

Recreational Plus Division:

This division is ideal for players with slightly more skill compared to the Recreational Division. While some teams may still have players gaining experience, it's an ideal division for those with a mix of semi-experienced and beginner volleyball players. The overarching theme here is the "fun-first" mentality. Some players may focus on basic plays like getting the ball over the net, but most teams engage in three-hit plays.

- Players generally do not adhere to specific positions (e.g., power, setter, middle).
- Underhand serving is just as common as overhand serving.
- Hard spiking is not permitted in this division.

Examples: Volleydome Adult League Tier 5 – 6, VGVA Rec

Intermediate Division:

In this division, all players possess volleyball experience and are adept in the fundamentals. Intermediate teams seek challenging games with evenly-matched opponents.

Key features of this level of play include:

- Expect consistent hitting from at least 2–3 players on each team.
- Back row attacks are occasional but not prevalent.
- Some jump serving is expected, with the majority using overhand serves.
- Games feature crisp passes and well-organized attacks.
- Blocking is more common in this division, although not always a solid double block.
- Some teams may incorporate a Libero.

Examples: Volleydome Adult League Tier 2 – 4, NAGVA B Division

Intermediate Plus Division:

This division offers an increased challenge and faster pace compared to the Intermediate Plus level. Teams in this division consistently perform at a high level and seek strong competition each week. This is the tournaments 2nd highest level, suitable for individuals with competitive high school or some experience, consistent adult players, or ex-varsity athletes who are wanting something challenging but not as fast as the competitive division.

Key points include:

- Players at this level are typically specialized in one position (e.g., setter, middle, power, libero) and are effective in their roles.
- The majority of players can execute powerful hits, and female players are comfortable defending hard hits.

- Games include crisp passes, solid blocks, good digs, and well-organized attacks.

Examples: NAGVA BB, VGVA Comp 3 or 2

Competitive Division:

Participants in the Competitive Division boast extensive volleyball experience, having competed at high school, club, or even collegiate levels. This division is ideal for ex-varsity athletes, individuals who have played competitively throughout adulthood, and those bringing a wealth of competitive experience to the game. Key features of this level of play include:

- Games in the competitive division feature precise passes.
- Formidable blocks are a common sight.
- Clean and quick passes are combined with organized attacks.

Examples: NAGVA A, VGVA Comp 4