



# Volleyball Study Guide



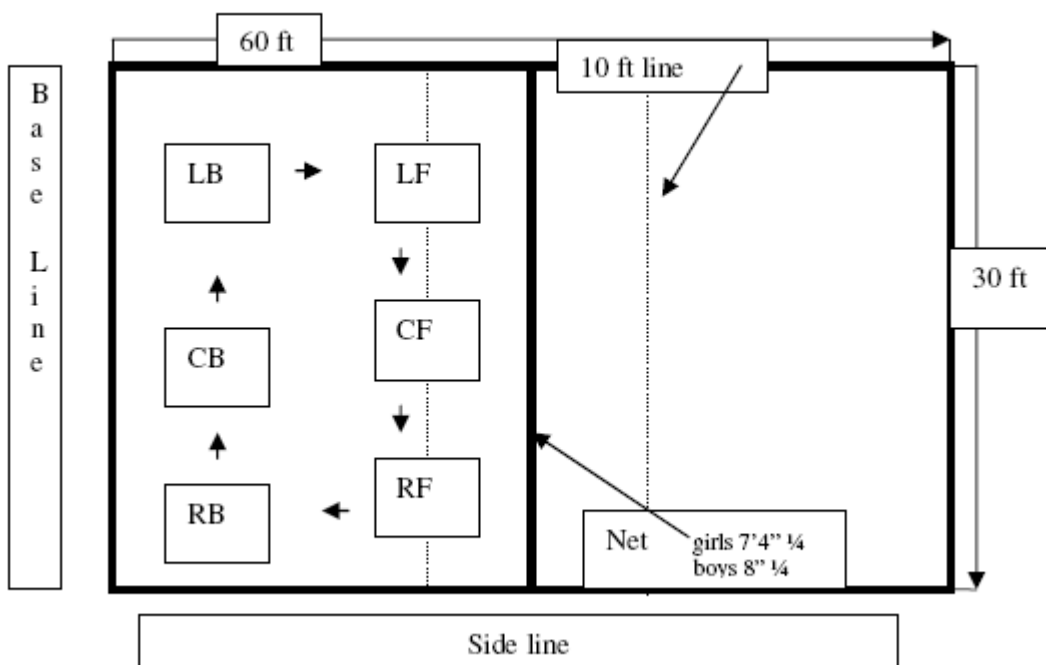
## History

YMCA Director **William G. Morgan** developed the game of volleyball in 1895 in Holyoke, Massachusetts. It was devised as a recreational activity for businessmen who wanted a game that had less physical contact than basketball. Morgan originally called the game "mintonette". Dr. George Fisher is known as the "father of volleyball" for his organization of the United States Volleyball Association (USVBA) which was established in 1928. Volleyball was introduced to the Olympic Games in Tokyo in 1964. In 1984, the US men won their first Olympic Gold Medal in Volleyball. In recent years, the game has evolved to include more action and force through the use of power volleyball skills.

## Court and Player Position

**RB = Right back/server CB = Center/Middle back LB = Left back**

**RF = Right forward/right side hitter CF = Center forward/middle hitter LF = Left forward/outside hitter**



## Game

Volleyball is a game played by two teams of 6 players, each on a rectangular court separated into two areas by a net. One team serves the ball over the net, trying to make it land with the opponent's playing area. The receiving team shall return the ball over the net in a manner that it should land in the opponent's playing area. Every time the ball hits the floor a point is scored. This method of scoring is known as rally scoring.

## Scoring

*Rally* scoring is when the serving team wins a rally, they score a point. When the receiving team wins a rally, they gain a point and the right to serve. Games (Sets) are played to 25 points with a minimum two-point advantage wins a set (no cap). Winning 2 out of 3 sets completes the match.

## Etiquette

- announce the score before each serve
- roll the ball under the net when returning it to the server
- do not kick the volleyball
- play the ball only when it is near you allowing other teammates an opportunity to be part of the game. (Although competition is an integral part of the game, cooperation is important in setting up the ball and accomplishing other team strategies.)

