

Volleyball Study Guide

Activity Description:

William Morgan, a physical education instructor, at the YMCA in Holyoke, Massachusetts, invented the game of volleyball in 1895. The first ball was the inflated bladder of a worn-out basketball. American servicemen introduced the game to other nations as a recreational game but other countries elevated the game to a highly competitive sport. Volleyball has been an Olympic sport for both men and women since the 1970's.

Objectives:

1. Students will learn how to work together as a team in a positive manner.
2. Students will learn how to pass, set, hit, and serve a volleyball.
3. Students will learn the rules and regulations for high school volleyball.
4. Students will demonstrate knowledge of the rules of playing in actual games.
5. Students will improve eye-hand coordination, quickness, and body through participation.

Safety Precautions:

1. Students should perform a proper and effective warm-up with stretching to prevent injuries.
2. Student should say "mine" before going after the ball to promote good communication and prevent two players from pursuing that same ball.
3. Jewelry is not allowed in volleyball because it is a safety hazard.

Rules:

1. The server can stand anywhere behind the endline to serve. The person in the right back position is the server. There is a designated serving order in volleyball.
2. The server must have both feet behind the endline until after the ball is contacted. Stepping on or over the endline before the ball is served is a foot fault.
3. Let serve is legal. A served ball may NOT legally hit the ceiling or any other obstacle on the way over the net.
4. 6 players play on the court at one time with substitutions allowed during any dead ball time.
5. Players rotate on the court in a clockwise manner.
6. Games are played to 25 points with a 2-point advantage. A high school match consists of a team winning 2 out of 3 games. Rally scoring is used.
7. A maximum of 3 hits are allowed on each side. One player may not hit the ball twice in a row. A block does not count as one of the team's three hits.
8. A ball hit into the ceiling on a team's own side of the net is legally playable by a teammate if one of the three hits are remaining.

9. A ball hitting the ceiling and passing over the net is out of bounds.
10. A player may step on the center line while playing but may not step completely over the line.
11. The boundary lines of the volleyball court are considered in bounds.
12. A back row player may not spike or block at the net.
13. Two fouls committed simultaneously results in a replay.
14. A player may play the ball out of the net if the team still has some of their three hits left.

Definitions:

- **Attack line:** 10 ft line from the net; back row players may not leave the floor to play the ball
- **Bump, pass, or dig:** the technique of both arms extended forward – level & straight - away from the body with the ball contacting low on the forearms
- **Set or overhead pass:** the technique of contacting the ball above the head with both hands open and fingers spread apart on the ball
- **Spike or hit:** the technique of jumping upward and contacting the ball with an open hand and snapping the wrist to send the ball downward over the net, used to attack or play offensively
- **Block:** both hands open big with arms reaching above the net to stop a spiked ball from the opponents, used for a defense against a spike
- **Rally:** a series of uninterrupted plays between 2 teams (also known as a volley)
- **Rally Scoring:** a point is awarded at the end of each rally or dead ball.
- **Let serve:** a served ball that touches the net on the way over (legal)

Sideline is 60 feet from endline to endline

