

Volleyball Study Guide

I. HISTORY

- A. In 1895, William G. Morgan, the physical director of Holyoke, Massachusetts YMCA, invented the game of volleyball. Morgan felt that an indoor game was needed to provide his businessmen's classes the opportunity for competition and recreation at a not too strenuous level. Equipment for the new game was a tennis net raised across the floor to a height of 6'6", and a basketball bladder that was batted by any number of players the space could accommodate.
- B. A set of rules was adopted in 1900 by the Physical Director Society of the YMCA. The new rules standardized ball handling, raised the net to 7'6", and eliminated phases of the game that tended to make it slow.
- C. Volleyball was recognized as an Olympic Sport in 1964 in Tokyo, Japan.

II. RULES OF THE GAME

- A. Court dimensions: 30' wide by 60' long
- B. Team: 6 players make up the team on the floor and used the box rotation in a clockwise direction.
- C. Scoring:
 - 1. ~~Only the serving team may score.~~ **We play Rally scoring. A point is awarded off Each serve **
 - a. Server may not step on or over the service line; ball must be served in the service zone.
 - b. Ball must clear the net without touching the net; the ball must be served with one hand.
 - c. To serve, a player must be in the right back position behind the boundary line. The serve may be hit underhand, sidearm, or overhand.
- 2. One point is awarded per scoring play. A team wins the game when the score 15 points & have a 2 point lead. A match consists of the best 2 out of 3 games (women) and 3 of 5 games (men).
- 3. When the serving team fails to serve or return the ball into the receiving court a SIDE OUT is called and NO point is awarded to either team.
- D. Net Play:
 - 1. No portion of the player's body may contact the net or step on the midline of the court while the ball is in play.
 - 2. The ball must not touch the net on the serve. If the ball touched the net during play, it should be played. ** In Rally Scoring the ball can touch the net on the serve **
- E. Out of Bounds/ Boundary Lines:
 - 1. If the ball touches the boundary line it is GOOD.
 - 2. If the ball is touched by a player out of bounds, the player is considered to have played the ball.
 - 3. When the server steps on or over the endline while serving a Foot Fault is called and results in a side out.

F. Playing the Ball

1. Each team may hit the ball NO more than 3 times before it is returned over the net.
2. No player may hit the ball twice in succession (in a row). A teammate must contact the ball first before the player is allowed to hit the ball again.
3. If two players hit the ball at the same time, it is considered one hit.
4. A block of the volley ball on a spike does not constitute (count) one of the three hits.
5. The ball must be clearly batted or hit. When the ball momentarily comes to rest in the hands or arms or the player, he/she shall be considered as having played the ball illegally.

III. STRATEGY

A. 1-2-3-Attack

1. The serve is received with a bump pass.
2. The second hit is set to the front row.
3. The third hit is a spike over the net.

IV. SPORTSMANSHIP

- A. ROLL the ball under the net.
- B. Be courteous to officials, opponents, and teammates.
- C. Play your OWN position.
- D. Compliment teammates and opponents for good plays.
- E. Help one another - Play together.

