

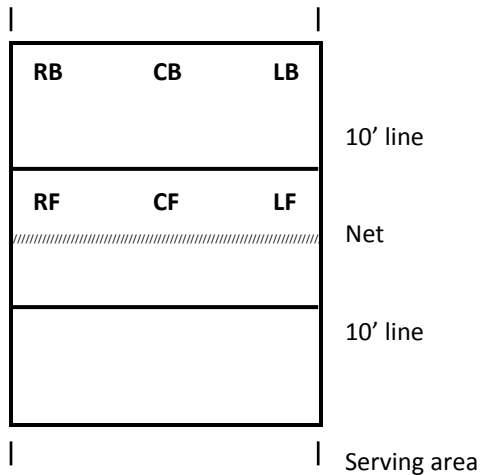
VOLLEYBALL STUDY GUIDE



Name _____

Period _____ Date _____

COURT AND POSITIONS



RB = Right back

CB = Center back

LB = Left back

RF = Right front

CF = Center front

LF = Left front

NOTE: Players rotate clockwise to serve.

PLAYERS

There are **six** players on an official volleyball team. (Physical education classes, however, sometimes play with fewer or more than six players.)

RULES

Serving

1. The team that did not serve the first game, serves first the second game.
2. The player in the right back court serves first.
3. The receiving team rotates before their first service of the game.
4. The server may stand anywhere behind the endline to serve the ball. Both feet must be behind the endline until the ball is contacted. (In class we may need to modify this rule)
5. The server may hit the ball with one hand while the ball is held or tossed in the air. The ball must be clearly hit and not thrown. A player may use an overhand, underhand or sidearm serve.
6. A let serve – a served ball that touches the net but continues across is legal and should be played.
7. A service fault occurs when:
 - a. the ball fails to go over the net.
 - b. the served ball lands outside the court boundaries.
 - c. the ball hits the ceiling or any object above the court.

RULES (continued)

Scoring

1. Rally Scoring – points are awarded on each play, regardless of which team serves.
2. Games are played to 25 points. The winning margin must be two or more points. (In class we may play by time limit, the team ahead will be the winning team)

Boundaries

1. A ball landing on an end or sideline is considered inbounds.
2. A ball hitting the ceiling or any other object over the court on player's **own side of the court** is considered playable assuming the team has more allowable hits.
3. A ball is considered out-of-bounds if it touches the ceiling or overhead obstructions **beyond the vertical plane of the net** and its out-of-bounds extension.
4. A ball is considered out-of-bounds if it touches a wall, objects mounted on a wall (bleacher), or standard.

General Rules

1. Each team is allowed three hits before the ball is returned to the opponent.
2. A block attempt does not count as a hit and the next contact is considered the team's first hit. (The blocker may immediately hit the ball again.)
3. A player may not hit the ball twice in a row. The same player may legally make the first and third hit for his/her team.
4. A legal contact is a touch of the ball by a player's body above and including the waist which does not allow the ball to visibly come to rest with the player's body.
5. When two teammates contact the ball at the same instant, it is legal and considered one hit. Either player may immediately hit the ball again.
6. A back court player (right, center, and left back) may not block or contact the ball above the net, having left the floor on or in front of the 10' spiking line (see diagram on the first page).
7. A player may legally step on – but not over – the center line.
8. A player may recover the ball hit into or out of the net.
9. A player may leave the court boundaries to play the ball.
10. A player may never make contact with the net when the ball is in play.
11. A player may follow through over the net as long as he/she does not touch it.
12. A player may not reach under the net to touch the ball or an opposing player.
13. A double foul occurs when opposing players or sides commit a foul at the same time. The ball is replayed if this occurs.

Illegal Hits

1. A player may not lift or carry or hit the ball in any way which causes prolonged contact.
2. The ball may not contact more than one area of the player's body.
3. A one or two open-handed hit where the ball contacts the palms of the hand(s) is illegal.

VOLLEYBALL TERMS

1. **ACE** – A serve which lands in the opponent's court without being touched or is touched but unable to be kept in play by the receiving team.
2. **ATTACK** – Any play adding force and or direction to the ball with the intention of returning it to the opponent attempting to score. The spike, drive or tip are all possible forms of attack.
3. **BLOCK** – A defensive play by one or more players who attempt to intercept the ball preventing the attacked ball from crossing the net.
4. **DEAD BALL** – Ball that is temporarily out of play.
5. **DIG** – An underhand or overhead defensive play of an attacked ball.
6. **DOUBLE FOUL** – Rule violations committed at the same time by opposing players. The serve is re-served.
7. **DRIVE** – Attacking the ball with a spiking action while the feet remain on the ground.
8. **FOOT FAULT** – Server steps on or over the endline as the ball is contacted.
9. **FOREARM PASS (Bump)** – A skill in which the ball is contacted underhand, rebounding from the player's forearm.
10. **FOUL** – Violation of a rule.
11. **ILLEGAL HIT** – Lifting, carrying or hitting the ball with prolonged contact.
12. **KILL** – An attack which the defense is unable to handle.
13. **LEGAL HIT** – Ball that is given immediate impetus with any part of the body above the waist.
14. **OVERHEAD PASS** – A skill using the finger pads of both hands to direct the ball from a back court to a front court player.
15. **ROTATION** – Act of shifting positions in a clockwise direction to serve.
16. **SERVE** – Skill which initiates play. The right back player serves the ball.
17. **SERVING ORDER** – Order in which teammates serve.
18. **SET** – One or two hand finger action skill which places the ball in a spot for the spiker to attack the ball.
19. **SPIKE** – An attack in which a player jumps and the ball is forcibly hit into the opponent's court with a one-hand overhand motion.
20. **TIP** – A fingertip attack on the ball which directs the ball into the opponent's court.

SPORTSMANSHIP

1. Organize the teams for play immediately.
2. Take care of the equipment – do not pull on the net or kick the ball.
3. Always roll the ball under the net to the server.
4. A loose ball should be carefully returned to the court it came from – don't just throw it someplace.
5. Encourage other members of your team.
6. Play as a team – set the ball up – use three allowable hits.
7. Call your own violations of the rules – net, illegal hit, etc.
8. Avoid arguing with the other team about calls – just re-serve the ball and continue the game.
9. When finished with your game, report the score and start another game.

