

VOLLEYBALL

Section 1: HISTORY

The game of volleyball was invented in 1895 by William G. Morgan. In 1928, Dr. George J. Fischer formed the United States Volleyball Association. This organization writes rules that are used by men and women, and they also sponsor national tournaments. Today, rules are also written for high school boys and girls by the national Federation of State High Schools Association.

Section 2: ACTIVITY

The game of volleyball is played between two teams of six players each, who hit the ball back and forth across a net. The object of the game is to hit the ball in such a way that the opposition cannot return it. Play is started with the ball being served across the net and the volleying continues back and forth until one team fails to return the ball in accordance with the rules. The team starting the play is known as the serving team. When it fails to serve the ball over the net into the receiving court, SIDE OUT is called and the receiving team gets a point and the serve. If the receiving team fails to return the ball over the net legally, the point is given to the serving team.

Section 3: EQUIPMENT AND PLAYING AREA

The court is 60 feet long and 30 feet wide. The area above the court should be clear of obstructions and 30 feet high. The spiking line is 10 feet back from the center line and parallel to it.

Net – height for women 7 feet 4 1/8 inches / height for men 7 feet 11 5/8 inches

Section 4: TERMINOLOGY

- A. Ace – a serve that results directly in a point.
- B. Assist – a player passes or sets to a teammate who attacks the ball for a kill.
- C. Attack – any player adding force or direction to the ball with the intention of returning the ball to an opponent. A teams third hit is always considered an attack.
- D. Block – a defensive play at the net whereby one or more players jump with extended arms in an attempt to deflect or return the ball crossing the net.
- E. Dead Ball – A ball that is not in play following a point, side out, or has hit an object out of bounds.
- F. Dig – an act of retrieving an attacked ball close to the floor and making a successful pass.

- G. Dink / Tip – A one-handed, soft hit into the opponents court using the fingertips.
- H. Dump – a fingertip attack most commonly used by a setter on the second hit to direct the ball into the opponent's court.
- I. Double Foul – occurs when two opponents foul simultaneously, the point is replayed.
- J. Double Hit – a foul that is caused when a player hits the ball twice in a row.
- K. Foul – Violation of the rules
- L. Forearm Pass – a controlled skill in which the ball rebounds from the forearms of the receiver to a teammate.
- M. Foot Fault – a foul whereby the server steps on or over the end line while in the act of serving.
- N. Held Ball / Carry – a foul that results when the ball comes to rest, even momentarily, on any part of a player's body.
- O. Joust – simultaneously making contact with the ball by opposing players immediately above the net.
- P. Kill – an attack by a player that is unreturnable by the receiving team.
- Q. Libero – a back-row player who is a defensive specialist.
- R. Live Ball – in play
- S. Overhead Pass – (setting action) 2 hand finger action directing the ball to a teammate.
- T. Pass – a play in which the ball is hit into the air so another player can get into position to contact the ball.
- U. Serve – contact with the ball to initiate play
- V. Set – 1 or 2 hand finger action directing the ball to an attacker.
- W. Side Out – when the serving team plays the ball illegally or when that team fails to win a point.

- X. Spike – an attack play hit hard with one hand and placed into the opponent’s court with a one-hand overhead motion.
- Y. Volley – continuous hits back and forth across the net.

Section 5: RULES

A. *Duration of Play*

All matches shall be best three-of-five games. The first four games shall be 25 points and a team must win by two points. The fifth and deciding game shall be 15 points and a team must win by two points.

B. *Teams*

Six players constitute a full volleyball team. Three players stand in the forecourt and three players stand in the backcourt. Rotation for a six man team is executed in a clockwise box.

C. *Scoring*

Rally scoring – a point can be recorded on each serve by either team. When the opponents fail to return the ball across the net, or when they foul, a point is scored by the serving team. “SIDE OUT” is called when the serving team fails to return the ball or commits a foul, and a point is awarded to the receiving team. Play begins with the right back player serving the ball from behind the end line in the service area. Every time a team receives the ball for the serve, with the exception of the first serve in the game, the players rotate one position by moving clockwise.

*Penalty: serving team faults – side-out and receiving team gets a point
receiving team faults – point to serving team*

D. *Hitting the Ball*

1. a legal hit is contacting the ball by a player’s body above and including the waist.
2. a legal serve can be hit by one or both hands, fists or arms or the server while being held or after tossing the ball in the air.

E. *Play at the Net*

1. contacting the net is prohibited unless the net is pushed into a player by the opponent.
2. reaching over the net is permitted during a follow through of a hit.
3. the center line may be touched but both feet cannot be over the center line on the opposite side.

4. a ball contacting and crossing the net remains in play.
5. recovering a ball hit into the net is allowed.

F. *General Play*

1. front line players may hit the ball from any position inside or outside the court above or below the top of the net.
2. back line players while positioned behind the spiking line may hit the ball from any position inside or outside the court above or below the top of the net.
3. back line players shall not spike or block when that player is on or in front of the spiking line.
4. a player shall not play the ball twice in succession unless there is a simultaneous contact by a teammate.
5. a team shall not play the ball more than 3 times before it crosses the net.

G. *Out of Bounds*

1. A player may go beyond the court boundary lines to play a ball.
2. beyond the sidelines and endlines

H. *Live and Dead Balls*

1. A live ball is in play, from the moment the ball is legally contacted by the correct server until a dead ball occurs.
2. A ball is considered dead when it:
 - a. touches the serving team's floor, net or teammate;
 - b. passes under the net or over the net out of bounds on the serve;
 - c. touches the ceiling and crosses the net or is obstructed on the serve;
 - d. lands outside of the court boundaries on the serve;
 - e. a player commits a foul;
 - g. becomes motionless in the net

Penalty: If serving team makes fault – side-out
 If receiving team faults – point serving team

I. *Net Play*

1. a ball contacting and crossing the net shall remain in play
2. receiving a ball hit into the net shall be permitted
3. blocking a served ball is not permitted.

