

Volleyball Study Guide

Volleyball is a game, like handball or tennis, where striking skills are used. Volleyball uses primarily the fingertips, hands, and arms to strike the ball. While other parts of the body above the waist are not illegal, a player has better control using her fingertips, hands, and arms.

A regulation game is played by two teams of six players. The ball is put into play by the serve and a point is scored for each serve made. A served ball hitting the net but falling into fair territory is called a “let” serve and is considered playable. Upon receiving the serve, the new serving team must rotate positions. When the ball is served, the receiving person typically uses a forearm pass (“bump”) to the front setter position. The setter should use a two hand overhead set to pass the ball to a hitter. The hitter can hit the ball onto an open area on the opponent’s side by using a spike or a soft shot. The ball must be playable within the lines on the court.

GLOSSARY OF TERMS:

Ace:	A service that scores a point without the opposition being able to play the ball.
Block:	A way to defend your side of the net by jumping and raising both arms to stop the ball from crossing the net.
Bump:	A two arm forearm volley used to pass the ball up to the front row.
Carry:	Handling the ball in other than a momentary fashion using the fingers or forearms.
Court:	The court consists of two 30’ by 30’ playing areas divided by a net and centerline.
Dig:	A one handed closed fist pass, generally used as a last resort to play the ball.
Double hit:	When a player touches the ball twice consecutively on the same play.
Kill:	A shot the opposing team is unable to return.
Let Serve:	A served ball touching or grazing the net as it continues into the opposite playing court.
Serve:	The way to put the ball into play at the start of each point.
Set:	A two hand overhead volley used to set the ball to the hitter.
Spike:	A powerfully hit shot with the open hand directed into the opponent’s half of the court. Front court players can spike from anywhere on the court. Backcourt players must be behind the attack line when taking off to make a spike.

BASIC RULES OF VOLLEYBALL:

- 1) After the serve, all players may move to play the ball or cover the court area. However, a back row player may not block at the net or play the ball over the net from above the height of the net if their body is in front of the 10’ line.
- 2) The server must serve the ball from within the serving area which is behind the end line. The server cannot step on the line or a foot fault occurs. The result is loss of serve and point to other team.
- 3) On the serve, the ball must be hit or batted with the hand, fist or forearm, cross the net and be playable within the lines of the receiving team’s court. If the ball touches or grazes the net before crossing into the opposition’s court this is called a “let” serve.
- 4) A ball landing on a line is considered in bounds.
- 5) After the serve, the receiving team must clearly hit the ball with any part of the body above (and including) the waist. Each team may hit the ball three times on their side of the net. No player can hit the ball two times in succession.
- 6) A player may go outside the court’s boundary lines to play a ball. A ball that is hit over the net from out-of-bounds must cross the net between or over the sidelines.

- a) The server is not in proper service area or the foot touches end line when serving.
 - b) Any player on the court is out of position when the ball is served.
 - c) The server hits it out of bounds or fails to get it over the net.
 - d) A player makes the ball land out-of-bounds.
 - e) A player lets the ball come to rest on the playing surface and it is not clearly hit.
 - f) A player hits the ball two times in a row.
 - g) More than three hits are taken before the ball crosses the net.
 - h) A player touches the net or crosses the centerline when the ball is in play.
- 7) A replay can occur under certain circumstances.
- 8) When a rally is won by the non-serving team they become the new serving team and must rotate clockwise before the first serve: the right front player goes back to serve at right back position (or in PE class will likely rotate out as a new player rotates in to the serving position).
- 9) When a point is scored by the serving team the same server keeps serving. No rotation occurs.
- 10) High school volleyball is played to 25 points. The winner must be ahead by two points. There is no point cap. At the varsity level a team must win 3 out of 5 games. If play goes to a 5th game, that game is played to 15 and the winner must be ahead by two points. There is no point cap. (In PE we will play to 15. The winner must be ahead by two points. There will be no point cap.)