



VOLLEYBALL HANDOUT

Introduction: Volleyball is a game that challenges the participant's skill in the use of the hands and agility in jumping, twisting, reaching, and hitting.

Courts and Teams: Volleyball courts are rectangular and divided by a tightly stretched net. The height of the net is the only difference between court specifications. Teams consists of six players (right back or server, middle back, left back, left front, middle front, right front).

Fouls: Failure to play as permitted by the rules.

Examples of Individual Fouls Plays ball while supported by any player or object; hits ball twice in succession; back row player spikes (attacks) or goes to block ball in front of spiking line (10 foot line); fails to return ball within opponent's court.

Examples of Net or at the Net Fouls: A ball held or pushed against the net; net touched by any part of body; a player reaches over or under the net except on a follow through or block; a player touches the floor on the opposite side – crosses center line (entire foot needs to cross center line for it to be considered a foul); and a ball that is forced into the net and touches the opposing player is "NOT A FOUL".

Basic Rules: Any ball touching the boundary line is *good* or in. When the ball touches the net on a return, it must touch the net on or between the standards and go over into the opponent's court. A ball striking the net and going over is still in play. A served ball can not touch objects above the net or outside the playing area. A *foot fault* is called during a serve when a player steps on or over the end line before the ball has been hit. A player can serve from where ever behind the end line. A ball may be contacted up to three times by a team before it goes over to the opponent's court.

Play:

Rules for Rally Scoring: A game consists of one team scoring a total of 25 points (winning team must have at least a two point advantage with a cap to 27). A match consists of the first team to win two out of three games or three out of five games. While serving the ball it is legal for the server to make contact with the net during a serve (only if the ball lands in the opponent's court). This is called a *let serve*. A point is awarded to the serving or receiving team when a team fails to return the ball in the manner prescribed by rule (there is a point awarded every time there is a serve).

Basic Terminology:

Forearm Passing/Bump: An underhand hit made with both hands together.

Setting: A high pass that uses your hands (make a window with your hands to look out of on your forehead).

Attack/Spike: A ball hit forcibly at a downward angle from a height greater than the top of the net (offensive strategy).

Block: Both arms and hands raised parallel to the net in order to block the spike (defensive strategy).

Dig: Passing a ball from an attack/spike.

Tip: Off-speed spike.

Serving: Putting the ball into play over the net into the opponent's court. Three methods used are: *underhand, overhand, and jump serve.*

Rotation: Act of shifting positions in clockwise direction.

Double Hit: An act in which a player hits the ball twice in succession.

Simultaneous Contact: Two players touch the ball at the same instance.

Sideout: When the serving team fails to serve or return the ball prescribed by rules.