## Skills in Volleyball



**Forearm Pass** - Method of passing the ball by bouncing it simultaneously off of both forearms. Commonly used for serve reception, passing a hard spiked ball, or passing a ball lower than the nose or away from the middle of the player's body. Usually the first hit by the receiving team.

**Dig** – Passing of a powerfully spiked or hit ball. The back row players are responsible for digging the ball and keeping it in play.



**Set/Overhead pass** - Overhand technique of putting the ball into the air close to the net for the spike. Usually the second hit after the forearm pass.



**Spike** - Striking of the ball with the hand above net height to send the ball forcefully downward into the opponent's court. This is the ideal third hit in a series. "**BUMP, SET, and SPIKE**" is the ideal offense attack.

**Block** - A defensive play by one or more of the front row players meant to intercept a spiked ball. ***The block does not count as a hit.***



**Serve** - Method of putting the ball in play (from behind the end line of the court). The serve must be made from within a service area from right side line to the left side line. *There are three types of serves: underhand, sidearm and overhand.* The underhand serve is the easiest to master and is used by beginners. The sidearm serve can be useful if you want lower trajectory and can put spin on the ball. The overhand serve is the type most commonly seen and is very powerful and most difficult to receive.

## **Basic Rules**

1. *Let serve* – If the ball is served and makes contact with the net but reaches the opposing team's side, the ball is considered in play.
2. A player may not hit the ball two times in a row. The only exception is if a player attempts to block and touches the ball, then he/she may play the next ball.
3. A team may only touch the ball three times before it is sent over the net.
4. There are 6 players on each team on the court at a time.
5. A net violation occurs when any player comes in contact with the net with any part of the body while the ball is in play. When spiking the ball, the spiker's follow-through may not contact the net.
6. Players from the back row are allowed to spike the volleyball; however, they have to jump from behind the 10 foot line (spiking line).
7. *Line/Court Rules*:
  - a. A ball is considered in bounds if any part of the ball is touching the side or end line.
  - b. A player may step on the centerline but his/her entire foot may not be completely over the line.
  - c. When serving, a player may not step on or over the end line until after contacting the ball.
  - d. If the ball hits the antenna, it is considered out of bounds.
  - e. If the ball hits the ceiling and comes down on the opposing team's court, it is considered out of bounds. However, if the ball contacts the ceiling and comes down on the same side of the net, the ball is still playable.
8. No player may contact the ball on the opponent's side of the net, unless it is a block.
9. Players rotate in a clockwise position.
10. Blocking a served ball is **not** permitted, nor is attacking a served ball while the ball is directly over the net.

## **Terms**

- Ace** – A serve which lands on the court for a point without being touched.
- Back Set**-A set made over the head and back of the setter.
- Floater**-A serve that is softly hit with no spin that "floats" or wobbles in flight.
- Let Serve** - A legal serve that touches the net as it goes over and lands in bounds.
- Hit** – Another name for a spike.
- Hitter** – The player who spikes the ball.
- Kill** - A non-returnable hit by a player.
- Dink** A one-handed, soft hit into the opponent's court using the fingertips.
- Legal Hit** – Contact with the ball by a player's body above the waist, and in which the ball does not visibly come to rest.
- Illegal Hit** – Any hit below the waist, or if the ball visibly comes to rest momentarily on any part of the body.
- Carry** - When the ball rests momentarily on one or both hands.
- Double hit** – If one player hits the ball more than once consecutively, or can be uneven contact.
- Foul** - An infraction of the rules.
- Foot Fault** – Server steps on or over end line before he/she contacts the ball.
- Net Recovery** – An attempt to play a ball that has been hit into the net.
- Rotation** – Act of shifting positions in a clockwise direction.
- Side out** - When the serving team violates a rule or hits the ball out.
- Dead ball** – Ball that is temporally out of play.
- Point** – Scoring unit awarded for an infringement of any rule by opposing team.
- Match** – The varsity match winner is the team who wins 3 out of 5 sets (aka games).