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**Evaluation specification for student's athletic ability of
volleyball course**

排球课程学生运动能力测评规范

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Table of Contents

1 Scope	1
2 Normative references	1
3 Terms and definitions	1
4 Grading and qualifying requirements	2
4.1 Grading	2
4.2 Qualifying requirements for each grade	2
5 Evaluation of athletic ability	6
5.1 Grade one evaluation	6
5.2 Grade two evaluation	10
5.3 Grade three evaluation	14
5.4 Grade four evaluation	18
5.5 Grade five evaluation	22
5.6 Grade six evaluation	25
Bibliography	29

3 Terms and definitions

3.1 student's athletic ability of volleyball course: the overall performance, formed in the learning, practice and competition activities of the volleyball course, in applying skills such as serving, setting, digging, spiking and blocking to complete specific tasks in a match.

3.2 dig: the technique of hitting the ball by which the incoming ball is actively met and rebounded from the contact surface formed by the forearms of the upper limbs, with the whole body working in a coordinated way.

3.3 pass: the technique of hitting the ball by which the strength of the upper limbs, the fingers and the wrists sends the ball to a given position, with the whole body working in a coordinated way.

3.4 serve: the technique by which the serving player, inside the service zone of the own team, throws the ball up and hits it over the net with one hand.

3.5 receive: the technique of taking up the ball sent by the opponent with the arms or with any other part of the body.

3.6 smash: the technique of hitting the ball by which an attacking player jumps and hits with one hand, into the opposing court, a ball in the air above the top of the net on the own side.

4 Grading and qualifying requirements

4.1 The athletic ability of students on the volleyball course is divided into six grades, one to six, the ability rising from grade one to grade six.

4.2.1 Grade one requires both the skill requirements of table 1 and the match requirements of table 2. Table 1 sets the single skills as self-dig and self-pass and the combined skill as continuous digging and passing against a wall, the qualifying requirement being not fewer than ten balls. Table 2 covers a small-court six against six match with observation points on technique (digging: able to dig up the ball thrown by the opponent; passing: correct hand shape with no held ball), tactics (reception tactics: correct reception position, moving according to the line of the incoming ball), physical condition (agility and coordination: quick reaction to the incoming ball, coordinated movement of upper and lower limbs) and mental qualities (cooperation: able to remind team-mates to get ready and to respond to their reminders). Three or more observation points are to meet the qualifying requirement, the winning side automatically gains one qualified observation point, and a pass requires both of the two assessors to judge the performance as qualified.

4.2.2 Grade two requires both table 3 and table 4. Table 3 sets the single skills as fixed-target passing and underhand serving and the combined skill as digging and passing while moving, the requirement being not fewer than six. Table 4 covers a full-court six against six match with observation points on digging (moving under the ball the opponent has played and digging it over the net or into a position suitable for a team-mate), passing (able to pass the ball up with the passing technique and no held ball), serving (able to serve over the net from behind the 6 m line), reception tactics (correct position on court and correct rotation), reaction and speed (quick reaction to the incoming ball and quick movement to the corresponding position) and defensive awareness (watching the digging and passing of team-mates, with the awareness and the movements needed to cover and to retrieve). Four or more observation points are to qualify, with the same rules on the winning side and the two assessors.

4.2.3 Grade three requires both table 5 and table 6. Table 5 sets the single skills as spiking a medium-high ball at position three and the front overhand serve, and the combined skill as a serve and dig combination; the qualifying requirement is not fewer than six for boys and not fewer than five for girls. Table 6 covers a full-court six against six match with observation points on serving (serving over the net with the correct technique, with a success rate above 50 %), reception of serve (digging the opponent's serve directly over the net or to a position near the own setter), passing (passing the ball to a team-mate so that the next hit can be made), attacking tactics (clear about one's own attacking duties), defensive tactics (able to defend actively against the opponent's attacking hits), explosive power and coordination (quick and powerful take-off, coordinated whole-body movement) and positional awareness (clear about the division of roles of the team on court and able to

carry out one's own positional duties). Five or more observation points are to qualify.

4.2.4 Grade four requires both table 7 and table 8. Table 7 sets the single skills as spiking at position four and the front overhand float serve, and the combined skill as a pass and spike combination, with the same requirement of not fewer than six for boys and not fewer than five for girls. Table 8 covers a full-court six against six match with observation points on serving (correct technique over the net, with a certain attacking quality and a success rate above 50 %), reception of serve (the reception arriving in position, inside the attack line between position three and position two), spiking (able to spike a well-set ball into the opposing court), attacking tactics (able to use the centre-one-two attacking tactic), defensive tactics (clear about one's own defensive position and able to reach the ball), strength and speed (quick and powerful take-off for spiking and blocking, quick reaction and fast movement) and role switching (able to switch quickly between attack and defence according to the situation on court). Five or more observation points are to qualify.

