

VOLLEYBALL HANDOUT

History of Volleyball – Volleyball was created by William G. Morgan in Holyoke, Massachusetts in 1895. He made the game up as a less strenuous activity for older people who could not take the demands of basketball.

The Game – Volleyball is played by two teams of six players each on the court. The court is 60 ft. by 30 ft. and is divided in half by a centerline and net. The net is 7'11 5/8" for men and 7' 4 1/8" for women.

Skills

Overhead Pass- Also called a SET; contact is made with the pads of the fingers positioned above the head in a triangular window. An accurate method of passing the ball to a position near the net from your teammate to spike the ball.

Forearm Pass – Also called a BUMP; is used to return low hit balls, hard spikes, and generally any ball below chest height. The ball is hit off the forearms with the arms straight and with the lift coming from the legs.

Spike – A powerful offensive play that drives the ball down and into the opponents' court with great force.

Serve – Used to begin play. There is an overhand and an underhand serve. All serves must be done with the ball being tossed into the air prior to making contact. A player may serve from anywhere behind the end line/baseline. A serve that hits the net and goes over is in play.

Block – Stopping the ball from coming over from your opponent's court by jumping high with the arms extended overhead.

Terminology

Carry – An illegal hit in which the ball momentarily rests on the player's hands. Hitting the ball underhand with an open palm.

Foot Fault – When the server steps on or over the end line while contacting the ball

Double Fault – When two opposing players commit a violation at the same time, the point is replayed.

Point – A point is scored when a team fails to return the ball (Rally Scoring)

Rotation – Shifting the players in a clockwise direction after a side out is called.

Side Out – A term used by officials when the serving team illegally plays the ball, or fails to return the ball over the net.

Rally Scoring-A point is scored every serve.

Rules

1. The ball may be served from anywhere behind the end line.
2. It is a foul to touch the net. Touching the net with any part of your body is illegal.
3. A player may land under the net or over the centerline as long as they do not interfere with a player from the opposing team or touch the net.
4. A ball landing on the boundary line is in.
5. The ball must be distinctly hit, not thrown or lifted.
6. A point may be scored by either team.
7. The ball may be hit up to three times by one team. A player may not hit the ball two times in succession.
8. A block is not considered as one of the three hits. After a block, the player may hit the ball again.

9. Players on the serving team must rotate clockwise when a side out is awarded.
10. Players may shift positions after the ball is served, but back row players are not allowed to spike or block the ball.
11. The ball must be on your side of the net before it can be spiked.
12. Any ball that hits the net and continues over the net is considered to be in play.
13. A high school match consists of the best three out of five games.
14. Games are to 25 points and teams must win by two.
15. If a deciding 5th game is played the game is only played to 15, win by two.
16. A serve may not be blocked or spiked.
17. Spikes at the net can only be performed by front row players. Back row players may spike, but only from behind the 3-meter line (10 foot line).

Etiquette

The server should announce the score before each serve.

The server should announce their score first, then the opponents'.

Roll the ball under the net when returning it to your opponent.

Swearing, name-calling, "hogging the ball", cheating, and being disrespectful to your teammates and/or opponents will not be tolerated.