

STEEL CITY VOLLEYBALL LEAGUE RATING RUBRIC—UPDATED AUGUST 2018

	RECREATIONAL	INTERMEDIATE	COMPETITIVE	POWER	POWER PLUS
SERVING	<ul style="list-style-type: none"> ★ Inconsistent underhand serve <ul style="list-style-type: none"> ○ Easily passed by experienced opponent ★ Uncontrolled overhand serve <ul style="list-style-type: none"> ○ Not often in play ○ Passed easily with control by Intermediate opponent ○ Sometimes disruptive for Recreational player to receive 	<ul style="list-style-type: none"> ★ Executes underhand serves that are: <ul style="list-style-type: none"> ○ Served with strategy and consistently in play ○ Disruptive for a Recreational player to receive ○ Passed easily by opponent ★ Executes overhand serves that are: <ul style="list-style-type: none"> ○ Over the net and frequently in play ○ Sometimes disruptive for Intermediate player to receive ○ Passed easily with control by Competitive opponent 	<ul style="list-style-type: none"> ★ Executes overhand serves that are: <ul style="list-style-type: none"> ○ Over the net and consistently in play ○ Disruptive for Intermediate player to receive ○ Sometimes disruptive for Competitive player to receive ○ Passed easily with control by Power opponent 	<ul style="list-style-type: none"> ★ Executes overhand serves that are: <ul style="list-style-type: none"> ○ Over the net and consistently in play ○ Lower trajectory ○ Sometimes disruptive for Power player to receive ○ Passed easily with control by Power Plus opponent ○ Served with some sense of strategic placement ○ Show advanced technique (e.g. top-spin, float, etc) ★ If jump serving: <ul style="list-style-type: none"> ○ A serve with lesser force is served with control ○ A more-forceful serve stays in play inconsistently 	<ul style="list-style-type: none"> ★ Executes overhand serves that are: <ul style="list-style-type: none"> ○ Over the net and consistently in play ○ Lower trajectory ○ Often disruptive for opponent to receive ○ Served consistently with precise, strategic placement ○ Show advanced technique (e.g. top-spin, float, etc.) ★ If jump serving: <ul style="list-style-type: none"> ○ Served with control and force ○ Consistently in play
SERVE-RECEIVE & BACK-ROW DEFENSE (PASSING)	<ul style="list-style-type: none"> ★ For a ball hit/served by a Recreational opponent: <ul style="list-style-type: none"> ○ Passes the ball to the setter on most occasions ○ Technique may be poor/awkward ○ Cannot read the opponent's offense ★ For a ball hit/served by an Intermediate opponent: <ul style="list-style-type: none"> ○ Struggles to keep the ball in play ○ Ball may not be controlled ○ Passing form often is discarded/sacrificed ○ Cannot read the opponent's offense ★ Technique/Strategy: <ul style="list-style-type: none"> ○ Poor technique results in overpass/mis-pass ○ Resorts to sending ball over unnecessarily on 1st or 2nd hit 	<ul style="list-style-type: none"> ★ For a ball hit/served by an Intermediate opponent: <ul style="list-style-type: none"> ○ Passes the ball to the setter with control and proper platform/technique ○ Controls an overhead pass to the setter ○ Positions properly after reading the opponent's offense ★ For a ball hit/served by a Competitive opponent: <ul style="list-style-type: none"> ○ Is able to keep the ball in play ○ Ball may not be controlled ○ Ball may not go to the setter or may be an overpass ○ Struggles to understand opponent's offense 	<ul style="list-style-type: none"> ★ For a ball hit/served by a Competitive opponent: <ul style="list-style-type: none"> ○ Passes the ball to the setter with control and proper platform/technique ○ Controls an overhead pass to the setter ○ Positions properly after reading the opponent's offense ★ For a ball hit/served by a Power opponent: <ul style="list-style-type: none"> ○ Is able to keep the ball in play ○ Ball may not be controlled ○ Ball may not go to the setter or may be an overpass ○ Struggles to keep up with a fast-paced opponent's offense 	<ul style="list-style-type: none"> ★ For a ball hit/served by a Power opponent: <ul style="list-style-type: none"> ○ Passes the ball to the setter with control and ease ○ Controls an overhead pass to the setter ○ Positions properly after reading the opponent's offense ★ For a ball hit/served by a Power Plus opponent: <ul style="list-style-type: none"> ○ Is able to keep slower-hit balls in play ○ Ball may not be controlled in a fast-paced game ○ Ball may not go to the setter or may be an overpass ○ Positions properly after reading the opponent's offense 	<ul style="list-style-type: none"> ★ In a fast-paced game: <ul style="list-style-type: none"> ○ Easy balls kept in play consistently, are passed with ease/control with all passes to setter ○ Hard balls kept in play consistently, and most passes are settable ★ Technique: <ul style="list-style-type: none"> ○ Ball is controlled consistently ○ Ball rarely is overpassed/mis-passed ○ Positions properly after reading the opponent's offense
SETTING	<ul style="list-style-type: none"> ★ Does not move to ball unless it is nearby ★ Technique and form: <ul style="list-style-type: none"> ○ Often lifts/doubles on overhead sets ○ Usually bump-sets ○ A bad pass usually ends rally ★ Hitters struggle to predict where set will be placed <ul style="list-style-type: none"> ○ Never precise ○ Usually is high ★ Unable to control balls passed tight to net <ul style="list-style-type: none"> ○ Overpass usually results in loss of rally ★ Struggles to take control of any play that is unusual ★ Setting demonstrates no strategy 	<ul style="list-style-type: none"> ★ Generally moves to ball and attempts a set ★ Technique and form: <ul style="list-style-type: none"> ○ Attempts to overhead set on most passes ○ Sometimes lifts/doubles on overhead sets ○ Often bump-sets to avoid double on bad pass ○ Struggles when handling a reasonable bad pass ★ Struggles to react to mis-passes in most situations ★ Predictable set placement with little strategy <ul style="list-style-type: none"> ○ Rarely precise ○ Usually is high ○ Easily read by Competitive opponents ○ Ball never is set with opponents' defense in mind ★ Struggles to control balls passed tight to net <ul style="list-style-type: none"> ○ Overpass often results in loss of rally ★ Functions effectively in simpler, slower-paced game <p><i>Distinction between this level and next one up is form/technique, control of the game, ability to react and adjust, and control of the ball</i></p>	<ul style="list-style-type: none"> ★ Usually moves to ball and executes a set ★ Technique and form: <ul style="list-style-type: none"> ○ Generally overhead sets, knows when not to ○ Infrequently lifts/doubles ○ Sets hittable ball from the right/middle on a reasonable pass ○ Occasionally bump-sets to avoid double on bad pass ○ Accommodates reasonable bad passes ○ Attempts to control balls passed tight to net ★ Slow to react/adjust to mis-passes ★ Placement of set sometimes predictable <ul style="list-style-type: none"> ○ Not always precise ○ Usually is high ○ Easily read by Power opponents ○ Set shows awareness of opponents' defense ★ Tempo: <ul style="list-style-type: none"> ○ Makes strategic decisions in slow-paced game ○ Functions effectively with some strategic control in a simpler, faster-paced game <p><i>Distinction between this level and next one up is form/technique, control of the game, ability to react and adjust, and strategic awareness/control</i></p>	<ul style="list-style-type: none"> ★ Always moves to ball and executes a set ★ Technique and form: <ul style="list-style-type: none"> ○ Rarely lifts/doubles ○ Usually sets ball to intended target ○ Sets hittable ball from <i>reasonable</i> bad passes from anywhere on court ○ Skills include back-setting and ease of handling balls passed tight to net ★ Slow to react/adjust in fast-paced play, but makes proper/complex decisions in slower-paced game ★ Placement of set is strategic/precise <ul style="list-style-type: none"> ○ In control of ball height/speed ○ Awareness of opponent's front-/back-row defense ○ Uses second ball over in an attempt to gain points ★ Communicates with hitters to plan offense ★ Tempo: <ul style="list-style-type: none"> ○ Functions effectively/strategic in slow-paced game ○ Predictable/struggles at faster pace ★ Understands, but sometimes fails to execute, complex offenses <ul style="list-style-type: none"> ○ Easily read by Power Plus opponents <p><i>Distinction between this level and next one up is tempo of game/decision making and execution of complex strategy</i></p>	<ul style="list-style-type: none"> ★ Always moves to ball and executes a set ★ Technique and form: <ul style="list-style-type: none"> ○ Rarely lifts/doubles ○ Consistently sets ball to intended target ○ Sets hittable ball from bad passes anywhere on court ○ Skills include back-setting and ease of handling balls passed tight to net, and may include jump sets ★ Quickly reacts and makes sound, strategic decisions while executing complex offenses ★ Placement of set is strategic/precise <ul style="list-style-type: none"> ○ In control of ball height/speed ○ Is difficult to read ○ Placement based on reading opponent's front-/back-row defense ○ Uses second ball over strategically to gain points ★ Communicates with hitters to plan offense ★ Tempo: <ul style="list-style-type: none"> ○ Functions effectively/strategic in fast-paced game ★ Executes complex offenses that are difficult to read with strong, strategic control in a fast-paced game

	RECREATIONAL	INTERMEDIATE	COMPETITIVE	POWER	POWER PLUS
HITTING	<ul style="list-style-type: none"> ★ Character of attack: <ul style="list-style-type: none"> ○ ~50% chance a hit ball goes over the net/in ○ Never is aggressive ○ Slow pace of hitting makes hit predictable ○ Often forearm- or overhead-passes attack ○ Often sends ball over on 1st or 2nd hit ★ Form/Technique of attack: <ul style="list-style-type: none"> ○ Lacks appropriate approach ○ Sometimes contacts net during attack ○ Lacks control, timing and form ○ Often ends up underneath the ball ○ Cannot adjust to sets ○ Does not adjust to hit around Intermediate blockers ○ Often loses focus on game during attack to think about executing proper form/technique 	<ul style="list-style-type: none"> ★ Character of attack: <ul style="list-style-type: none"> ○ Hits ball in most of the time on weaker attacks ○ Rarely results in a point ○ Rarely is aggressive ○ Often is out if hit is aggressive ○ Slow pace of hitting makes hit predictable ○ Forearm passes the attack only when needed ★ Form/Technique of attack: <ul style="list-style-type: none"> ○ Drops off net to execute an approach ○ Sometimes contacts net during attack ○ Demonstrates consistent control and form, but inconsistent timing may interfere with approach ○ Able to adjust to reasonable sets ○ Shows ability to adjust hit against Intermediate blockers ○ Can't adjust to hit around Competitive blockers ○ Form/technique are ingrained (focus is on game) 	<ul style="list-style-type: none"> ★ Character of attack: <ul style="list-style-type: none"> ○ Hits ball in on weaker attacks ○ Less ball control on more-aggressive attacks ○ Aggressive hits are out with some frequency or are hit into net ○ May result in kill against Competitive defense ○ Hit can be read easily by a Power opponent ★ Form/Technique of attack: <ul style="list-style-type: none"> ○ Drops off net to execute an approach ○ Usually does not contact net ○ Demonstrates consistent control and form, and generally has good timing on high sets ○ Able to adjust to most sets ○ Shows ability to adjust hit against Competitive blockers ○ Struggles to adjust hit against Power blockers ★ Demonstrates ability to execute simple attacks (4/5, 2, 32) with ease but lacks knowledge/ease of more-complex attacks 	<ul style="list-style-type: none"> ★ Character of attack: <ul style="list-style-type: none"> ○ Ball mostly is in ○ Ball is controlled ○ Attack generally is aggressive ○ Often results in a kill against Power defense ○ Hit sometimes is unpredictable ★ Form/Technique of attack: <ul style="list-style-type: none"> ○ Executes approach and timing fluidly ○ Avoids contacting the net ○ Adjusts to all sets ○ Shows ability to adjust hit against Power blockers ○ Struggles to adjust hit against Power Plus blockers ★ Shows ease executing simpler attacks (4/5, 2, 31/32) <ul style="list-style-type: none"> ○ May be inconsistent on complex attacks (including