

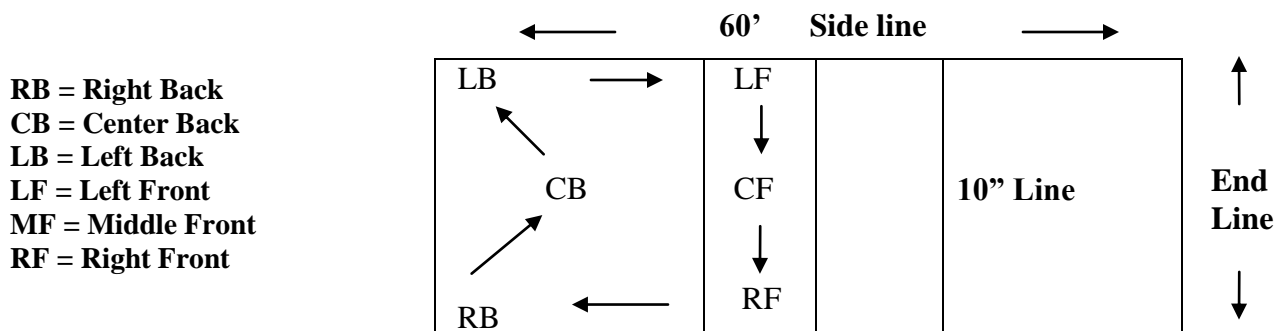


Volleyball Study Guide

1. William Morgan invented the game of volleyball in 1895.
2. The dimensions of a regulation volleyball court are 30' by 60'.
3. In a regulation high school game 6 players are on the court for one team.
4. In volleyball the *rally* scoring system is used for scoring a game.
5. The server is in the right back position.
6. The server may serve from anywhere behind the end line.
7. Players may serve the ball either underhand or overhand.
8. Before serving, you should say your score first and then your opponents.
9. You may not help get the ball over on a serve.
10. A ball that hits the net on a serve and lands in on the opponent's side is considered an ace.
11. When receiving serve you want your first contact to be a pass.
12. Each team has three contacts (in addition to blocking) to return the ball.
13. A player may leave the court to play a ball.
14. If the volleyball while in play hits the backboard or ceiling, but remains on the same team's side that team can play the ball as regular as long as they have contacts left.
15. A block occurs when one or more players reach higher than the net and deflect the ball coming from the opponent. No player may touch the net or cross the center line.
16. A ball that touches the line is considered in or fair.
17. A back row player cannot play a ball above the net if they are in front of the 10' line.
15. When the serving team makes an error, it is called a side out.
16. The proper way to give the ball to the other team after play is stopped is to roll it under the net.
17. The team rotates (clockwise) when you win the serve.
18. Scoring of the game goes to twenty five (25) points in a regulation high school game.
19. You must win by two points.
20. Some of the benefits of playing volleyball are to help build leg muscles, develop hand eye coordination, learn to communicate with others, improve volleyball skills and have fun while recreating.



Figure 1: Volleyball Court



Volleyball Lingo	Translation
"Ace"	When the ball is served to the other team and it ends in a point.
"Side out"	When the team that served the ball makes a mistake, causing the ball to go to the other team.
"Roof"	When a player jumps above the height of the net, and blocks the ball.
"Stuff"	When a player at the net blocks the ball, and the ball goes back at the person who attacked (hit) the ball.
"Dig"	When a player makes a save from a very difficult hit.
"Kill"	When a team spikes the ball and it ends in a point.