

7th GRADE VOLLEYBALL STUDY GUIDE

History

- Volleyball was invented by William Morgan, an instructor at the YMCA in Holyoke, Massachusetts.
- He invented volleyball in the year 1895.

Positions

- Right back (server), center back, left back, left front, left center, and right front
- A team plays with 6 players on the court during a match.

Scoring

- Games are played to 25 points and must be won by at least 2 points.
- A match is over when one of the teams has won 2 games.
- A point is scored on every serve. (rally scoring)

Serving

- A serve begins every play and can be overhand or underhand.
- A point is scored on every serve. (rally scoring)
- The server's position on the volleyball court is right back.
- The server must serve the volleyball within 10 seconds of receiving it from the official.
- It is legal if the volleyball contacts the net on a serve and then continues on to the other side of the net. Play continues.
- A receiving player may not touch a served volleyball prior to it crossing the plane of the net.
- The server is the only player who may stand outside of the court at the time of the serve.

- The server continues to serve until there is a side-out or their team wins.
- After a side-out, the new serving team rotates clockwise.

Legal hits

- The first contact of a served volleyball is typically a pass.
- The next contact of the volleyball after the pass is typically a set.
- The next contact of the volleyball after the set is typically a hit.
- A block is an attempt to prevent the volleyball from passing over the net.
- A serve begins every play and can be overhand or underhand.

Rules

- It is legal for a player to reach over the net on their follow through after a hit.
- It is legal to cross the center line underneath the net, as long as their entire foot or hand does not.
- A ball landing on the line is considered in.
- A volley is when you contact the volleyball before it bounces.