

JUANA'S VOLLEYBALL LEAGUE DESCRIPTIONS

LEAGUE	4 PERSON B-	4 PERSON B+	4 PERSON BB	4 PERSON A	CO-ED DOUB	Wom.Doubles	2 PERSON A
Nights league plays	Tues, Wed Thurs & Fri	Tues, Wed Thurs & Fri	Thursday	Thursday	Tuesday	Monday	Monday
Team Goal	Learning legal hits and begin bumpin the ball to each other and playing with 3 hits.	Consistent ball control, serving, and 3 hits.	Get it over the net in an organized 3 hit strategy.	To play with as a team at a highly competitive skill level.			
Gender requirements	1 girl MIN.	1 girl MIN.	1 girl MIN.	None	1 girl MIN.	Women only	None
Girl Rule¹	X	X					
Overhand serve	X	X	X	X	X	X	X
Jump serve			X	X	X	X	X
Let serve²	X	X	X	X	X	X	X
Set over net³			X	X	X		X
Rally Score⁴	X	X	X	X	X	X	X
Receive Serve with open hand				AVP Rules	AVP Rules	AVP Rules	AVP Rules
Hitting with open hand		AVP Rules	AVP Rules	AVP Rules	AVP Rules	AVP Rules	AVP Rules
Capable of spiking more than 50% of the time			X	X			X
Maximum Player skill	Max 1 B+ player on team. No one over B+ skill level allowed.	Max 1 BB player on team. No one over BB skill level allowed.	Max 1 A player on team. No one over A skill level allowed (No Open players)	Must be at least B+ skill level.	Must be at least B+ skill level.	Must be at least B+ skill level.	Must be at least B+ skill level.

Other	Players should call their illegal hits and return ball to opposing team. Should be consistently serving underhand and working on overhand serve.	Players should be consistent with 3 hits	All Players must be able to pass with accuracy.	AVP Rules	AVP Rules		AVP Rules
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1. Girl Rule: in each volley a girl must hit the ball if it is not immediate 2. Let Serve: If a serve hit the net and goes over it is in play.

3. Set Over Net: Must be square to net (AVP rules). 4. Rally Score: 1st and 2nd game to 21; 3rd to 15. Must win

[For description of AVP Rules visit http://www.avp.com](http://www.avp.com)