their improved reaction times, agility, and gameplay.





Looking ahead, we are excited about the potential this team has to achieve great things. The foundation of trust, skill, and determination they've built will no doubt serve them well in the matches to come. We are eager to see how far they will go, fully aware that the journey is just as important as the destination.

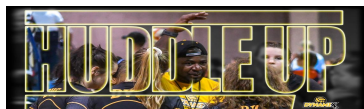
To our Jags families, thank you for your continued support and encouragement. It fuels our athletes' passion and dedication both on and off the court. Here's to more serves, spikes, and wins, but most importantly, to the invaluable lessons and memories being created this season. #GOJAGS!



Stingers (U14 Regional)



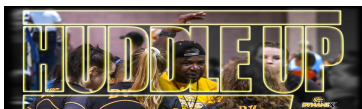
Welcome to the 14's regional Stingers. The Stingers are a very young team, and most have not played travel volleyball before, but don't tell them that, there high energy and positive team mentality is incredible, while our first tournament is just around the corner in late January you can see how far this group of ladies has already come along. The coaches believe these ladies are going to do very well this season and are so excited to see them compete. We are looking forward to seeing the excitement of the ladies when we show up and display all the hard work that they have put into this. #GOSTINGERS!



Cobras (U14 National)



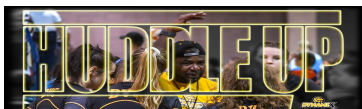
The Cobras have been progressing over the last couple months. Practice and the team bonding event at Rockwood are helping this team come together nicely. Each girl brings their own uniqueness which will help make Cobras one if a kind! #GOCOBRAS!



X (U15 National)



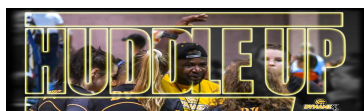
As the season kicks off, we are thrilled to welcome each and every one of you to what promises to be an incredible journey with Team X - our 15s girls' travel volleyball team. The anticipation is high, the energy is buzzing, and we can't wait to embark on this exciting adventure together! #GOX!



Hornets (U16 Regional)



The 15/16 Regional team has been progressing well since tryouts. They hustle on and off the court, are willing to learn, and love to have fun. They all are getting along and are forming great friendships with each other. The team is effectively running defensive skills, spot serving, and working extremely hard to fine-tune their great skills. The score table and referees (in-training) all performed so well which led them to celebrate during practice. The girls exchanged gifts during Secret Santa and had a blast bonding together. The coaches are so excited to see what this group of talented young ladies can do at their first tournament. #GOHORNETS!



Jaguars (U16 National)



Jaguars The Jaguars have had a strong start to the season! Finishing 3rd at the Nike National Harbor Showdown and 3rd out of 24 at the Battle of Ohio in Sandusky! Coach Katie and Coach Kevin could not be prouder of the work the team has done to accomplish such a stellar performance. A new tournament for everyone, the Jaguars were met with great competition in Ohio and proved just how much their hard work had paid off. At practice, the team has focused on perfecting their defensive game, being ready to tackle any type of opponent they might face. Outside the court, the team enjoyed bonding, holding a team dinner and a pizza party to come together to get ready to win big at their tournaments. The coaches could not be more excited for what is yet to come this season!!! #GOJAGUARS!

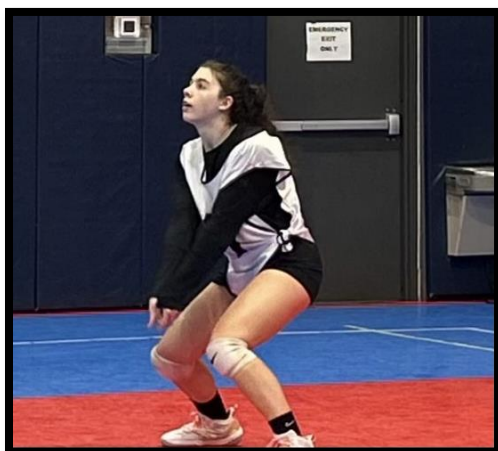


Raptors (U17/18 National)



It was at tryouts that the coaches realized this team was going to be something special. With only the Nelson sisters returning from the 16s National team, DVC staff faced the daunting task of assembling a whole new team and getting them ready for the highly competitive season ahead. They were joined by familiar faces of Izzy and Cassidy from previous DVC teams and welcomed Sydney and Brooke as they

stepped up from the younger team and found a home with this group. Then adding newcomers Lucy, Tally, Alaina, Nia, Zahra, and Amanda to round out the roster, the Raptors had to establish new on-court relationships and team dynamics, some being asked to play in new positions.



As challenging and nearly impossible of a task as those sounds... it wasn't. These players immediately started bonding. Thanks to the high-intensity practices run by Coach Kevin, there were plenty of opportunities to work hard and build team cohesion. Rachel, after 5 years of playing Outside Hitter, stepped inwards to play Setter, along with Zahra, to lead an incredible offense with the Middle of the net being dominated by new players Nia and Alaina with their huge verticals and wall-like blocks. Then a tremendous list of pin hitters Izzy, Lucy, Sydney,

Cassidy, and Amanda gives the Raptor's front row some serious firepower to set against any opponent willing to step across the net from them. Then the back row sees DVC veteran Julianna taking control of defense along with Brooke and newcomer, Tally. All three of these defenders have played as Libero on various teams and now together form a solid back-row defense that hustles hard, communicates well, and isn't afraid to hit the floor to dig a ball.



