

# VOLLEYBALL

## NATURE AND PURPOSE

Volleyball is played by two teams of six players each on a court 60 by 30 feet, divided into two halves, with a net 8 feet high (7 feet 4 1/4 inches high in women's volleyball). The players are designated as left, center, and right forwards and left, center, and right backs. When it is a team's turn to serve, every player rotates one position clockwise and the right back serves. (see figure 24-1).

The object of the game is to keep the ball from striking the floor on your side of the net and to return it so that it strikes the floor on your opponents' side before they can return it. The ball is put in play from anywhere behind the rear boundary line by the right back, who serves it across the net into the opponents' court. The ball is then volleyed back and forth until one team or the other fails to return the ball. If the serving team makes an error, it loses the serve, and the receiving team scores a point. An error by the receiving team gives one point to the servers. A team continues to serve as long as it scores. A point is scored on each serve, by the team who wins the volley.

Teams are permitted three hits to return the ball across the net. One player may execute two of the three hits, but not two in succession. Exception 1: A block of a spike is not considered as one of the three hits, and the blocker may immediately play the ball again. Exception 2: If 2 or more teammates contact the ball simultaneously, it counts as ONE hit and either player is eligible for the next hit. You may not block nor spike a serve.

The serve must go directly from the server to the opponents' court and is allowed to touch the net, as long as it goes over the net.

A match consists of the best of five games at the collegiate and high school levels. Volleyball games are played to 25 points, but teams must win by at least 2 points, with no final score cap. A fifth and deciding game is played to 15 points, must win by 2 points with no final score cap.

## OFFENSIVE STRATEGY

The basic “pass-set-spike” concept is fundamental to all offensive play patterns.

When the ball is served or hit by the opponents it is passed ( usually by a bump) to the center front position. This position should be occupied by the setter who can best set the ball ( preferably using the overhead pass) to one of the available spikers. On the third contact the spiker hits the ball (preferably using the spike) into the opposite court.

## SPIKING

A player is located on the “on hand” side when their predominant hand (right hand) is on the same side as the approaching set, usually the left front position. Also referred to as the “power side”. A player is on their “off hand” side when their hitting hand is on the opposite side of the set, usually the right front position.

## TERMINOLOGY

1. Ace serve – any serve delivered in such a manner that the opponents are unable to receive it.
2. Block – Defensive play by players (or a player) in the forward position who places their hands and arms above the net so that a spiked ball rebounds into the opponents’ court or back to their own.
3. Bump pass – The forearm pass made on low balls.
4. Carrying the ball – The ball must be clearly batted. If it rests momentarily in the player’s hands, it is considered illegal.
5. Dead ball – A ball out of play following a point, side out, or any other decision of the referee temporarily suspending play.
6. Dig pass – A pass made with the hand slightly cupped or with the fist of one hand, usually on a difficult play.
7. Dink – A soft shot off the fingertips used when faking a spike.

8. Double foul – Infraction of rules by both teams during the same play. Results in a replay of the point.
9. Double hit – A ball hit twice in succession by the same player in a single attempt to play the ball.
10. Forearm pass – A pass made off the forearms. Used to play served balls, hard-driven spikes, or any low ball.
11. Free ball – A return of a ball by the opponent that may be easily handled.
12. Game Point - That situation in a game when a team is within one point of winning the game.
13. Kill – A spike that cannot be returned.
14. Overhand pass – A pass made by contacting the ball above the head with the finger pads.
15. Point – A point is scored when a team fails to return the ball legally to the opponents' court.
16. Rotation – Shifting of the players, clockwise, when gaining the ball from the opponents.
17. Serve – The method of putting the ball in play over the net by striking it with the hand.
18. Set – The placement of the ball near the net to facilitate spiking.
19. Setter – Person assigned to set the ball.
20. Side out – Side is out when the serving team fails to win a point or plays the ball illegally.
21. Spike – A ball hit with a strong downward force into the opponents' court.
22. Spiker – Person assigned to spike the ball.

## SIMPLIFIED RULES

Volleyball rules are simple and can be learned quickly by beginners. The simplified rules follow. The penalty for practically every foul is the loss of the ball for the side serving and/or a point awarded to the non-fouling side.

1. The ball must be served by the right back from anywhere behind the rear line, and may be hit in any manner with the hand.
2. Only one serve is allowed per side point and it must land within the opponents' court. It may touch the net as long as it goes over.
3. It is a foul for players to touch the net, or to step completely over the center line.
4. Lifting or throwing the ball while it is in play is a foul. The play must be a distinct hit of the ball.
5. A ball landing on a boundary line is "in".
6. A point is scored on each volley, by the team who wins the volley. You do not have to be the serving team to score a point.
7. If a ball touches a player or a player touches a ball, he is considered as having played the ball. If the ball hits 2 or more blockers after being spiked, it is considered as having been played just once. A block is not considered as one of the three allowable hits.
8. The ball may be played only three times by one team in a volley, and a player may not play it twice in succession but may play it twice if it is played by a teammate in between.
9. Players of the serving team must rotate clockwise when receiving the ball to serve.
10. When two opponents simultaneously hit the ball out of bounds or touch the net at the same time, the point is played over.
11. Players may shift position after the ball is served, but back row players are not permitted to block or spike. (see #18).
12. Balls may be played only with body parts above the waist. Ball may not be kicked.
13. First serve or choice of court side is decided by a coin toss. Teams alternate opening serves with each game.
14. Net height is 8 feet for men, 7 feet 4 ¼ inches for women. Physical education classes may adjust net height to age and ability of their students.
15. Players substituted for may return only for their replacement.
16. Ball may be blocked over the net, but may not be touched before the spike. You may not block a set or serve.
17. Ball being spiked must be on your side of the net, but you may follow through over the net.
18. Back row players may spike from behind the 10 foot spiking line.

