

Volleyball Study Guide

History

William Morgan, the YMCA director, in Holyoke, Massachusetts, invented volleyball in 1895. The game was designed to include aspects of baseball, basketball, and tennis. Volleyball became an Olympic sport in 1957.

Court Dimensions

The court is 60 feet in length and 30 feet in width. The center line is two inches wide and parallel to the end line. The 10-foot line extends 10 feet from the centerline and runs parallel to the end line. A women's net height is 7'4 1/8". The men's net height is 8'.

Scoring

- Every time the ball is served, a point is scored by the winning team (Rally Scoring)
- The winner of the preceding point serves the following point
- A match is won by the winning two out of three games to 25
- The first team to score 25 points wins. Each game must be won by a minimum of two points

Positions

There are six players on each side of the court. The positions consist of two middle hitters, two outside hitters, one setter, and one opposite (right side hitter). A defensive specialist is often substituted in the back row and is replaced when he/she rotates back to the front row. Each team is allowed 18 substitutions per game.

Service

- The player in the right back position shall put the ball in play by hitting it with one hand only. Players rotate in clockwise direction.
- The serve is good if the ball passes over the net between the antennas. Serves, which contact the net, and fall into the proper service area, are good. Serves contacting the net are called "LET" serves.
- When the ball is being served, no part of the server's body can be in contact with the service line. The server may step onto or over the service line after the serve has been executed. The server's body may be entirely in the air over the service line at the moment of service as long as the last contact with his/her body and the floor was within the legal service area.
- A server may only get one re-serve in their term of service. This usually occurs when the server catches or lets the ball drop due to a poor toss.
- The team who served first in Game 1 shall have the first serve in the next game. If a third game is necessary, a coin toss determines the serving team.
- It is illegal for a player to block a serve or spike a serve. It is legal to receive a serve with an open hand pass, or to set the serve overhand, provided the ball does not visibly come to rest.
- Any of the following committed during the service shall count as a fault:
 - a. A serve is not executed from the designated serving area. The server may serve anywhere behind the baseline.
 - b. A server crosses the service line before the ball is contacted
 - c. A served ball hits a member of the serving team
 - d. The wrong server makes a serve

- e. The serve was executed improperly
- f. A teammate is standing out of bounds before the serve is executed
- g. Players on the serving team screen the server from the opposing team

Dead Ball

A ball is dead when:

- The ball hits the floor
- The ball is hit out of bounds. Lines are good.
- The ball is hit into the net.
- The ball hits the ceiling on your opponent's side. You may play the ball off the ceiling on your side if you have hits remaining.
- The ball is held too long in a player's hand
- The referee sounds the whistle
- A player commits a fault

Playing the ball

Up to three successive contacts with the ball are allowed in order to play the ball over the net and into an opponent's court. A block is not considered a hit. The ideal play a forearm pass (bump), set, and spike. If two players contact the ball at the same time, it is considered one contact and either player may play the ball again if they have hits remaining.

Team and Player Faults

- A fault called on the serving team will result in a point and the ball turned over to the receiving team. If the receiving team commits a fault, the serving team shall score a point.
- ***Faults committed during play are:***
 - a. The ball is played more than three times consecutively by a team, except when there is a blocked ball. (blocks do not count as a contact)
 - b. The ball is hit two or more times in a succession by the same player. A player may contact the ball twice if the first hit is a block
 - c. The ball hits the floor of the court
 - d. A player touches the net while the ball is in play
 - e. A back row player jumps and attacks the ball in front of the 10 foot line
 - f. A player crosses the centerline with his entire foot or hand
 - g. The ball contacts a player below the waist; you may not kick the ball
 - h. Overlapping during serve received
 - i. A player holds the ball
 - j. The ball is thrown or pushed by a player
 - k. The ball lands outside the court

Elements of Proper Form

Blocking

- Feet shoulder width apart, knees flexed (coiled position)
- Hands in front elbows in, thumbs up
- Watch the setter to see who will be set. Line up with hitter's shoulder
- Extend your arms in front and over the net, initiating movement from the shoulder
- Seal the net

Forearm Pass

- Head up looking at volleyball
- Back is straight
- Arms are outstretched in front with shoulders in front of knees and knees over toes
- Place one hand inside the other with thumbs together, straight, and pointing down.

