

# Volleyball Study Guide

## History

YMCA Director William G. Morgan developed the game of volleyball in 1895 in Holyoke, Massachusetts. It was devised as a recreational activity for businessmen who wanted a game that had less physical contact than basketball. Dr. George Fisher is known as the “father of volleyball” for his organization of the United States Volleyball Association (USVBA). Volleyball was introduced to the Olympic Games in Tokyo in 1964.

## Court and Player Position

**RB = Right back/server**

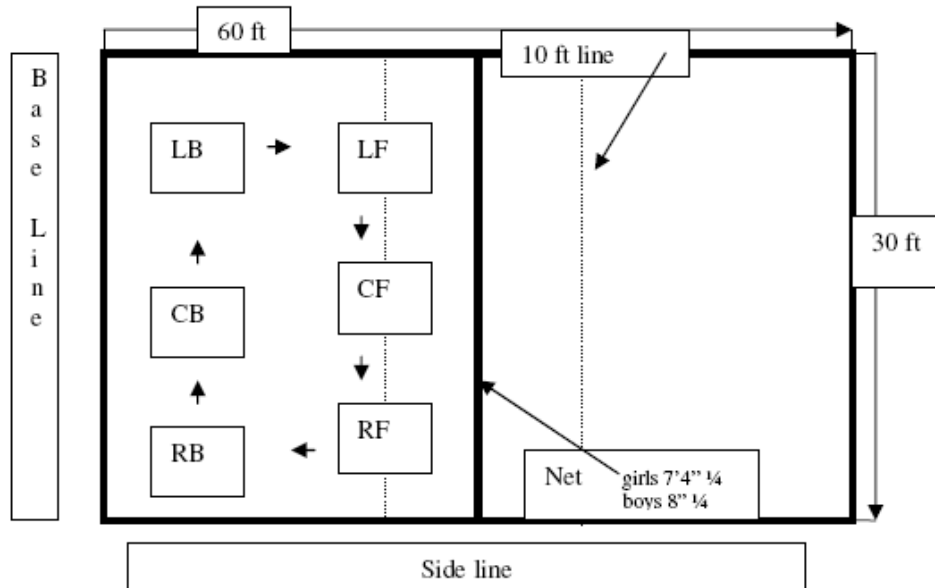
**CB = Center back**

**LB = Left back**

**RF = Right forward/outside hitter**

**CF = Center forward/middle hitter**

**LF = Left forward/outside hitter**



## Length of Match

High School JV and freshman – Best 2 out of 3 games.

High School Varsity – Best 3 out of 5 games.

## Scoring

Rally scoring is when the serving team wins a rally, they score a point. When the receiving team wins a rally, they gain a point and the right to serve. Games are played to 25 points with a minimum two-point advantage wins a game (no cap). If a match goes to the third for freshman/JV or the fifth for varsity, game it will be played to 15 points with minimum two-point advantage.

## Skills in Volleyball

**Forearm Pass** - Method of passing the ball by bouncing it simultaneously off of both forearms. Commonly used for serve reception, passing a hard spiked ball, or passing a ball lower than the nose or away from the middle of the player's body. Usually the first hit by the receiving team

**Set/Overhead pass** - Overhand technique of putting the ball into the air close to the net for the spike. Usually the second hit after the forearm pass.

**Spike** - Striking of the ball with the hand above net height to send the ball forcefully downward into the opponent's court. This is the ideal third hit in a series. “BUMP, SET, and SPIKE” is the ideal offense attack.

**Serve** - Method of putting the ball in play (from behind the end line of the court). The serve must be made from within a service area from right side line to the left side line. *There are three types of serves: underhand, sidearm, and overhead.* The underhand serve is the easiest to master and is used by beginners. The sidearm serve can be useful if you want lower trajectory and can put spin on the ball. The overhead serve is the type

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most commonly seen and is very powerful and most difficult to receive.

**Block** - A defensive play by one or more of the front row players meant to intercept a spiked ball. *The block does not count as a hit.*

**Dig** - Passing of a powerfully spiked or hit ball. The back row players are responsible for digging the ball and keeping it in play.

## **Basic Rules**

1. Let serve - If the ball is served and makes contact with the net but reaches the opposing team's side, the ball is considered in play.
2. A player may not hit the ball two times in a row. The only exception is if a player attempts to block and touches the ball, then he/she may play the next ball.
3. A team may only touch the ball three times before it is sent over the net.
4. There are 6 players on each team on the court at a time.
5. A net violation occurs when any player comes in contact with the net with any part of the body while the ball is in play. When spiking the ball, the spiker's follow-through may not contact the net.
6. Players from the back row are allowed to spike the volleyball; however, they have to jump from behind the 10 foot line (spiking line).
7. Line/Court Rules:
  - a. A ball is considered in bounds if any part of the ball is touching the side or end line.
  - b. A player may step on the centerline but his/her entire foot may not be completely over the line.
  - c. When serving, a player may not step on or over the end line until after contacting the ball.
  - d. If the ball hits the antenna, it is considered out of bounds.
  - e. If the ball hits the ceiling and comes down on the opposing team's court, it is considered out of bounds. However, if the ball contacts the ceiling and comes down on the same side of the net, the ball is still playable
8. No player may contact the ball on the opponent's side of the net, unless it is a block.
9. Players rotate in a clockwise position.
10. Blocking a served ball is **not** permitted, nor is attacking a served ball while the ball is directly over the net.

## **Terms**

**Serving Ace** - A serve which lands on the court for a point without being touched.

**Let Serve** - A legal serve that touches the net as it goes over and lands in bounds.

**Hit** - Another name for a spike.

**Hitter** - The player who spikes the ball.

**Kill** - A non-returnable hit by a player.

**Dink** - A one-handed, soft hit into the opponent's court using the fingertips.

**Legal Hit** - Contact with the ball by a player's body above the waist, and in which the ball does not visibly come to rest.

**Illegal Hit** - Any hit below the waist, or if the ball visibly comes to rest momentarily on any part of the body.

**Carry** - When the ball rests momentarily on one or both hands.

**Double hit** - If one player hits the ball more than once consecutively, or can be uneven contact.

**Foul** - An infraction of the rules.

**Foot Fault** - Server steps on or over end line before he/she contacts the ball.

**Net Recovery** - An attempt to play a ball that has been hit into the net.

**Rotation** - Act of shifting positions in a clockwise direction.

**Side out** - When the serving team violates a rule or hits the ball out.

**Dead ball** - Ball that is temporally out of play.

**Point** - Scoring unit awarded for an infringement of any rule by opposing team.

**Match** - The varsity match winner is the team who wins 3 out of 5 games.