



Volleyball

Equipment Fitting Guide - Fit to Play the Right Way

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VOLLEYBALLS

Consult the manufacturers' guidelines and start with balls they specifically make for youth play.

From USA Volleyball --

<https://www.teamusa.org/USA-Volleyball/SportKit/Players/Guide-to-volleyball-basics>

There is a special 'lite' ball for 12 and under kids programming, which includes the U.S. Junior Olympic Volleyball Championships run by USAV. The lite ball is the same size and pressure but has a weight of 7 to 8 oz. (198-227 grams) and has a special 'softer' synthetic leather cover that is wonderful for any beginner.

SIZE OF VOLLEYBALLS

From Volleycountry --

<https://volleycountry.com/training/volleyball-ball-everything-need-know-volleyball-balls>:

(based on where they are used)

| TYPE | CIRCUMFERENCE (in) | MASS (oz) | PSI (psi) |
|--------------|--------------------|-----------|-------------|
| Indoor ball | 25.5-26.5 | 9.2-9.9 | 4.3-4.6 psi |
| Youth ball | 25-26 | 9.2-9.9 | 4.3 psi |
| Outdoor ball | 26-27 | 9.2-9.9 | 2.5-3.2 psi |



UNIFORMS

From USA Volleyball Youth Rules:

<http://image.aausports.org/handbooks/volleyball/UniformRequirements.pdf>

Uniforms must match and be numbered 1-99.

Spirit of the Rule: For youth programs, while looking like a team is important, it is not required to have matching tops or shorts. Jewelry must be removed, except for medical alert and religious reasons.

(From Amateur Athletic Union: <http://image.aausports.org/handbooks/volleyball/UniformRequirements.pdf>)

a. Uniform Requirements

(From Amateur Athletic Union: <http://image.aausports.org/handbooks/volleyball/UniformRequirements.pdf>)

- i. Each player is required to wear the same jersey number throughout the event with limited exceptions as required by emergency or blood rule applications. This applies to all players in the Libero position. If players share the Libero position from match to match, a player shall wear the same jersey number whenever they play, whether they are, or they are not, assigned to the Libero position.
 - a. Identical uniforms are required, with the following
 1. The Libero must wear a uniform shirt that is immediately recognized from all angles as being in clear contrast to and distinct from the other members of the team.
 - b. Different sleeve lengths are permitted.
 - c. If undergarments are worn in such a manner that they are exposed, they will be considered a part of the uniform, in which they must be similar and the same color for any team member
- b. (except Libero) who wears the undergarment. Socks and shoes are not considered part of the uniform.
- c. Manufacturer's logo or trademark can vary if it does not exceed 2 ¼ inches. (Added 10/13)
 - i. The jerseys must be numbered in a permanent manner from 1 and 99 and duplicate numbers are not allowed.
 - ii. Uniform numbers must be clearly visible and centered on the chest and back.
 - iii. The numbers must be minimum height of 4" on the chest and 6" on the back. It is recommended that numbers be 6" on chest and 8" on the back.



The stripe forming the numbers shall have a minimum width of $\frac{3}{4}$ " .

- iv. Each jersey must use the same color and number height for all players except the Libero. The color and brightness of the numbers must contrast with the color and brightness of the jerseys. Color combinations including but not limited to purple/black, dark green/black, navy/black or navy/maroon are not distinctive enough to comply with the rules.
- v. USA Volleyball uniform requirements must be followed. For additional specifications, please refer to USAV rule 4.3.

FOOT WEAR

Shoes are designed to flex at the ball of the foot. Correct fitting properly positions the ball joint in the shoe and provides room for the toes so that they are not confined. Improperly fit shoes can cause a variety of foot problems.

Always use a Brannock Device to measure feet . A Brannock Device measures foot length (heel-to-toe), width and arch length (heel-to-ball).

For more information on using a Brannock Device visit: <https://brannock.com/pages/instructions-fitting-tips>

Volleyball shoes may look similar to basketball shoes or cross trainers, but under the surface, they are different. Volleyball shoes consist of a gum rubber sole material designed to give excellent traction on the gym floor and prevent the shoe from sliding on the floor. There is also more padding in the forefront of the shoe to aid in shock absorption from the constant jumping and landing.

Types of Volleyball shoes:

ASICS and Mizuno are the only manufacturers that offer a youth volleyball shoe.



For more information please visit:



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