

JUANA'S VOLLEYBALL LEAGUE DESCRIPTIONS

LEAGUE	4 PERSON C	4 PERSON B-	4 PERSON B+	4 PERSON BB	4 PERSON A	4 WOMEN	CO-ED DOUBLES	Women's Doubles	2 PERSON A
Nights league plays	Tuesday	Tuesday or Wednesday	Wednesday or Thursday	Thursday	Wednesday	Monday	Tuesday	Monday	Monday
Team Goal	Get the ball over the net and improve.	Learning legal hits and begin bumpin the ball to each other and playing with 3	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.	1 girl MIN.	None	Women only	1 girl MIN.	Women only	None
Girl Rule ¹		X	X						
Overhand serve		X	X	X	X	X	X	X	X
Jump serve				X	X	X	X	X	X
Let serve ²	X	X	X	X	X	X	X	X	X
Set over net ³				X	X		X		X
Rally Score ⁴				X	X	X	X	X	X
Receive Serve with open hand					AVP Rules		AVP Rules	AVP Rules	AVP Rules
Hitting with open			AVP Rules	AVP Rules	AVP Rules	AVP Rules	AVP Rules	AVP Rules	AVP Rules
Capable of spiking more than 50% of				X	X				X
Maximum Player skill	Beginning Level: Max 1 B- player on team. No one over B- skill level allowed.	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 work on individual skills and a B- player is suggested as a coach ot educate team on legal hits.	Players should call their illegal hits and return ball to opposing team. Should be consistenly serving underhand and working on	Players should be consistent with 3 hits	All Players must be able to pass with accuracy.	AVP Rules		AVP Rules		AVP Rules

1. Girl Rule: in each volley a girl must hit the ball if it is not immediately hit over the net.

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 by 2 points. Cap at 25.

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