

Volleyball Study Guide

Rules:

- If the ball hits the net on the serve & goes over it is **GOOD**
- A team is allowed **3 hits** before sending it over the net
- A player may not hit the ball two times in a row but can hit the ball twice as long as someone else hits it in between
- Anytime the ball hits the net it is still in play.
- Any ball that lands on the line is **IN**.
- If two players hit the ball at once it counts as **one hit**.
- There are **6 players** on a regulation volleyball team.

Violations:

- **Lifting/carry**- hitting the ball with an open palm underhand
- You may not touch the net at any time
- Hitting the ceiling, poles, baskets, or walls is considered out
- No stepping over the line while serving
- When the whistle blows you must sit down
- No kicking the ball
- Roll the ball under the net to pass it to the other team.

Terms:

- **Block** is a skilled used to block a spike
- **Bump or Dig** is a forearm pass used when the ball is below the waist
- **Dink** is used to fake a spike
- **Net Recovery** is playing a ball off the net
- **Rotation** is clockwise when a team receives the ball
- **Serving** can be performed overhand or underhand
- **Set** is used to play a ball above the chest and pass it to a teammate
- **Side Out** is a loss of serve
- **Spike** is the act of forcefully driving the ball down into the opponent's court