

## JUANA'S VOLLEYBALL LEAGUE DESCRIPTIONS 2024

LEAGUE	4V4 Coed B	4V4 Coed BB	4V4 B/BB/A	Coed Doubles	Women Doubles	Mens Doubles	4V4 Coed C
<b>Nights league plays</b>	Wednesday	Wednesday	Thursday	Tuesday	Monday	Monday	Tuesday
<b>Team Goal</b>	Learning legal hits and begin bumping the ball to each other and playing with 3 hits	Consistent ball control, serving, and 3 hits	To play with as a team at a highly competitive skill level	Guy serves guy, girl serves whoever			Beginning players or those who have not played in an organized league before. Recreational
<b>Gender requirements</b>	1 girl minimum	1 girl minimum	None	1 girl minimum	Women only	None	1 girl minimum
<b>Girl Rule<sup>1</sup></b>							<b>X</b>
<b>Overhand serve</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
<b>Jump serve</b>			<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
<b>Let serve<sup>2</sup></b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
<b>Set over net<sup>3</sup></b>			<b>X</b>	<b>X</b>		<b>X</b>	
<b>Rally Score<sup>4</sup></b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
<b>Receive Serve with open hand</b>			AVP Rules	AVP Rules	AVP Rules	AVP Rules	
<b>Hitting with open hand</b>		AVP Rules	AVP Rules	AVP Rules	AVP Rules	AVP Rules	
<b>Capable of spiking more than 50% of the time</b>			<b>X</b>			<b>X</b>	
<b>Maximum Player skill</b>	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.	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.	All C division players should know the basics of volleyball and played some volleyball before. Teams in the C division attempt to execute bump, set, and spike but are inconsistent. Jump serve is not allowed.
<b>Other</b>	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	AVP Rules	AVP Rules		AVP Rules	Blocking counts as a touch

1. *Girl Rule: In each volley a girl must touch the ball before it goes over*

2. *Let Serve: If a serve hits 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*

For description of AVP Rules visit <https://www.avp.com>

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