

VOLLEYBALL STUDY GUIDE

ILLEGAL HITS

- CARRY- Momentarily holding the ball
- LIFT- contacting the ball with an open palm faces an upward direction below the waist
- BLOCKING OR SPIKING SERVES
- DOUBLE HIT- contacting the ball twice by the same person

RULES

- Any ball that lands on the line is good
- Only 3 hits are allowed on a side
- The ball may not be played off the curtain or wall
- If the ball hits an obstruction it is only playable when it comes back down on the side it originated from (as long as it is not the third hit)
- Service must be from behind the service line. Stepping on or over the service line while contacting the ball on a serve is a fault (or foot fault)
- If the ball hits the net and goes over on the service, it is a live ball.
- A regulation volleyball game has 6 people per side of the net.

KEY TERMS

- Bump, set, spike—three hit progression
- Lift, shift, punch (hit)—three key points of an overhand serve

HISTORY OF VOLLEYBALL

- **In 1995, the sport of Volleyball was [100 years old!](#)**
- The sport originated in the United States, and is now just achieving the type of popularity in the U.S. that it has received on a global basis, where it ranks behind only soccer among participation sports.
- Today there are more than 46 million Americans who play volleyball. There are 800 million players worldwide who play Volleyball at least once a week.
- In **1895**, [William G. Morgan](#), an instructor at the Young Men's Christian Association (YMCA) in Holyoke, Mass., decided to blend elements of basketball, baseball, tennis, and handball to create a game for his classes of businessmen which would demand less physical contact than basketball. He created the game of Volleyball (at that time called mintonette). Morgan borrowed the net from tennis, and raised it 6 feet 6 inches above the floor, just above the average man's head. During a demonstration game, someone remarked to Morgan that the players seemed to be volleying the ball back and forth over the net, and perhaps "volleyball" would be a more descriptive name for the sport.

TERMINOLOGY

- Ace - a serve that results directly in a point, usually when the ball hits the floor untouched on the receiving teams side of the court
- Assist - passing or setting the ball to a teammate who attacks the ball for a kill
- Back row - the three players whose court position is near the baseline
- Block - a defensive play by one or more of the front row players meant to intercept a spiked ball
- Bump - descriptive term for a forearm pass
- Carry - momentarily holding the ball
- Dig - passing a spiked or rapidly hit ball
- Double hit - contacting the ball twice by the same person, illegal
- Foul - a violation of the rules
- Front row - three players whose court position is near the net
- Lift - contacting the ball with an open palm; faces in an upward position

- Pass - receiving a serve or the first contact of the ball with the intent to control the ball to another player
- Rally scoring - scoring method where points can be won by the serving or receiving team
- Set - the tactical skill in which a ball is directed to a point where a player can spike it into the opponent's court. Proper form would require the elbows to be away from the body, not tucked in tight.
- Side out - when the receiving wins the rally, they gain the right to serve
- Spike - a ball contacted with force by a player on the offensive team who intends to terminate the ball on the opponent's floor or off the opponent's blocker

RED CARD: a severe penalty in which an official displays a red card. The result of a red card may be a player is disqualified, the team loses the serve, or the team loses a point. A red card may be given with or without a prior yellow card as a warning; it is up to the official's discretion.



YELLOW CARD: a warning from an official indicated by the display of a yellow card. Any player or coach who receives two yellow cards in a match is disqualified. A single yellow card does not result in loss of point or serve.

I. Skills

A. Forearm Pass or "Bump"

1. Hands and wrists are joined without locking fingers
2. Ball is struck with the fleshy part of your forearm using an underhand motion
3. Used to return a serve, drive, or spike. Usually the 1st step in a three step attack

B. Set

1. Performed by pushing the ball upwards with your finger tips
2. Form a diamond or window with thumbs and index fingers (finger towards ceiling). Contact the ball with your finger tips. Keep your eye on the ball all the way through contact
3. Usually the 2nd step in the three step attack

C. Drive or Spike

1. Striking the ball with your hand in an overhand throwing motion
2. Step forward with foot opposite striking hand (for power). Strike ball with heel of hand
3. Used to make it difficult for the opposing team to return the ball
4. Usually the 3rd and final step in a three step attack

D. Serve (overhand) (used to put the ball into play)

1. Uses the same motion as the drive or spike
2. The ball is tossed just above shoulder level. Step forward with foot opposite striking hand, and strike the ball with heel of hand

E. Serve (underhand) (used to put the ball into play)

1. Ball is held just below waist

2. Step forward with foot opposite striking hand (for power), strike ball with heel of hand

II. Game Rules

A. The Serve

1. Players must serve in rotating order (clockwise rotation)
2. The server may not step on or over the end line before the ball is hit
3. A served ball may graze the top of the net and drop to the other side for a point.
4. If the serve hits the ceiling, it is a side-out (basketball hoop is a re-do)
5. The ball may not land out of bounds (the volleyball standard is out of bounds)

B. Volleying

1. No player may step over the center line
2. A player may reach over the net when attempting to block or spike a ball
3. No player may touch the net at any time
4. Volleyballs landing on the line are considered “good” and “in” the court.
5. During a volley the ball may touch the net and be played off the net
6. Each time a team receives the ball they may only hit it three times
7. The same player may not hit the ball twice in a row
8. A player may be out of bounds when they hit the ball
9. If the ceiling is hit and the ball remains on the same side it may be played (unless already struck three times), If the ball crosses the net after hitting the ceiling it is the same as if it landed out of bounds.
10. A carry is called anytime the ball is lifted or pushed or stuck with an open hand in an underhand fashion.

C. Scoring

1. Rally scoring will be used.
 2. Games are played to 25 points, if tied at 24, the game continues until a team goes ahead by 2 points.
3. There will be a point awarded on every play, regardless of who serves
4. Offensive team scores on: a defensive miss and a side out by the defensive team.
 5. Defensive team scores on: an offensive miss, a side out by the offensive team, and a serve into the net

D. Courtesy Rules (Etiquette)

1. When giving the ball to the other team you should always **roll the ball under the net**
2. Before you serve the ball you should **always say the score of the game.**
3. Play your own area of the court
4. Call for the ball if you are able to play it
5. Always demonstrate good sportsmanship!