4.2.5 Grade five requires both table 9 and table 10. Table 9 sets the single skills as spiking at position two and target serving and the combined skill as a reception and spike combination, with the same numerical requirements as grades three and four. Table 10 covers a full-court six against six match and adds to the previous observation points those on passing (the balls set to the attacking players being fairly steady, organising an effective attack with the passing technique) and blocking (having the awareness to block actively and blocking effectively), together with attacking tactics using the centre-one-two or the side-one-two system, defensive tactics, speed, strength and coordination, and cooperation and the ability to encourage team-mates. Six or more observation points are to qualify.

4.2.6 Grade six requires both table 11 and table 12. Table 11 sets the single skills as back-row attack spiking and the jump serve, the requirement being not fewer than six for boys and not fewer than five for girls, and the combined skill as a reception of spike and back-row spike combination, the requirement being not fewer than five for boys and not fewer than four for girls. Table 12 covers a full-court six against six match with observation points on serving with an attacking serve technique with a success rate above 50 %, reception of serve in position, organising an effective attack by passing, spiking a well-set ball into the opposing court, blocking alone and organising a two-player block effectively, using attacking and defensive tactics and formations correctly, physical condition covering speed, strength, coordination, agility and reaction, and team match awareness, that is carrying out the tactical division of roles correctly and cooperating to complete the match. Seven or more observation points are to qualify.

5 Evaluation of athletic ability

5.1.1 Self-dig. The test area is a 4.5 m by 6 m zone laid out for self-digging and self-passing; the equipment is a standard match ball complying with GB/T 22882 and a timer. Two assessors are needed: assessor one gives the start command and starts the

timing, stops it after 1 min and announces the end of the test; assessor two records the number of digs meeting the requirement, digs lower than 1 m above the level of the arms not being counted, adjusting hits by passing or other techniques being allowed to keep the ball off the ground but not counted. The best of the individual's two attempts is taken. The person tested holds the ball in the test area, begins on the command, throws the ball up and then digs continuously with the front two-handed dig for 1 min, each dig rising more than 1 m above the level of the arms; the attempt ends when one foot leaves the test area completely or the ball touches the ground, and each person has two attempts.

5.1.2 Self-pass. The site and equipment are the same as for the self-dig test. Two assessors are needed, the second recording the number of passes meeting the requirement, passes lower than 0.5 m above the head not being counted and adjusting hits not being counted. The person tested throws the ball up and passes continuously with the front overhand pass for 1 min, each pass rising more than 0.5 m above the head; the attempt ends when one foot leaves the test area completely or the ball touches the ground, and each person has two attempts. The best of two attempts is taken.

5.1.3 Continuous digging and passing against a wall. The site is a flat wall surface more than 3 m high, the equipment a standard match ball complying with GB/T 22882. Two assessors are needed: the first gives the start and end commands and records the number of balls meeting the requirement, recording digs and passes separately; the second watches whether both feet cross the floor marking line completely, in which case that dig or pass is not counted in the total. The person tested stands outside or on the marking line and digs or passes against the wall more than ten times in succession, with not fewer than two of each technique; both feet may not cross the line 1.5 m from the wall completely and the dig or pass may not be lower than 2 m. Each person has two attempts and the best is taken.

5.1.4 Small-court six against six match. The site is a 9 m by 12 m area taken from a standard volleyball court with a net height of 2 m; the equipment is a standard match ball. Four assessors are needed, the first giving the start and end commands, assessors one and two observing and recording the qualifying performance of the six persons tested on their side of the court at each observation point and assessors three and four doing the same on the other side. The persons tested play a six against six match in the small court, two referees officiating with reference to the Volleyball Competition Rules 2021-2024; the latest international volleyball federation rules are used, together with the rally point system with rotating service, the ball being thrown over the net from behind the 3 m line, and the team first reaching 15 points in a single match winning. Each person has one attempt.

5.2.1 Fixed-target passing. The site is a standard volleyball court with a net height of 2 m; the equipment is a standard match ball and a target frame, a circle 1.2 m in diameter fixed upright at position four 1 m from the sideline and 0.5 m from the net, perpendicular to the net, with its lower edge 0.5 m above the top of the net. One assessor gives the start and