

Volleyball Study Guide

Terminology

Serve (Service)	Method of putting the ball in play. The ball must go over the net without touching the pole, ceiling (hanging objects), or another player. The player's foot must remain behind the service line until contact has been made. Failure to do so is considered a "foot fault" and a "side out" is called.
Forearm Pass	Method of passing the ball to another player. Also referred to as a "bump." Arms should be together with elbows straight. Contact with the ball should be made simultaneously. Arms should not be swung during contact.
Set	Method of passing the ball to another player; this pass is contacted above the head with the fingers-tips of both hands, simultaneously. A "set" is used to get the ball close enough to the net so that another player may "spike" the ball.
Spike	A ball hit, overhead, with one hand. This type of hit is usually done on the 3 rd hit. You may not spike the serve. Only the 3 players, who are in the front row, at the time of the serve, are allowed to spike closest to the net. The back row may spike from behind the attack line/10ft. line.
Block	A "block" prevents an opponent's spike from crossing the net. A player may not block a serve.
Rotation	Moving in a clockwise manner during the changing from being the receiving team to the serving team. There are only 2 rows of players, a front row and a back row. At the start of the game, after the first side out is called, the new serving team must rotate into the serve.
Out of Bounds	The floor is marked for boundary lines; however, if a member of your own team hits the ball out of bounds, you may attempt to recover the ball before it hits the ground, or an object out of bounds. A ball landing on a boundary line is "in"/good.

Scoring

Point A point is awarded when a team fails to return the ball legally over the net.

Side Out Occurs when a team fails to earn a point. The opposing team receives a point and becomes the new serving team. They must also rotate clockwise.

A game is won by reaching 25 points first; they must win the game by at least 2 points.
(A score of 25-24, must be played until a team wins by 2)

Physical Education Class: Game Etiquette

The server should announce his or her team's score and then the opposing team's score before every serve.

The ball should always be rolled under the net to eliminate injuries.

The player who is closest to the ball landing near a boundary line shall call "in" or "out."

General Tips and Rules

Players cannot touch the net with any part of their body (hair, clothes, etc.) or step over the center line under the net.

Contacting the ball for the 4th time during a possession is illegal.

The ball may be contacted by any part of the body as long as the ball does not stop for any amount of time.

A ball rebounding off of the net during a rally is still in play.

A ball hitting the ceiling, or any hanging device, during play is still in play, as long as it comes down to the side of who ever touched it last. If it comes down on the opposing team's side, the play is dead and the opposing team is awarded the point.

A ball is replayed if: two opponents commit a violation simultaneously or a ball rolls onto the court from another game.

--no point is scored, the ball is re-served.

Volley is a series of plays that continue between the two sides...attempting to use 3 hits with each possession.

An overhead serve should be done with an open hand, not a fist.

An underhand serve should be contacted below the waist.

During an underhand pass, the hands should be clasped together; but not laced.

If only one arm is used, the fist must be closed. You may not lift or throw a ball at any time.

Equipment:

NEVER KICK, THROW, SHOOT (INTO A BASKET) OR SIT ON VOLLEYBALL! Do not pull or hang on the net!