shoot, back 1/2, slide, tandem, back-row, etc.) <p><i>Distinction between this level and next one up is pace. ease of more-complex attacks, and control of the aggressively-attacked ball</i></p>	<ul style="list-style-type: none"> ★ Character of attack: <ul style="list-style-type: none"> ○ Ball usually is in and often results in a kill ○ Attack is aggressive/strategic by reading opponent's court space and defense ○ Hit often is unpredictable and difficult to read ★ Form/Technique of attack: <ul style="list-style-type: none"> ○ Executes approach and timing fluidly ○ Avoids contacting the net ○ Adjusts to all sets ○ Shows consistent ability to adjust hit to blockers ★ Shows ease executing attacks from among multitude of simple and complex plays (including 4/5, shoot, 31/32, back 1/2, slide, tandem, back-row, etc.) <p><i>Distinction between this level and next one down is pace, ease of more-complex attacks, and control of the aggressively-attacked ball</i></p>
FRONT-ROW DEFENSE	<p>BLOCKING</p> <ul style="list-style-type: none"> ★ Rarely attempts to block or can't block <ul style="list-style-type: none"> ○ Stands at net and doesn't move ★ Blocking form/action, if blocking: <ul style="list-style-type: none"> ○ Hands not open or pressed ○ Uncontrolled body (under/touches net regularly) ★ Blocking strategy, if blocking: <ul style="list-style-type: none"> ○ Does not understand block placement or purpose <p>FRONT-ROW DEFENSE</p> <ul style="list-style-type: none"> ★ Never anticipates a tip/deflection <ul style="list-style-type: none"> ○ Rarely covers the proper zone for play at net 	<p>BLOCKING</p> <ul style="list-style-type: none"> ★ Against an Intermediate opponent: <ul style="list-style-type: none"> ○ Forms a single block that penetrates or soft blocks their region of the net ★ Against a Competitive opponent: <ul style="list-style-type: none"> ○ Struggles to anticipate opponent's offense ○ Does not always execute a block ★ Blocking form/action: <ul style="list-style-type: none"> ○ Hands not open or pressed ○ Semi-controlled (sometimes under/touches net) ★ Blocking strategy: <ul style="list-style-type: none"> ○ Does not demonstrate consistent skill at taking away court space from opponent's hitter <p>FRONT-ROW DEFENSE</p> <ul style="list-style-type: none"> ★ Tips/deflections: <ul style="list-style-type: none"> ○ Anticipates and moves to cover against Intermediate opponent ○ Slow to react against Competitive opponent 	<p>BLOCKING</p> <ul style="list-style-type: none"> ★ Against a Competitive opponent: <ul style="list-style-type: none"> ○ Forms effective single block that penetrates or soft blocks their region of the net ★ Against a Power opponent: <ul style="list-style-type: none"> ○ Struggles to anticipate opponent's offense ○ Slow to react, but makes blocking attempt ★ Blocking form/action: <ul style="list-style-type: none"> ○ Hands usually open/pressed ○ With control (under/touches net infrequently) ★ Blocking strategy: <ul style="list-style-type: none"> ○ Understands how to set a block ○ Reads simpler offense and blocks as needed ○ Often takes away appropriate part of court space from Competitive hitter <p>FRONT-ROW DEFENSE</p> <ul style="list-style-type: none"> ★ Tips/deflections: <ul style="list-style-type: none"> ○ Usually anticipates/drops off net to cover 	<p>BLOCKING</p> <ul style="list-style-type: none"> ★ Against a Power opponent: <ul style="list-style-type: none"> ○ Participates in effective collective block that penetrates or soft blocks their region of the net ★ Against a Power Plus opponent: <ul style="list-style-type: none"> ○ Participates in effective collective block, but may be slow to react/adjust to a faster-paced offense ★ Blocking form/action: <ul style="list-style-type: none"> ○ Hands open/pressed with complete body control ★ Blocking strategy: <ul style="list-style-type: none"> ○ Reads complex offense and blocks as needed in slower-paced game ○ Always takes away appropriate part of court <p>FRONT-ROW DEFENSE</p> <ul style="list-style-type: none"> ★ Tips/deflections: <ul style="list-style-type: none"> ○ Anticipates and drops off net routinely to cover 	