

VOLLEYBALL STUDY GUIDE



VOLLEYBALL RULES

THE GAME

Volleyball is a game played by two teams of 6 players. One team serves the ball over the net, trying to make it land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area.

RALLY SCORING

Points are awarded on each play, regardless of which team serves. When calling out the score, always call your team's score first, then the opponent's.

TERMINATION OF GAME

A game ends when a team has scored 25 points; a 2 point advantage is required. At OOJH, games will be timed, the winner being the team that is ahead at the end of the time limit.

THE SERVE

The server is always the person standing in the back right corner of the court. At OOJH if your team earns 3 points in a row, from your serve, rotate and allow the next person to serve.

BASIC RULES

- The serve must be delivered within the serving area which is behind the end line and from sideline to sideline. A server cannot step on the end line or a foot fault occurs and a point is awarded to the opponents.
- The serve must cross over the net and may not be assisted.
- A ball landing on a line is considered in bounds
- After the serve, the receiving team must clearly hit the ball with any part of the body above (and including) the waist. Each team may hit the ball up to three times on their side of the net.
- A player may go outside the court's boundary lines to play a ball.
- A ball that touches the net as it crosses is playable, including on a serve.
- If the ball hits the ceiling and crosses over the net, it is a dead ball.
- If the ball hits the ceiling and remains on your side, you may still play it as long as you have a hit left.

FOULS

A foul occurs when the ball is not played properly or rules are not followed.

- Hitting the ball and it lands out-of-bounds.
- Touching the net or completely crossing the center line during play.
- Pushing, lifting, carrying or holding the ball momentarily.
- Hitting the ball two times in a row. However, a player may block and play the ball again.
- A served ball hits an overhead structure.
- Blocking or spiking a served ball.
- Attacking a ball before it has partially crossed the net during game play.

VOLLEYBALL TERMINOLOGY



BLOCK: A countermove to the spike; an attempt to a) prevent the ball from crossing the net; b) return the ball immediately; or c) deflect the motion of the ball

DEAD BALL: A ball temporarily out of play; illegal play, serving into the net, hitting the ball out of bounds, or a ball grounded on your side all are considered a dead ball.



DIG: A one-handed pass generally used only when the player is unable to get in position to use two hands; a pass performed by allowing the ball to rebound from the fist, forearm, or hand.

FOOT FAULT: When the server steps on or over the end line while serving or a player completely steps over the center line during play.

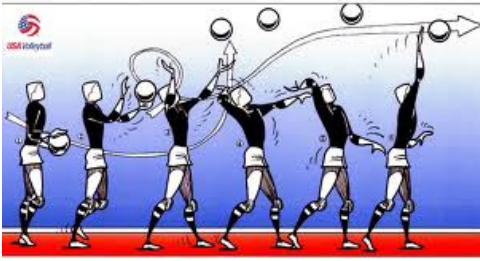


FOREARM PASS (BUMP): A controlled skill, generally used as a team's first hit, in which the ball rebounds from the forearms of the receiver to a teammate. Note: from a ready position, extend arms & elbows straight, hands together (but not interlaced), use legs & shrug to play ball.

HELD BALL: A foul caused by not hitting the ball clearly; a ball that is lifted, thrown, held, carried or caught momentarily.

NET RECOVERY: playing a ball after it was hit into the net; this is permitted except on the serve or after the third hit.

NET FOUL: When a player contacts any part of the net during play



OVERHAND SERVE: An offensive serve is more difficult to return than the underhand serve; the toss is very important to the success of the serve, use a firm wrist when contacting the ball.



OVERHEAD PASS (SET): Two-handed finger action directing the ball to a teammate, generally used as the team's **second hit**. (Note: A set should never contact the palms of the hand. The hands should be held above the head, with the thumbs and index fingers forming a triangle.)

POINT: Awarded on each play to the team who wins the volley, regardless of which team served.



READY POSITION: An athletic stance taken with feet shoulder width apart and arms extended forward to prepare for receiving the volleyball.

