



Volleyball

History

In 1895 William G. Morgan, a YMCA instructor in Holyoke, Massachusetts, created the game of volleyball. The game gained in popularity and in 1964 it became an Olympic sport for both men and women.

Rules and Information

TEAM: 6 players (official)
8 or 9 players (modified)

POSITIONS:

LF = left forward	LB = left back
CF = center forward	CB = center back
RF = right forward	RB = right back

GAME BEGINS: to begin play, players will volley for serve.

GAME = a completed game is to 25 points with rally scoring
The winning team must win by 2 points.

MATCH = win 3 out of 5 games.

A POINT is awarded after every serve (Rally Scoring)

PLAYS THE BALL ILLEGALLY:

1. fails to return the ball to the opponent's court
2. plays the ball more than once in succession
3. plays the ball a fourth time
4. allows the ball to touch any part of the body except hands and forearms
5. catches or touches the ball either on or off the court and calls it out
6. kicks the ball
7. holds or pushes the ball against the net
8. touches the net with any part of the body while the ball is in play
9. reaches over the net to contact the ball (you may follow through over the net)
10. reaches under the net – touches the floor or opponent when the ball is in play (interference with the play of opponents by entering their court)
11. touches the floor on the opponent's court (crosses the center line) when the ball is in play.

SIDE OUT is awarded to the receiving team when the serving team commits any of the following:

SERVES ILLEGALLY

1. ball not definitely hit
2. ball goes into the net
3. ball strikes an object above the court
4. ball fails to reach the net
5. serve is assisted by a teammate
6. server commits a foot fault
7. server must stay within marks behind baseline

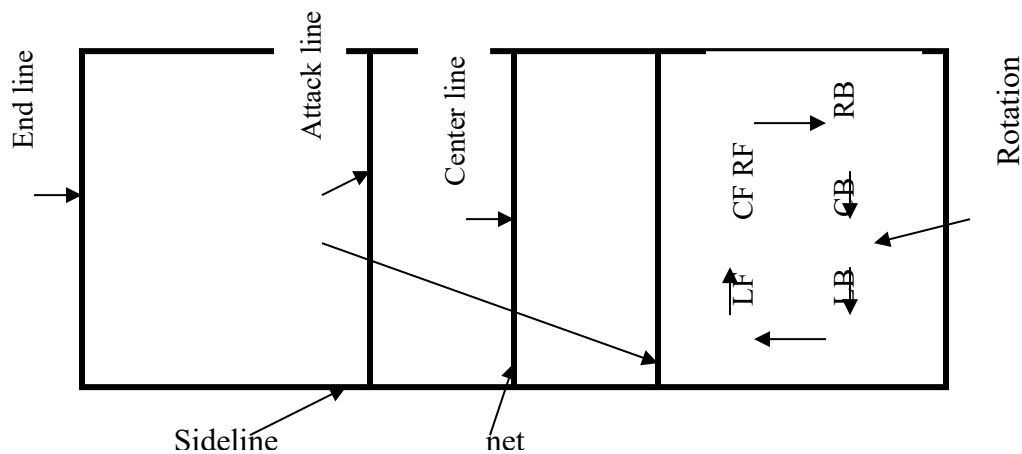
Any violation of the rules as listed under points awarded when committed by the serving team will result in loss of serve.

SITUATIONS:

1. Ball landing on a boundary line is good (IN BOUNDS)
2. Ball touching the net on a volley – play continues
3. A ball, other than the serve, may be recovered from the net provided the player avoids touching the net.

TERMS:

1. SET UP – overhead pass placed high in the air and close to the net for a teammate to spike or tip.
2. SPIKE – act of jumping up at the net and forcefully hitting the ball down into the opponent's court.
3. BLOCK – jump up at the net as the attack goes to spike and stopping the spike with your hands and arms – the ball drops to the other side of the net.
4. LET SERVE – (modified rules) a serve that touches the top of the net and goes over landing in bounds (No points are scored. Server reserves the ball)



Benefits:

1. Lifetime activity
2. Enhance eye/hand coordination
3. Promotes teamwork
4. Gender equity
5. Promotes agility and mental alertness

Fun Fact

The average human heart beats 100,000 times in a day.