- Knees are bent, body is low, and hands are at the ankles
- Feet are shoulder/hip width apart, right foot slightly in front
- Use shoulders and legs to control the ball; do not swing your arms

Spiking

- Use a three or four step approach to the net. If you are right handed, your last 3 steps should be left, right, left.
- Take off with two feet (non-dominant foot is parallel to the net and the dominant is at a 45-degree angle)
- Lift both arms up
- Drop left arm down in front of the body as the right arm moves forward, elbow first, arm extends and hand contacts the top of the ball with a downward throwing motion with wrists snapping on contact

Setting

- Head is slightly back looking at the ball
- Hands form a triangle, two forefingers and thumbs equidistant apart.
- Feet are shoulder width apart
- Elbows are facing out from the body
- Just prior to contact, step forward with the right foot
- Contact the ball with the pads of the fingers above the eyebrows
- Your arms and finger pads move firmly through the ball
- Finish in a high five position

Serving

- Ball rests atop non-dominant hand, dominant hand on top
- Present ball at shoulder level
- Keeping your weight back on your back foot, draw the striking arm back
- Toss the ball in front of you hitting shoulder, high enough to contact with a fully extended arm
- Step with opposite foot, similar to a throwing position
- Contact with an open hand directly being the ball and follow through

Types of Serves

- **Floater** Ball is served with no spin and the ball moves and changes direction abruptly, like a knuckleball in baseball
- **Jump Serve** The ball is served with a spiking motion and footwork, but from behind the baseline.
- **Round House** Also known as the Asian serve. Serving motion is similar to the start of a cartwheel, with the non-dominant hand facing the court. Difficult to control, this serve results in a sharply dropping serve.
- **Top Spin** Ball is hit to produce a downward spinning motion. The speed of the ball, as well as its dropping motion can make this a difficult serve to pass.
- **Jump Float** A cross between the jump serve and float serve. The late contact of the server often makes it difficult to judge the path of the serve.

Volleyball Terms

ACE A serve which directly results in a point

ATTACKING Hitting the ball into the opponent's court

BLOCK A play by one or more players attempting to intercept the ball over or near the net

CONTACTED BALL	A contacted ball is one that touches or is touched by any part of a player's body or clothing
DIG	A pass of a spiked ball while standing, diving, rolling, or jumping
DIVE	An attempt to recover the ball by going to a prone position on the court
FOUL	A failure to play the ball properly, as permitted under the rules
FOREARM PASS	The reception of the serve of the first contact of the ball. It is an attempt to control the movement of the ball of another player
KILL	A spike which directly results in a point
LET SERVE	A served ball, which contacts the net.
NETTING	Touching the net while the ball is in play
OFF SPEED SHOT	A ball that rapidly loses momentum due to a reduced speed of the striking arm just prior to contact
SEAM	The area directly between two receivers or diggers
SERVE OVERHAND	A serve performed with an overhand throwing action
SERVE UNDERHAND	A serve performed with an underhand striking motion. The ball is usually contacted with the heel of the hand
OVERHEAD PASS	A pass that places the ball in position for a player to spike
BACK SET	A set made behind the head of the setter executed with two hands
JUMP SET	The player setting the ball jumps to confuse the block or to place him/her in a better position to save a pass that will drop over or hit the net
ONE SET	An extremely low vertical set delivered one to two feet above the net. The spiker contact the ball while the ball is rising
REGULAR SET	The ball that is delivered in a high arc that should drop about two feet from the net
SETTER	The player who sets the ball to the spiker
SIDE-OUT	When the receiving team gets the point and earns the serve
SLIDE	A spike technique utilizing a one-foot take off similar to a lay up
SPIKE	A ball hit with force with one hand
SPIKER	A player who performs a spike, dink, or off speed shot
THROWN BALL	The ball must be clearly hit. When, in the opinion of the proper official, the ball visibly comes to rest at contact, the player is ruled to have committed a foul.
TIP (DINK)	Usually a one-hand hit in which the tips of the fingers are used to hit the ball to an area of the opponent's court

TRANSITION

Changing from offense to defense or vice versa