<p>BLOCKING</p> <ul style="list-style-type: none"> ★ Against a Power opponent: <ul style="list-style-type: none"> ○ With consistency, effectively reads and limits/prevents Power opponent's attack ★ Against a PowerPlus opponent: <ul style="list-style-type: none"> ○ Participates in effective collective or single blocks against a complex, fast-paced offense ★ Blocking form/action: <ul style="list-style-type: none"> ○ Hands open/pressed with complete body control ★ Blocking strategy: <ul style="list-style-type: none"> ○ Reads complex offense/unusual attack strategies and blocks as needed in fast-paced game ○ Always takes away appropriate part of court <p>FRONT-ROW DEFENSE</p> <ul style="list-style-type: none"> ★ Tips/deflections: <ul style="list-style-type: none"> ○ Anticipates and drops off net routinely to cover <p><i>Distinction between Power Plus and Power is fluidity and ease of consistent execution in a fast-paced game</i></p>
KNOWLEDGE & PURSUIT	<ul style="list-style-type: none"> ★ Knowledge: <ul style="list-style-type: none"> ○ May show knowledge of standard rotation ○ Starting to learn 4-2 rotation ○ Shows limited strategy ○ Lacks court awareness ★ Pursuit: <ul style="list-style-type: none"> ○ Difficulty reading opponent's offense ○ Difficulty knowing where to position for defense ○ Primary goal is to return ball to opponent's side ○ Does not lunge, dive or run for ball ★ Pace: <ul style="list-style-type: none"> ○ Slow to react ○ Intensity may be diminished by end of match 	<ul style="list-style-type: none"> ★ Knowledge: <ul style="list-style-type: none"> ○ Shows comfort/ease with 4-2 rotation ○ May be starting to learn 5-1/6-2 rotations ○ Uses simple offensive/defensive strategies ○ Demonstrates court awareness ★ Pursuit: <ul style="list-style-type: none"> ○ Sometimes out of position in 4-2 rotation, but corrects with coaching ○ Shows understanding of defensive positioning ○ Consistently tries to execute offense strategy ★ Pace: <ul style="list-style-type: none"> ○ Slower to react against Competitive opponent ○ Reacts properly in slower-paced game to Intermediate/Competitive opponents' offense ○ Intensity may slow by end of fast-paced match 	<ul style="list-style-type: none"> ★ Knowledge: <ul style="list-style-type: none"> ○ Shows comfort/ease with 5-1/6-2 rotations ○ Uses simpler offensive/defensive strategies ○ Demonstrates complete court awareness ★ Pursuit: <ul style="list-style-type: none"> ○ Rarely out of position in 5-1/6-2 rotation, but corrects with minimal coaching ○ Shows understanding of defensive positioning against Competitive and Power opponents ○ Consistently tries to execute offense strategy ★ Pace: <ul style="list-style-type: none"> ○ Reacts reasonably in faster-paced game to Competitive/Power opponents' offense ○ Intensity usually consistent by end of match 	<ul style="list-style-type: none"> ★ Knowledge: <ul style="list-style-type: none"> ○ Shows complete understanding of 5-1 rotation ○ Executes complex offense/defense strategies ○ Demonstrates complete court awareness ★ Pursuit: <ul style="list-style-type: none"> ○ Rarely out of position in 5-1 rotation ○ Reads other team's offense and fills defensive gaps ○ Routinely moves to, and with, the ball ○ Capable of independent play and of offering constructive guidance to other players as needed ★ Pace: <ul style="list-style-type: none"> ○ Reacts reasonably in a slower-paced game to Power/PowerPlus opponents' offense ○ Intensity is mostly consistent by end of match 	<ul style="list-style-type: none"> ★ Knowledge: <ul style="list-style-type: none"> ○ Shows complete understanding of 5-1 rotation ○ Executes complex offense/defense strategies ○ Demonstrates complete court awareness ★ Pursuit: <ul style="list-style-type: none"> ○ Consistently in correct position in 5-1 rotation ○ Consistently reads opponent's offense and fills defensive gaps ○ Routinely moves to, and with, the ball ○ Capable of independent play and of offering constructive guidance to other players as needed ★ Pace: <ul style="list-style-type: none"> ○ Reacts reasonably in a fast-paced game ○ Intensity is maintained throughout match