

VOLLEYBALL

History: Volleyball was originated in the United States.

Rules and Regulations

- The game is won by the first team to score 25 points with at least a 2 point advantage
- The game is started with one team serving from the behind the end line.
- No team can hit the ball more than 3 times before returning it over the net.
- A player may not hit the ball two times in a row.
- Rally Score is used for keeping score. This means every time the ball is dead a point is scored regardless if the team has served.
- A game is played until one team has scored 25 points and is ahead by at least 2 points
- A ball that touches a boundary line is a good ball
- During a serve, a ball that touches the top of the net and goes over is a good serve
- When a team wins the right to serve, they must rotate one position.
- A player may not touch the net or cross the centerline under the net at any time.
- Teams change courts after each game.

Terms:

Ace: A serve that cannot be returned by the receiving team.

Bump: Two-armed hit on balls that are received below the shoulders.

Side Out: When the serving team loses it's serve and the other team gains it.

Spike: a hit that is struck above the net level.

Set: An overhead pass to set up another teammate for a spike or hit.

Dig: A recovery of a spike or low ball using one hand or forearm.

Rally: The continual play from the service until the ball becomes dead.