

Volleyball

History

In 1895, William Morgan invented the game volleyball. The United States Volleyball Association (USVBA), which governs volleyball, was organized in 1928. The FIVB, Federation of International Volleyball Association was organized in 1947.

Pass- An underhand pass using the forearms, usually the first contact.

Set- Is an overhand pass, usually the 2nd contact.

Lift- A long pause in motion when setting the ball. The ball stops moving.

Double Contact- When both hands touch the ball at different times.

Hit/Spike-Overhand hit over the net. (Usually the 3rd contact.)

Kill- A hit/spike in which the ball hits the ground, inbounds, or the digging team cannot recover the ball.

Dig- Passing a hit/spiked ball.

Block- Preventing the ball from crossing the net. The player pushes his/her hands over the net and blocks the ball. **Players at no time can touch the net.**

Serve- Hitting the ball in court to begin the rally. The serve can be overhand, underhand, or a jump serve.

Side Out- Preventing the serving team from scoring.

Rotation- After a side out, players on the serving team rotate **Clockwise.**

10' Line/ 3 Meter line- The 10' line divides the court and separates the front row from the back row. The 10' line is 10 feet from the net.

Front Row- The three players in front of the 10' line, the players are closest to the net. These players can hit the ball from anywhere on the court.

Back Row- The three players behind the 10' line.

Back Row Attack- When a player hits/spikes a ball from behind the 10' line.

Contact- Anytime a player touches the ball

3 contacts before the ball must go back over the net.

- One player cannot touch the ball **twice in a row**, but can touch the ball on the first contact and the third contact.

General Rules

- At no time can a player touch the net.
- Have to win 3 games out of 5 to win a Match.
- A team must win by 2 points.
- Right Back player serves the ball.
- Lines are in bounds.
- After a served ball, players can move anywhere on the court.

FIVA Rules

- Players can set a serve.
- A serve can touch the net.
- Rally serve/score
- Play to 25, win by 2.
- Court dimensions 30' by 30'. Beach Court is 27' by 27'.
- Libero- A player restricted to only playing in the back row. The Libero cannot play in the front row, or jump attack and hit the ball over the net.

USVBA Rules

- Can only score when serving
- Serve cannot touch the net.
- Games are played to 15, and you have to win by 2.

Positions

Front Row Players

- **Opposite** (Left Front), **Middle Hitter/Blocker** (Middle), **Outside Hitter** (Right Front)

Back Row Players

- **Outside Hitter** (Left Back), **Libero** (Middle Back), **Setter** (Right Back)

