

Volleyball Study Guide

History of the Game

Volleyball was originated in 1895 at the Y.M.C.A. in Holyoke, Massachusetts. The director, William G. Morgan, wanted to give businessmen and opportunity to exercise indoor with a game less strenuous than the popular basketball which had been invented a few years before. His invention utilized a tennis net, raised to a height of 6'6", and the rubber bladder of a basketball which was batted across the net. Since then, volleyball has undergone amazing changes, and it has become a fast, exciting game with highly specialized individual skills. Today it is known as one of the leading participation sports.

Court and Equipment

The court is a rectangle 30' by 60'. It is divided by a tightly stretched net which should be 7'4" high for women and 8' high for men. Co-ed volleyball is played on an 8' net. The ball has leather cover.

Player Positions

Volleyball is played by two teams with **six players** on each team. Positions on the court are:

Right back, center back, left back, left forward, center forward, and right forward. They rotate positions in a clockwise direction.

The Serve

The server must serve from behind the restraining line (end line) until after contact. The ball may be served underhand or overhand and must be clearly visible to opponents before the serve. A served ball can touch the net.

Scoring

In today's game, rally scoring is used. There is a point scored on every play of the ball. The offense scores on a defensive miss or out of bounds hit. The defense scores on an offensive miss, out of bounds hit, or serve into the net. Games are played to 25 points and must be won by 2 points.

Playing the Game

Each team has a maximum of three hits per side. Players may not hit the ball twice in succession (a block is not considered a hit). The ball may be played off the net during a volley and on a serve. Any ball landing on the boundary line is good. A legal hit is contact with the ball by a

player's body above and including the waist which does not allow the ball to visibly come to a rest. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play. A player must not block or attack a serve.

Basic Violations

- Stepping on or over the line on a serve
- Failure to serve the ball over the net successfully
- Hitting the ball illegally (carrying, palming, throwing, etc...)
- Touches of the net with any part of the body while the ball is in play
- Reaching over the net, except under the following conditions
 - When executing a follow through
 - When blocking a ball which is being returned
- Reaching under the net
- Failure to serve in the correct order
- Blocks or spikes from a position which is clearly not behind the 10-foot line
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Terms

Approach – a series of steps taken before the ball is attacked

Attack – the attempt by one team to terminate the play by hitting the ball to the floor on the opponent's side.

Attacker – also “hitter” and “spiker”, a player who attempts to hit a ball offensively with the purpose of terminating play in his or her team's favor.

Block – the combination of one, two, or three players jumping in front of the opposing spiker and contacting the spiked ball with the hands in an attempt to stopping an attack.

Bump – descriptive slang for forearm passing.

Dig – slang for the art of retrieving an attacked ball close to the floor.

Double hit – a player contacting the ball twice.

Forearm pass – one of the six basic volleyball skills, it is a ball handling skill that a player uses to legally contact the ball at a level below the waist using the forearms as the contact surface.

Hit – also “spike” or “attack”, the specific contact in spiking to put the ball to the opponent's floor with force.

Jump serve – ball is tossed in the air, and player takes an approach before contacting the ball.

Lift – an illegal contact of the ball, a lift is when the ball rests momentarily on the player's forearms or hands.

Kill – a “spike” or “attack” that cannot be returned by the opponents.

Mintonette – the original name of the game of volleyball created by William Morgan.

Overhead pass – a ball handling skill using both hands simultaneously to contact the ball above the head and direct it to the intended target.

Pancake – a one hand floor defensive technique where the hand is extended and slid along the floor palm down while the player dives or extension rolls so that the ball bounces off the back of the hand.

Ready position – the flexed, yet comfortable posture a player assumes before moving to the point of contact.

Serve – one of the six basic skills, used to put the ball into play from anywhere behind the endline.

Set – the tactical skill which a ball is directed to a point where a player can spike it into the opponent’s court.

Setter – a player assigned to set the ball for an attack.

Sideout – occurs when the receiving team successfully puts the ball away against the serving team, or when the serving team commits an unforced error, and the receiving team thus gains the right to serve.

Stuff – a ball that is deflected back to the attacking team’s floor by the opponent’s blockers.

Volley – two teams playing the ball back and forth for an extended period of time.