The Raptor's practices tend to be loud, aggressive, and hard-hitting. On more than one occasion, when the team is in full swing playing rapid-fire drills, everyone else in the building will take notice and stop to watch the incredible athleticism on display. Then after practices, during the basement workouts, this team pulls together to encourage each other and push hard to get stronger with every session.

But the Raptor's most favored time together tends to be in the team room just hanging out together, swapping stories, exchanging gifts, and being crazy all together! It's incredible how well this team has bonded so quickly, and we look forward to a great season ahead. "Rarrrrr!"



Tournament Tidbits:



What to Pack for Travel Volleyball

Young or old... doesn't matter. Most of your day in the tournament facility will be sitting. So, bring a lightweight stadium chair and pack comfortable clothing and shoes. The temperature will fluctuate. Dress in layers, specifically ones that can be folded down small in a bag but still provide a lot of warmth when needed.

Not all food is created equal. Plan ahead! If you ARE allowed to bring food inside the facility, most will bring healthy finger foods like dried fruit, almonds, carrot sticks, power bars/granola bars, grapes, and apple slices. Simple carbohydrates for an energy pick-up is a must-have. And coaches love it when parents bring LOTS of bottled water or are readily available to refill the Yeti in between sets. Have you seen the "not-my-first-multi-day" mom pulling meals on wheels (aka a folding wagon)? She brings enough for the entire crew and coaches. Yeah, she rocks!

There will most likely be at least one team meal or event, if not two. So pack Olive Garden or Texas Roadhouse appropriate. Nothing overly fancy, but you probably don't want to go in the clothes you wore to the tournament (especially coaches & players).

There's going to be a lot of downtime. Bring crossword puzzles, books, and fully charged electronics (plus backup batteries or charging bricks) because younger siblings will get bored.

Things will get spilled. Pack small hand towels, baby wipes, or paper towels. Some parents even pack a travel-size laundry detergent for soaking in the hotel sink emergencies.

Most importantly, OPTIMIZE! Pack tights/pants/leggings that can be worn with different tops and travel-size toiletries to save space. An overflowing luggage cart just adds to the stress of it all.

Some other useful items to put on the list:

- Perm marker (write name on water bottles)
- Card games
- Cold medicine
- Extra hair ties
- Hand sanitizer
- Earplugs (noisy hotel rooms are the worst)
- Eye drops
- Chapstick
- Cash (the card reader will break, and the ATMs will run out!)
- Gallon-sized Ziploc Bags and bags for 'dirty laundry'



What's your must-have item to take to every tournament?





Forms & Resources:

Need a form, try locating it here:

CHRNA Medical Release:

https://cdn1.sportngin.com/attachments/document/0061/4249/2022_Player_Medical_Release_w_ClubTeam_WITHOUT_Notary.docx#_ga=2.120644619.266937695.1641187399-1319128382.1583614672



New to Travel Volleyball and want to know more? Parents check out:

<https://usavolleyball.org/resources-for-parents/>



Friendly Reminders

Player Fee Payments

Friendly reminder our club relies on timely player fee payments. To avoid online fees, payments can be made quickly using the banking app "Zelle" Just be sure when making a payment directly to DVC to the username kevin.mcclinton@dynamixvolleyball.com You include your player's first and last name, team and fee payment. If you need to pay by check, please recall coaches have been asked not to accept any payments. Payments must be made online or by sending a check directly to Dynamix Volleyball Club, PO Box 769, Bealeton, VA 22712.

If you have any questions, please contact the DVC Director's Executive Assistant, Sherry Gilley at Sherry.Gilley@DynamixVolleyball.com.

Tournament Attire

Players should wear their **complete** uniform when attending tournaments. This includes warm up pants and jackets. DVC also reminds players that pants are to be worn at all times when not on the court.



Tournament Etiquette

As a reminder of our club's expectation:



Be Positive – Parent and player positivity is critical to a team's ability to manage opposition. Parents set the tone and players pick up on disappointment. Whether a young athlete is just beginning with the sport or has played club volleyball for years, interactions with teammates can have a dramatic impact on their success on and off the court. Since parents are the biggest influencer on an athlete's mindset, DVC spectators are reminded how important it is to praise good plays and ignore the errors. The quickest way to deflate a player is to point out mistakes she is already frustrated with herself for making. Please keep the player's head in the game and refrain from disdain.



Be Respectful – Parents and players are told repeatedly three very critical areas of conduct:

- Do not argue with referees, line judges, work teams, etc. no matter how bad his/her calls may be.
- Do not criticize players on your team - ever.
- Do not trash-talk other teams – not even in retaliation.



Be You & Let Them Be – In the business world, you might have heard “know your role” and it's a pretty good theory when it comes to sports too. Players play. Coaches coach. Parents support. We know you mean well, but please refrain from sideline coaching! It distracts players; could conflict with coaches' directions; and can be detrimental to the team.

Coaching requires a great deal of preparation and planning before a tournament. And we all know nothing ever goes as planned, and that is very true of volleyball tournaments. To allow coaches the ability to make changes to game-day strategies, parents and players are asked to refrain from asking coaches questions about players' rotations, playing time, etc. on the day of a tournament.

It is DVC's policy that any questions regarding game day events are held for a minimum of 24 hours after the last tournament match. Thanks in advance for honoring this.

The DVC Website has an [FAQ](#). Please go out and check it out if you haven't already; it has some good info there.

For more on this topic, check out: [Be a Better Spectator - USA Volleyball](#)

