

# Volleyball Study Guide

## THE SERVE:

- A) Server must serve from behind the restraining line (endline) until after contact.
- B) Ball may be served underhand or overhand.
- C) Ball must be clearly visible to opponents before serve.
- D) Served ball may not graze or touch the net.
  - If the ball hits or touches the net and lands in bounds, play will be restarted with a reserve.
  - If the ball touches the net and lands out of bounds, it is a point for the defending team and a change of service.
- E) The first game serve is determined by a volley; subsequently, each game shall be served by loser of the previous game.
- F) Serve must be returned by a bump only. No setting or attacking a serve.

## Scoring:

- Rally scoring will be used. Meaning a point is scored on every serve of the ball.
  - Offense will score on a defensive miss or out of bounds hit by defense.
  - Defense will score on an offensive miss, out of bounds hit, or serve into the net.
- Game will be played to 25 pts.
- Must win by 2 points.

## PLAYING THE GAME (VOLLEY)

- A) Maximum of three hits per side.
- B) Player may not hit the ball twice in succession (A block is not considered a hit).
- C) Ball may be played off the net during a volley, but not off a serve.
- D) A ball touching a boundary line is good.
- E) A legal hit is contact with the ball by a player's body above and including the waist.
- F) If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.

## BASIC VIOLATIONS

- A) Stepping on or over the line on a serve.
- B) Failure to serve the ball over the net successfully.
- C) Hitting the ball illegally (Carrying, Palming, Throwing, etc.).
- D) Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
- E) Reaching over the net, except under these conditions:
  1. When executing a follow-through.
  2. When blocking a ball, which is in the opponents' court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play.
- F) Reaches under the net (if it interferes with the ball or opposing player).
- G) Failure to serve in the correct order.
- H) Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.

## THE COURT

Both indoor and outdoor courts are 18 m x 9m (29'6" x 59'). Indoor courts also include an attack area designated by a line 3 m (9'10") back from the center line. Lines on the court are 5cm (2" wide). NET HEIGHT Net height for men, co-ed mixed 6, & outdoor is 7'11-5/8". Net height for women, 7'4-1/8". The height of the net shall be 8'. BALL The ball weighs between 9 and 10 ounces. Ball pressure is between 4.5 and 6.0 pounds

| Volleyball Lingo | Translation   |
|------------------|---|
| "Ace"            | When the ball is served to the other team, and no one touches it.   |
| "Sideout"        | When the team that served the ball makes a mistake, causing the ball to go to the other team.   |
| "Roof"           | When a player jumps above the height of the net, and blocks the ball.   |
| "Stuff"          | When a player jumps about the height of the net, blocks the ball, and the ball goes back at the person who attacked(spiked) the ball. |
| "Dig"            | When a player makes a save from a very difficult spike.   |
| "Kill"           | When a team spikes the ball and it either ends in a point or a sideout.   |

### Other Terms:

- Block – method used to defend against a spike, both hands go above the net.
- Foot fault – The server steps on or over the end line while in the process of serving.
- Forearm bump or Bump pass- an underhand pass used to play a ball that below chest level.
- Game point – the final point of the game
- Net recovery – playing a ball that has rebounded off of the net.
- Overhead pass – a play in which the ball is played with open fingers while the it is above head height.
- The Set – a way of passing the ball above the net so that a teammate can attempt a spike.
- Serve – method of putting the ball into play.
- Spike – a hard hit or smash that brings the ball directly down across the net.
- Volley – single contact or hit of the ball.

## Volleyball Brief History

In 1995, the sport of Volleyball was 100 years old! The sport originated in the United States, and is now just achieving the type of popularity in the U.S. that it has received on a global basis, where it ranks behind only soccer among participation sports. Today there are more than 800 million players worldwide who play Volleyball at least once a week.

