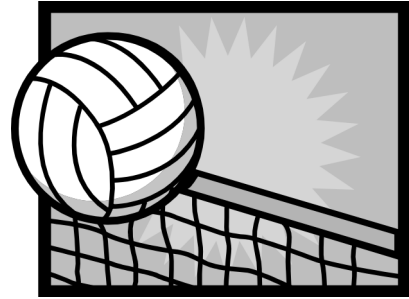


# VOLLEYBALL STUDY GUIDE

## HISTORY OF VOLLEYBALL

\*Volleyball originated in the United States in 1895.

\*William Morgan, a student at Springfield College, created the game of volleyball.



The object of the game is to keep the ball from striking the floor on your side of the net and to return it so that it strikes the floor on your opponents side.

The volleyball game is played on a court 60 x 30 with the net 8'high for men and 7'4"high for women.

Positions are shown on the diagram below

X Left back	X Left front
X Middle back	X Middle front
X Right back	X Right front

(The right back is the serving position)

## RULES

1. The scoring method is rally scoring where points can be won by the serving or receiving team Play up to 25 have to win by 2.
2. Any ball that lands on the line is good.

3. Only 3 hits are allowed on a side.
4. The ball may not be played off the curtain or wall. If the ball hits an obstruction it is only playable when it comes back down on the side it originated from (as long as it is not the third hit)
5. Service must be from behind the service line by the right back.
6. Stepping on or over the service line while contacting the ball on a serve is a fault (or foot fault)
7. If the ball hits the net and goes over on the service, it is a live ball.
8. A regulation volleyball game has 6 players per side of the net.
9. It is a foul to touch the net or step over the center line (directly under the net)
10. The same player may not hit the ball twice in a row.
11. During a volley the ball may touch the net and be played off the net.
12. Only the front line players are permitted to spike the ball between the net and the 10-foot line.

## **ILLEGAL HITS**

**CARRY**- Momentarily holding the ball

**LIFT**- contacting the ball with an open palm faces an upward direction below the waist

**BLOCKING OR SPIKING SERVES**

**DOUBLE HIT**- contacting the ball twice by the same person

## **TERMINOLOGY**

**Ace** - a serve that results directly in a point, usually when the ball hits the floor untouched on the receiving teams side of the court

**Assist** - passing or setting the ball to a teammate who attacks the ball for a kill

**Block** - a defensive play by one or more of the front row players meant to intercept a spiked ball

**Bump** - contacting ball with the forearm while hands are joined together and ball is below shoulder height.

**Dig** - passing a spiked or rapidly hit ball

**Foul** - a violation of the rules

**Pass** - receiving a serve or the first contact of the ball with the intent to control the ball to another player

**Set** - contacting ball above head with finger tips

**Side out** - when the receiving wins the rally, they gain the right to serve

**Spike** - a ball contacted with force by a player on the offensive team who intends to terminate the ball on the opponent's floor

**Dead ball** - ball that is temporally out of play.

**Volley** - a term used when both teams continually hit the ball back and forth.

**Match** - A team winning 2 out 3 games

**Rotation** - Players move clockwise when receiving the serve after a side - out