

17. Volley ball is one of the best and most popular team games. Not strenuous and adapted to varying skill levels, it is suited to nearly all ages and both sexes, making a fine sport for co-recreation. The rules are designed to allow girls to hit the ball twice and men only once. When teams are organized, allowance is made for 8 players. This allows for one girl and one man as substitutes. Here as in other team intramurals there should be enough substitutes to insure a full team but few enough to permit all to play. Volley ball makes about the best use of floor space as to numbers playing, of any of the popular indoor games. Satisfactory tournaments may be arranged by round robin if there is enough time, or by elimination, if time is short.