

JUNIOR SKILLS COMPETITION

Friday – Team Serving Contest

This event will start after all teams have been formally introduced.

Format

Inclusion is the overriding premise of the event and therefore will always include all team members. Coaches' assistance will be needed for both organizations of your team and counting and recording scores as well assuring your team is following the rules ensuring fairness for all competitors.

Players take turns serving (then chasing) the ball into the opposite court. One team will be on court during this skill. A ball landing between the net and the attack line (3-meter line) scores 2 points and any serve out of play loses 1 point. A ball landing beyond the attack line (3-meter line) and black line scores 1 point. Each serve landing beyond the black line and before the end of the court scores 2 points. Each team will serve for 30 seconds and use three volleyballs during this contest. She must let the ball hit the floor then roll the ball back to the head of the serving line, and run to the end of the serving line. The last server will replace them. **If she touches the ball before it hits the floor no points are scored for the serve.**

	-1	
	<u>Net</u>	
	2	
	1	
	2	
	-1	

The top team will be awarded a prize.

Friday – King's Court Mixer

This event will start after the team serving competition.

Format

Your school will provide **2 participants** for the King's Court Mixer. This event will start after all teams have been formally introduced.

I will need each coach's assistance to quickly form teams. I will give each coach **2 different colored pinnes** to help form teams. Your participating players will run to one of the five starting points. King's Court Mixer teams will not have two players from the same school.

	** Team Members **				
Team	1	2	3	4	Score
1. Orange					
2. Red					
3. Black					
4. Blue					
5. Green					

After the five teams have been formed; the teams will play King's Court for ten minutes. The team with the most accumulated points after ten minutes will receive a prize. Teams will be responsible giving their points to the scorekeeper. Teams can only score points on the King's Court. The winning team stays on court.

	<u>Court</u>
	Team - 5 King's Court
Team - 1, 2, & 3	Team - 4

Tiebreaker - A game to three between the two tied teams will break a tie.

Saturday – Individual Skills Contest

Format

The four accuracy contests will be **serve, libero, set** and **power**. Each school can enter one athlete in serve, libero and set events. The power event is your setter and power. The winner of each competition will win a prize. Coaches' assistance will be needed for both organization of your athletes and assuring athletes are following the rules of the competition. The coach can participate in ball toss, if time permits.

Serve

Each server will have one attempt to hit a target. The server with the highest score will win the competition. The participant will get a second attempt if more than one person is tied.

Libero

Each participant will get one attempt to forearm pass the volleyball to a target. A successful pass must be above the height of the net and hit the target. An official will hit one down ball towards the passer. The participant will get a second attempt if more than one person is tied.

Set

Each setter will have one attempt to set the volleyball to a target (a high outside set to the power position). A successful set must be above the height of the antenna and hit the target. An official will toss the volleyball. The participant will get a second attempt if more than one person is tied.

Power

Each team will have one attempt to spike the volleyball at a target. The team setter will set a high ball to the power position. The setter/power team with the most points will win the competition. The team will get a second attempt if more than one team is tied.

Coach

Each coach will have one attempt to toss or set the volleyball to a target (a high outside set to the power position). A successful toss or set must be above the height of the antenna and hit the target. The coach will get a second attempt if more than one person is tied.