



VOLLEYBALL STUDY GUIDE



HISTORY: Volleyball was first conceived by William J. Morgan of the Holyoke, Massachusetts YMCA in 1895. The original equipment consisted first of rope, later an elevated tennis net, stretched across the gym and an inflated basketball bladder for the ball. Early rules called for a net six feet six inches from the ground and for a 25 foot by 50 foot court, and provided for the games to be played in innings, by any number of players on a side. Rule changes have been made gradually since 1900, resulting in the present rules.

OBJECTIVE: The object of the game is to score points by serving the ball over the net trying to make it land within the opponent's court.

SCORING: **Points** may be scored by the serving team or the receiving team. One point is awarded when the other team has a violation. **Twenty-five points** are needed to win the first two games. **Fifteen points** are needed to win the third game. In any game, the winner must win by two points.

TEAM: Each team consists of six (6) players.

GAME: The game is started when one team serves the ball over the net trying to make it land within the opponent's court. The receiving team attempts to return the ball over the net so that it will land within the opponent's (serving teams) court.

SERVE: The first server for each team is the Right Back. The ball may be hit with an open or closed hand. Serves: Overhand, Underhand, Sidearm. A served ball is dead if it:

1. Touches the floor on the server's side of the net.
2. Touches one of the server's teammates.
3. Passes under the net.
4. Crosses the net while out of bounds or if it is hit out of bounds and not touched by an opponent before it hits the floor.
5. Touches the ceiling.
6. Hit by the server out of serving position.
7. Hit before the referee has signaled to begin service.
8. Steps over or on the end line before the ball is served.

PLAYER ROTATION:

Rotation is clockwise. All players must be in their position for the serve of the ball. After side out has been called, all players on the team about to serve shift one position clockwise. First server is #1, then #2, etc.

#4 L. Forward > #3 C. Forward > #2 R. Forward

#5 Left Back < #6 Center Back < #1 Right Back

GENERAL PLAY:

The ball may be legally hit by any part of the body above and including the waist. The ball must be given immediate impetus on contact. The ball may not be pushed, lifted, caught, thrown, or carried. A team **may not hit** the ball more than **three times** before it crosses the net. When two players hit the ball at the same time it is considered one hit and either player may hit the ball again, otherwise, **no player** may hit the ball **twice in succession**. A ball is dead if:

1. It lands out of bounds
2. It touches the floor within the playing area.
3. It is illegally hit.
4. It hits the ceiling and goes over the net.
5. A player touches the net while the ball is in play.
6. A player reaches over the net to play the ball.

TERMS:

Volley – A series of hits that causes the ball to travel back and forth over the net.

Spike – A ball hit with one hand by a front line player. The ball is contacted high in the air and hit so that it travels downward at great speed and force.

Side Out – Loss of service.

Block – A front line player jumps with both hands in the air to prevent the ball from crossing over the net.

Set – A method of playing the ball with the finger tips.

Bump – A method of playing the ball with the forearms.

