

VOLLEYBALL



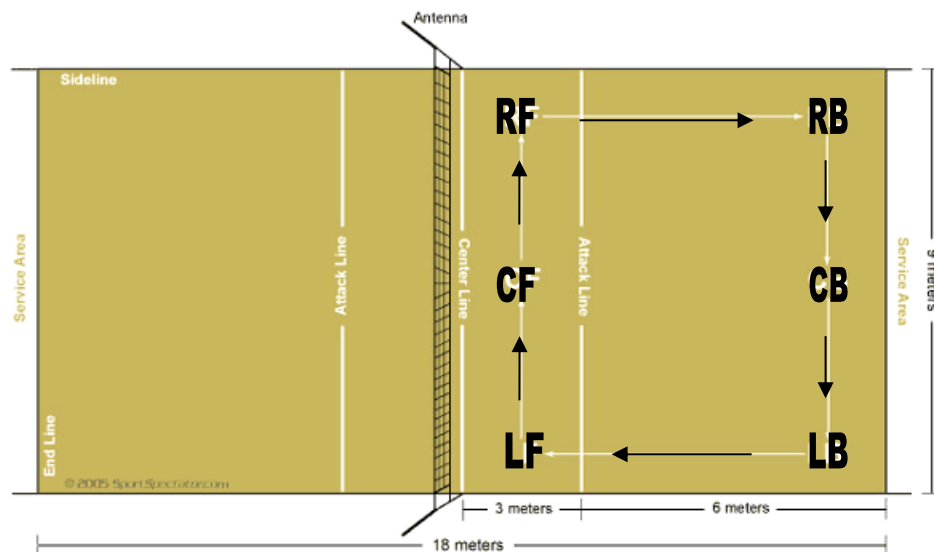
HISTORY:

Volleyball originated in Holyoke, MA in 1895 by William Morgan, YMCA physical director. The object of the game is to volley the ball back and forth over the net so that it is unplayable or touches the floor on the other side of the net. Either the serving team or receiving team can earn points(rally scoring). The game is completed when one team scores 25 points and has a 2 point advantage over the opponent.

EQUIPMENT:

Volleyball is played on a 30' x 60' court. The net for women's game is 7'4 1/4" and the men's is 8', also for co-ed play. The ball is an 18 panel leather ball.

COURT DIAGRAM:



RULES:

New in 2004:

Rally scoring: Either the receiving team or the serving team can score points. A point is awarded on every play regardless of which team is serving.

1. If the serving team fails to return the ball or has an illegal serve the receiving team scores a point and the serve.
2. A game is completed when one team has scored 25 points and has at least a two point advantage.
3. Either the serving team or the receiving team can score points.
4. A server has one chance to serve the ball over the net.
5. If the ball touches the net on the serve and goes over it is legal.

6. The server must stand behind the end line.
7. The server may step on or over the end line as soon as the ball has been served.
8. The serving team must follow the correct serving rotation.
9. A team may not have more than three hits per side.
10. One player may not hit the ball twice in succession except during a block. A player may hit the ball twice in a row if the first hit was a block.
11. It is illegal to lift, hold, push, throw or kick the ball.
12. If the ball touches the net and still goes over, it is legal even on the serve.
13. The ball may be hit with anything above and including the waist.
14. Players must play their positions.
15. A ball landing on a line is IN.
16. A team rotates just before the serve, upon receiving the ball.
17. Teams exchange sides at the end of each game. A match consists of 3 out of 5 games. If a 5th game is played it is played to 15 points.
18. A team may play the ball off the ceiling above their court if their team sent the ball to the ceiling.
19. The ball cannot be played off the wall.
20. A player cannot reach over the net to play the ball.
21. When playing co-ed volleyball
 - a. Positions should alternate boy-girl
 - b. If there is more than one hit on a side a girl has to hit it
 - c. The net should be 8'

ETIQUETTE:

1. Respect the decisions of the referees.
2. Call out the score before serving. The server says his score first.
3. Roll the ball under the net.
4. Remember that winning the game is not as important as playing well.
5. Compliment opponent and teammates on a ball hit well.
6. Thank teammate for setting the ball when you spiked.
7. Shake hands with opponent and teammate following the game.
8. Allow your teammates to play their positions.
9. Don't be a ball hog.
10. Play to the level of your competition—(Ex-Don't spike to a team that has a tough time hitting the ball at all)

SAFETY:

1. DO NOT KICK THE BALL
2. No viscous, spiking, serving or hitting.
3. Roll the ball under the net.
4. Roll the ball back to adjacent court.
5. Call the play dead when another ball comes on your court.
6. Stop play on the whistle.
7. Call for the ball
8. Play your position
9. Keep your eyes on the ball and be alert.

10. Do not take the ball until instructed to do so.
11. No hanging on the nets or poles.
12. No wild hitting.
13. Do not play a ball that has hit the wall.

TERMINOLOGY:

Ace-	A serve that hits the opponents floor before an opponent touches the ball.
Double Foul-	Opposing players foul simultaneously and the play is repeated.
Dead Ball-	A ball temporarily out of play
Defaulted Game-	A team which has less than 6 players or fails to show up at all for a scheduled game. The score for a defaulted game is 1-0.
Foot Fault-	A) Server steps on or over the end line in the act of serving. B) A player steps over the center line.
Forearm Pass-	To contact the ball using the forearms. It is also known as a bump. The hands are clasped together to form a flat surface.
Game-	A team scores 25 points with a two point advantage.
Illegal Ball Handling	Holding, lifting or throwing the ball when it comes to rest momentarily in the hands.
Match-	A team wins 3 out of 5 games.
Out of bounds-	Any surface or object outside the court.
Point-	Receiving team fails to return the ball legally to the serving teams' court. The serving team fails to return the ball legally or to have a good serve.
Referee-	The superior official of the game who has the power to make all decisions. He stands on the platform.
Replay-	To have the serve repeated due to double foul or disagreements between the officials.
Rotation-	The shifting of all players in a clockwise direction into position for the serve.
Side Out-	The serving team fails to return the ball legally, side-out is called and the receiving team becomes the new serving team.
Spike-	A ball contacted above the net and hit forcefully down at the opponents' floor is a spike.
Team-	A team has 6 players, 3 forwards and 3 backs.

POSITIONS:

- Middle Blocker:** A good middle can read the opponent's setter like a book and is quick enough to get from one end of the court to the other to block the ball. The middle also hits quick sets and keeps the other team's defense off balance.
- Outside Hitter:** An outside hitter is a great all-around player. Not only does the outside need great ball-handling skills, but he/she needs to be a solid hitter and blocker.
- Libero:** The libero plays in the backrow and has impeccable ball control. The libero needs to be a great passer and an even better digger. She/he is all over the court to keep the ball in the air for her/his team to create scoring chances.
- Setter:** The setter is the backbone of the offense and makes the decisions about who gets the ball and when. She touches the ball on the second contact and delivers it to her hitters. She needs to be able to take in a lot of information at once and to make good decisions in a split second. Consistency here is key.
- Opposite:** The opposite plays opposite the setter on the right front and hits sets behind and in front of the setter. The opposite is responsible for blocking the opponent's outside hitter, which means the person who plays opposite needs to be a solid blocker as well as a good hitter. The opposite is also needed to pass and set, so should have great ball handling skills.