



VOLLEYBALL FLOORING BUYER'S GUIDE – RESOURCES & APPENDICES

Official Standards & Directory

- **USAV (USA Volleyball)**
The national governing body for volleyball in the United States
<https://usavolleyball.org/>
- **NCAA (National Collegiate Athletic Association)**
Governs college athletics in the U.S
<https://www.ncaa.org/>
- **FIVB (International Volleyball Federation)**
Global governing body
<https://www.fivb.com/>
- **NFHS (National Federation of State High School Associations)**
Governs high school sports and activities in the United States, including volleyball
<https://nfhs.org/>

Professional Court Dimensions

- Playing Area: 59 ft × 29 ft 6 in (18 × 9 m)
- Attack line: 9 ft 10 in (3 m) from the centerline
- Service zone: Minimum 10 ft (3 m) behind the end line
- Ceiling clearance: Minimum 23 ft (7 m)

High School Court Dimensions

- Playing Area: 60 ft × 30 ft
- Attack line: 10 ft from the centerline
- Service zone: Minimum 10 ft behind the end line
- Ceiling clearance: Minimum 23 ft

Internal Resources (Mateflex)

Product Information Videos

- **ProGym Tile**
https://www.youtube.com/watch?v=fA9cosK_cXQ

Product Data Sheets

- **ProGym**
[Download Spec Sheet](#)

Mateflex Tile Installation

- **Step 1: Progym Underlayment Install**
[Watch on YouTube](#)
- **Step 2: Progym Install**
[Watch on YouTube](#)

Check out further installation Tips & Tricks on our YouTube Channel:

- **Mateflex Sports Flooring on YouTube**

Mateflex Court Gallery

- Explore completed court installations for volleyball, basketball, pickleball, and more. Great for inspiration or reference.
[Volleyball Court Gallery](#)

Warranty Information

- [Mateflex Warranty Information \(PDF\)](#)

Volleyball Sport Equipment Recommendations

- **Porter Athletic**
- **[Sports Imports](#)**
- **[Jaypro Sports](#)**
- **[Gared Performance Sports Systems](#)**

Resources for Growing the Sport of Volleyball

Key Programs & Organization

- **USA Volleyball (USAV)**
National governing body for volleyball in the U.S.
Offers rules, coaching education, grassroots programs, and club development tools.
usavolleyball.org/resources
- **USA Volleyball Coach Academy**
Online courses and certifications for coaches.
Helps raise coaching standards and player development nationwide.
usavolleyball.org/resources-for-coaches/coach-education
- **USA Volleyball National Team Development Program (NTDP)**
Identifies and develops elite youth players.
Provides a clear pathway from local play to national teams.
usavolleyball.org/play/national-team-development-program

- **USA Volleyball “Try Volleyball” Program**
Free, introductory clinics for children new to the sport.
Encourages grassroots participation in local communities.
usavolleyball.org/try-volleyball
- **AVCA Match Point Mentoring Program**
Connects experienced coaches with new or developing coaches.
Builds stronger coaching communities and improves retention.
avca.org/resources-education/mentoring-program
- **Junior Volleyball Association (JVA)**
Provides club management tools, educational content, and event support.
Focused on the independent club system and youth growth.
jvavolleyball.org/education
- **United States Youth Volleyball League (USYVL)**
Offers instructional leagues for ages 7–15.
Accessible, low-pressure introduction to volleyball for beginners.
usyvl.org
- **FIVB Volleyball Empowerment**
International Federation of Volleyball initiative supporting national growth programs.
Provides inspiration and development models for local organizations.
fivb.com/empowerment-development/volleyball-empowerment

Strategies & Best Practices for Growth

1. Introduce entry-level “Try Volleyball” clinics to attract new players.
2. Partner with schools and PE programs to add volleyball to their curriculum.
3. Develop local coach-training programs to ensure quality instruction.
4. Offer multi-sport access and flexible schedules to retain youth athletes.
5. Engage families with parent–child nights or community open gyms.
6. Promote clear player pathways (recreational → club → elite/college).
7. Host summer camps, combines, and showcases to generate excitement.
8. Stream games online to reach wider audiences and build visibility.
9. Create or expand boys’ volleyball programs to grow participation.
10. Support clubs with operational templates, policies, and resource kits.

Mateflex Sports Flooring
Utica, New York
www.mateflex.com
800-926-3539
info@mateflex.com

*Request a Free Court Layout & Quote by emailing info@mateflex.com or calling 800-926-3539.