

# VOLLEYBALL STUDY GUIDE

(revised 09/09)

## I. HISTORY

- A. In 1895, William G. Morgan, the physical director of Holyoke, Massachusetts YMCA, invented the game of volleyball. Morgan felt that an indoor game was needed to provide his businessmen's classes the opportunity for competition and recreation at a not too strenuous level. Equipment for the new game was a tennis net raised across the floor to a height of 6'6", and a basketball bladder that was batted by any number of players the space could accommodate.
- B. A set of rules was adopted in 1900 by the Physical Director Society of the YMCA. The new rules standardized ball handling, raised the net to 7'6", and eliminated phases of the game that tended to make it slow.
- C. Volleyball was recognized as an Olympic Sport in 1964 in Tokyo, Japan for men and women.

## II. SKILLS

- A. Serve: begins each point.
- B. Forearm or Bump pass: method of receiving the majority of serves.
- C. Set: the pass made close to the net that sets up the spike.
- D. Spike: the 3<sup>rd</sup> hit that is hit very forcefully and usually is not returnable, scoring a point.
- E. Block: defensive skill used to stop a spike.

## III. RULES OF THE GAME

- A. **Court dimensions:** 30' wide by 60' long
- B. **Team:** Indoor: 6 players make up the team on the floor and used the box rotation in a clockwise direction.  
Beach Volleyball: 2 players per team using the same size court and rules as Indoor Volleyball.
- C. **Scoring Systems:**
  - 1. **Sideout Scoring:** old method and no longer used.
    - a. Only the **servicing** team may score a point. When the serving team fails to serve or return the ball into the receiving court a **SIDE OUT** is called and **NO** point is awarded to either team.
    - b. When the receiving team wins a rally, it gains the right to serve, receives **NO** points and its players rotate one position clockwise.
    - c. A team wins a game by scoring **15** points with a **2** point advantage. A match consists of the best 2 out of 3 games (women) and 3 of 5 games (men).
  - 2. **Rally Scoring:**
    - a. One point is awarded per scoring play (serve). The team winning the rally scores a point and the right to serve and its players rotate one position clockwise.
    - b. A game will be won by the team that scores **25** points with a **2** point advantage. A match consists of the best 2 out of 3 games (women) and 3 of 5 games (men).
    - c. This scoring method places a lot of pressure on the server to make a good serve, particularly as the score reaches the end of the game.
    - d. The serving team still rotates one position clockwise. One server continues to serve as long as his/her team is winning the point.
  - 3. **Serving Rules**
    - a. The server may not step on or over the service line; ball must be served in the service zone.
    - b. The ball must clear the net without touching the net; the ball must be served with one hand.
    - c. To serve, a player must be in the **right back** position behind the boundary line. The serve may be hit underhand, sidearm, or overhand.
    - d. The most used serve today is the overhand.

#### D. Net Play:

1. No portion of the player's body may contact the net or step on the midline of the court while the ball is in play.
2. The ball must not touch the net on the serve. If the ball touched the net during play, it should be played.

#### E. Out of Bounds/ Boundary Lines:

1. If the ball touches the boundary line it is GOOD and should have been played.
2. If the ball is touched by a player out of bounds, the player is considered to have played the ball.
3. When the server steps on or over the endline while serving a Foot Fault is called and results in a side out.

#### F. Playing the Ball

1. Each team may hit the ball **NO** more than **3** times before it is returned over the net.
2. No player may hit the ball twice in succession (in a row). A teammate must contact the ball first before the player is allowed to hit the ball again.
3. If two players hit the ball at the same time, it is considered one hit.
4. A block of the volleyball on a spike does not constitute (count) one of the three hits.
5. The ball must be clearly batted or hit. When the ball momentarily comes to rest in the hands or arms or the player, he/she shall be considered as having played the ball illegally.
6. If the ball is hit out-of-bounds, a team may play it back over the net as long as it is within their 3 hits.

### IV. STRATEGY

#### A. 1-2-3-Attack

1. The **serve** is received with a **bump** pass
2. The second hit is **set** to the front row.
3. The third hit is a *spike* over the net.

### VI. TERMINOLOGY

1. Ace: A serve which cannot be returned and results directly in a point.
2. Block: A defensive play by one or more players who attempt to place their hands and arms above the net so that a spiked ball rebounds back into the opponents' court.
3. Bump pass: A forearm pass used to receive the serve and hit low balls.
4. Carry: When the ball rests momentarily in a player's hands or if the ball is not clearly hit.
5. Dig pass: Passing a spiked or powerfully hit ball usually hit with one arm.
6. Dink: A soft shot off the fingertips or fist used when faking a spike.
7. Forearm pass: A ball played in an underhanded manner.
8. Kill shot: A spike that cannot be returned.
9. Rotation: The shifting of players, clockwise, when gaining the ball from the opponents'.
10. Serve: The method of putting the ball into play over the net by striking it with the hand.
11. Set: An overhead pass for the purpose of placing the ball in a position for a spike. The set is usually the second hit by the offensive team.
12. Spike: A ball hit downward with great force into the opponents' court.

### V. SPORTSMANSHIP/ETIQUETTE

- A. **ROLL** the ball under the net
- B. Be courteous to officials, opponents, teammates
- C. Play your **OWN** position
- D. Compliment teammates & opponents for good plays.
- E. Help one another – Play together.