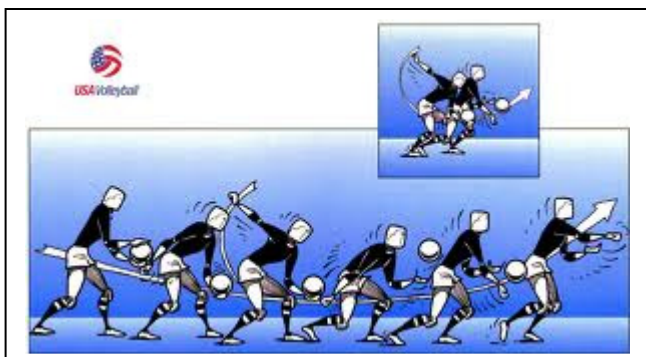
REPLAY: The act of putting the ball in play without awarding a point or side-out and without a rotation for the serve.

ROTATION: Shifting of all players in a clockwise direction beginning with the team's first possession of the ball.

SERVING AREA: The area behind the end line from sideline to sideline

SETTER: A player whose primary responsibility is to lob high passes to teammates who will spike the ball over the net.

SPIKE: An attack play in which the ball is forcibly hit to the opponent's court with a one-hand overhead motion. Note: The overhead serve and spike should be hit with a firm wrist and follow through.)

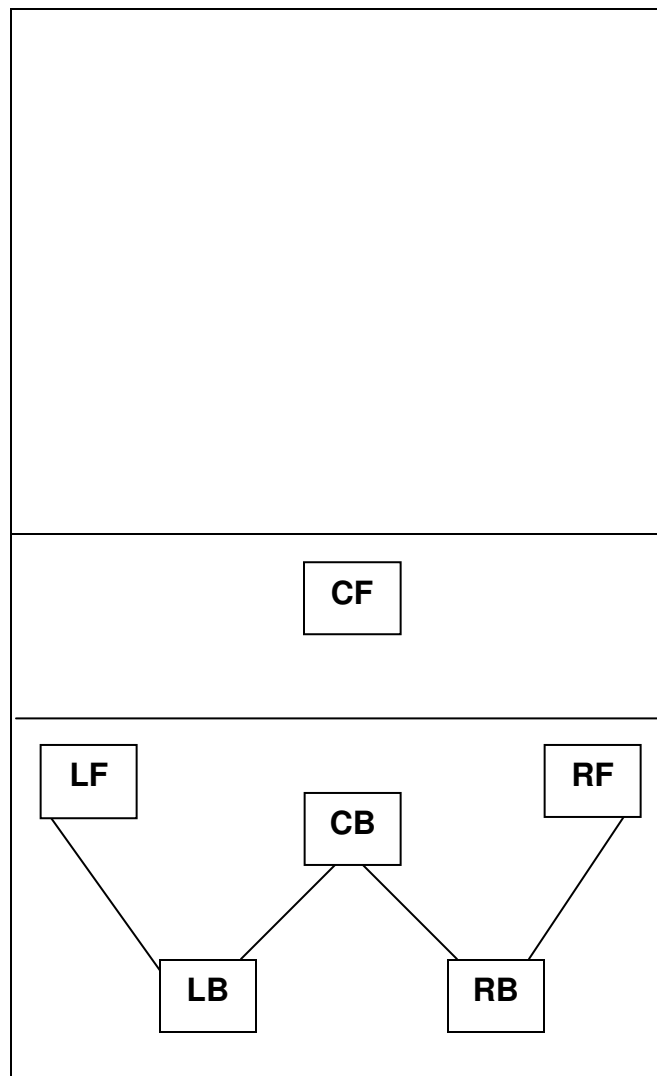


UNDERHAND SERVE: A method of serving in which the ball is held in one hand and then hit by the other with an open hand or fist using an underhand pattern. It is the easiest serve to perform and the easiest to return (Note: From a forward-backward stride, step into the underhand serve with the foot opposite to the hitting hand.)

VOLLEY: Act of keeping the ball in play; a team shall not use more than 3 hits before the ball crosses the net into the opponent's playing area.

“W” FORMATION: A defensive position pattern that assumes a “W” shape, by moving two forwards away from the net, to strengthen a team's ability to return a serve.
(See Diagram below)

COURT DIAGRAM AND PLAYER POSITIONS



End Line/Service Line:

Note: Players may serve any where behind this line

Net

10' Line

Positions

LF = Left Front
CF = Center Front
(Setter)
RF = Right Front
LB = Left Back
CB = Center Back
RF = Right Back
(Server)

The “W” Formation