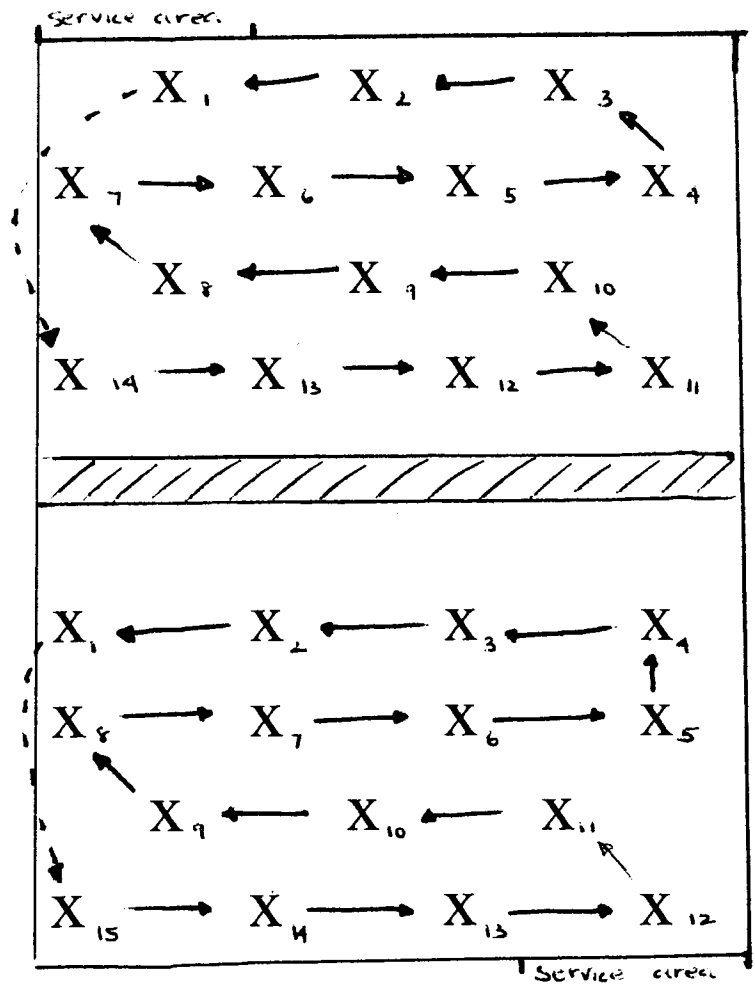
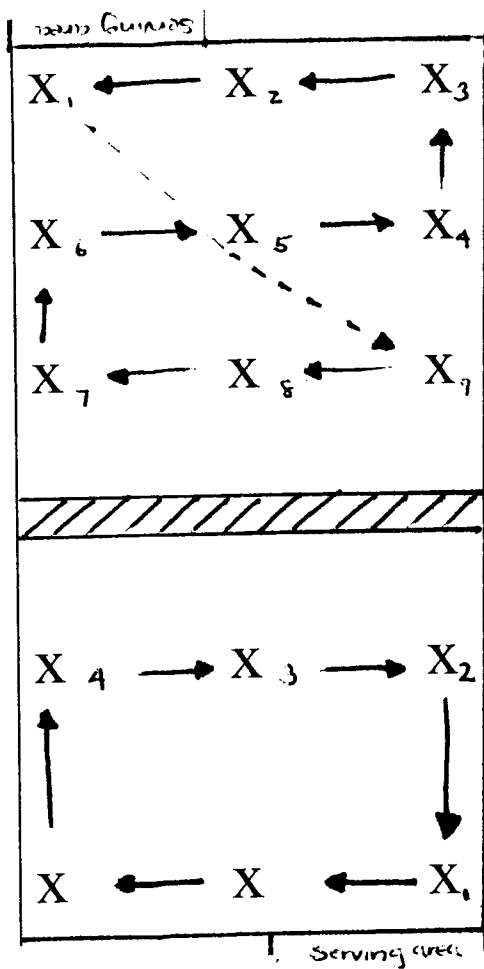
In 1895, William G. Morgan, an instructor at the Young Men's Christian Association (YMCA) in Holyoke, Mass., decided to blend elements of basketball, baseball, tennis, and handball to create a game for his classes of businessmen which would demand less physical contact than basketball. He created the game of Volleyball (at that time called mintonette). Morgan borrowed the net from tennis, and raised it 6 feet 6 inches above the floor, just above the average man's head.

During a demonstration game, someone remarked to Morgan that the players seemed to be volleying the ball back and forth over the net, and perhaps "volleyball" would be a more descriptive name for the sport. On July 7, 1896 at Springfield College the first game of "volleyball" was played.

# ROTATION

- A) Team will rotate each time they win the serve.
- B) Players shall rotate in a clockwise manner.
- C) An official game is played with 6 players on each side, but physical education classes often use more.

## COMMON ROTATIONS:



(\* note – courts are the same size

Serving order: 1, 2, 3, 4, 5, 6, ...

Name \_\_\_\_\_

Block \_\_\_\_\_

# Volleyball Test

**Directions: Print your answers on this worksheet.**

- 1. Who is the inventor of volleyball?**
- 2. Explain or draw how a team of nine (3 even rows) would rotate.**
- 3. What is rally scoring?**
- 4. What happens if on a serve the ball grazes the net and lands in bounds?**
- 5. Give three common violations that result in a point for the opposing team.**
- 6. Explain when a ball can be played off the net.**
- 7. What is the name of the playing area and give the proper dimensions.**
- 8. What is a sideout?**
- 9. Explain a dig.**
- 10. What is an ace?**