



GENERAL VOLLEYBALL INFORMATION

Volleyball Pre-Game

- The home team is the team listed first on the schedule. Both teams meet at center court where the home team will offer the pre-game prayer.
- Each team will receive a 3 minute passing warm-up and a 2 minute shared serving warm-up.

Game Attire

- Players must wear their team uniform as supplied by their church/school.
- No jewelry is allowed EXCEPT stud earrings for players who recently pierced their ears.
- This is the ONLY type of jewelry that is allowed and this exception is made only for newly pierced ears. No dangling jewelry of any kind.

Equipment

- 3rd and 5th graders will use a Volley-Lite or regulation size training volleyball.
- All other grade levels will use regulation-size balls. Each gym will provide game balls.