**VOLLEYBALL STUDY GUIDE**

# HISTORY

 In 1895, William G. Morgan, a YMCA physical director in Massachusetts devised the game of volleyball. The sport, however, did not gain interest in the United States until World War I and II. Members of the United States Armed Forces would often stretch a rope or net between supports and play volleyball during rest periods of the war. The status and interest of volleyball has increased tremendously since it was adopted as an Olympic sport in 1964.

# BENEFITS

 Volleyball is a fun game, which can be played and enjoyed for a lifetime at a variety of levels, from recreational to competitive. Played either inside or outdoors, on wood court or in sand, the game has many variations. Leagues offer the traditional six person team, co-ed, fours, triples, and doubles. The game improves quickness, lateral movement and jumping ability. In addition, it is a great team sport which encourages members to work together.

# OBJECT

 The first serve is determined by a coin toss. The team that received first in the preliminary game will automatically serve first in the second game of the match. The receiving team must rotate once before their first serve. The team that scores twenty-five points (with a two-point advantage) wins the game. The best two out of three games constitutes a match. A coin toss is reinstated when a third game is played.

 A team is made up of six players (three in the front row and three in the back row). Each player must be in his / her own position at the time of the serve. The team rotates in a clockwise direction upon gaining possession of the serve. The object of the receiving team is to use the three allowable hits as: pass, set, attack.

There are three contacts allowed per side. On the final contact, players try to strategically send the ball over the net to the opponent’s side of the court. (If a back row player attacks the ball he must take off behind the attack line). Points are scored when the either team wins the rally. This is referred to as "rally" or "speed" score.

# TERMINOLOGY

*Ace* – A served ball, which directly results in a point.

*Attack –* A hit aimed into the opponent’s court. ie. Tip, roll, spike, down ball. This is typically the third contact. The primary attackers (or wings) are the left and right front players in a basic 6-6 offense.

*Block* – A defensive skill used to prevent an attack from crossing the net. (It is not considered one of the three contacts and can only be performed by a front row player). It is a rejection of the attack. A back row player can not block.

*Dig* – A defensive skill used to pass up an opponent’s attack. Play of the attack.

*Forearm Pass* – Typically the first contact. The ball is played off the forearm in an underhand position when the ball is below the waist. The right foot should be in advance of the left with the shoulders out over the knees and the knees out over the toes. The elbows need to be locked on contact to form a flat surface (platform). Ready position is with the shoulders out over the knees and the knees out over the toes.

*Free Ball –* An easily playable ball that has been sent over the net.

*Interchanging –* The act of legally switching positions by two or more players in the same line to enhance play. This can only occur after the serve.

*Kill –* An attack that directly results in a point.

*Overhead Pass –* Typically the second contact which is performed by the setter. A pass made with the pads of the fingers with the hands in an open position. Also known as a set. Elbows and knees bend and extend together.

*Overlapping –* When a player is not in his true position when the ball is being served.

*Net Play –* A ball other than a service may be recovered from the net. However, a player cannot contact the ball twice in succession. The women’s net has a height of 7’4” and the men’s height is 8’0”.

*Rally –* Play of the ball that occurs after the service and before a point or side-out is awarded.

*Rotation –* Shifting of players in a clockwise direction when obtaining possession of the serve.

*Serve –* A one-handed contact to initiate play that is performed by the right back player. The ball can touch the net but not the ceiling, antennae, or another player before crossing the net. In addition, the player can not step on or over the end line until after contact is made. (This is a foot fault and results in a side out). The two most common styles are the “floater” and the “top spin” serve. The floater has a knuckle ball affect on the ball and the top spin creates a downward spinning motion on the ball. The right back player is the server.

*Side Out –* This occurs when the serving team loses possession of the ball. In rally score a point is awarded. If a side out is awarded, the receiving team gains possession of the serve and earns a point.

*Speed / Rally Score –* Scoring which results in a point being issued to a team after each serve / rally. It is also called "point per play".

*Spike* – A forceful one-handed attack used to terminate play. Back row players are allowed to attack the ball if their take-off is behind the attack line. A right-handed three step approach starts with the left foot.

*Tip –* A soft shot used to place the ball in an open area of the opponent’s court.

RULES

1. Ceiling or objects attached to the opponent’s side are out of bounds.
2. A ball which lands on a line is good and in bounds. The court is 60 feet long and 30 feet wide.
3. An illegal hit is a ball that comes to a rest, is slapped or thrown, or an open-handed hit below the waist.
4. The ball must be between the antennae or the poles of the court on all returns.
5. Serving team should call the score before each serve to avoid discrepancies. (Always call the serving score first regardless of whom is winning).
6. The women’s net height is 7’4” and the men’s net height is 8’0. The court is sixty feet in length thirty and feet in width. The attack line is ten feet from the net and the centerline is directly under the net.
7. A serve may not be blocked or spiked. However, it is legal to use an overhead pass to receive the serve. It is in the discretion of the official if the contact is legal.

6-6 Offense

In the five person “basic” serve receive pattern the setter is the middle front player who is close to the net. The other five persons are eligible to receive the serve. The three back players are the primary passers in this “W” serve receive formation. Of the three, the middle is pulled up. The left and right back players are positioned to split the seam created by the players in front of them. The left front and right front players are the secondary passers. Their main role is to attack the ball. They are also referred to as the “wings”. Each time a team rotates a new player becomes the setter.

 Scoring System:

1. Rally scoring will be used.
2. There will be a point scored on every score of the ball.
3. Offense will score on a defense miss or out of bounds hit.
4. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
5. Game will be played to 25 pts.
6. Must win by 2 points.
7. The side winning a game serves first in the next game

# SAFETY

The majority of volleyball injuries occur at the net when one player lands on another player’s foot. To avoid ankle injuries it is important to jump up vertically and land on the respective side of the centerline.

Positions: 1=right back 2=right front 3=middle front 4=left front 5=left back 6=middle back

Sideline

 2 1

 Center line

Endline 3 6

 Attack line 4 5