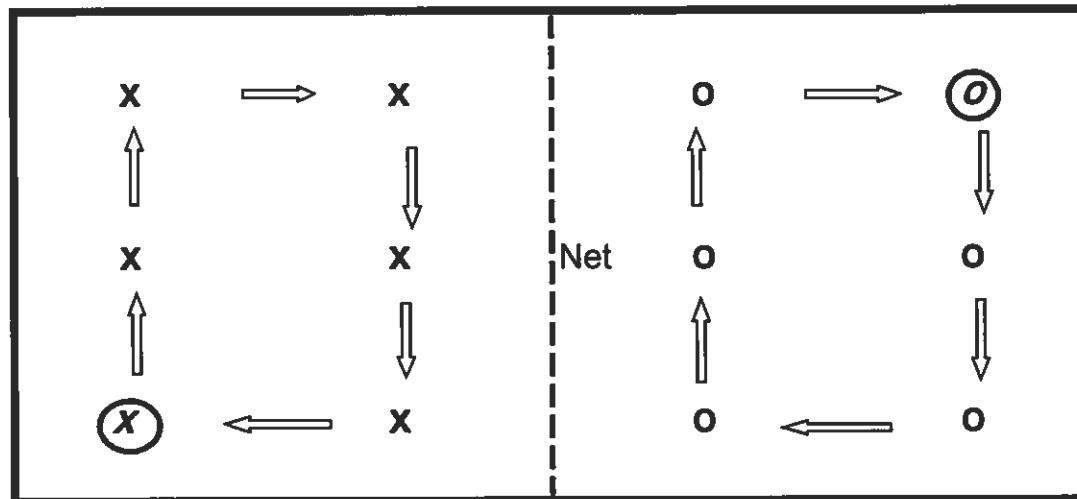


# Volleyball Study Guide



## Court and Rotation



- ~ There are 6 players on a team.
- ~ The player in the serving position on the diagram above circled on both sides.
- ~ After the game starts, players must remain in the proper rotation order, which establishes the service order.
- ~ A sideout occurs when the serving team fails to win the rally or plays the ball illegally.
- ~ Players rotate when a sideout occurs. (When they get the ball back after the opposing team loses their serve.)

## Important Volleyball Terms

**Bump** - a pass made off the forearms. Used to play served balls, hard driven spikes or any low ball. The basic hit in volleyball and is used the most.

**Set or overhead pass** - A pass made by contacting the ball above the head with the finger pads.

**Tip** - A one handed set used when the ball is close to the net and above the head.

**Dink** - A one handed hit performed off the top of a closed fist and performed when the ball is close to the net and above the head.

**Serve** - The method of putting the ball in play over the net by striking it with the hand.

**Spike** - A jumping, hard overhand hit performed at the net and hit downward with force. The main attack hit in volleyball.

**Down ball** - A standing spike performed from farther off the net.

**Fault** - An infraction of the rules.

**Rotation** - The shifting of the players clockwise upon gaining the ball from the opponents.

**Sideout** - When the serving team fails to win the point or plays the ball illegally.

**Dead ball** - A ball is dead or out of play if it hits the antenna, poles, walls of the gym, or hits the ceiling on its way over the net. This results in a point for the other team.

## Serving

- ~ The serve is performed from *anywhere* behind the end boundary line / service line.
- ~ When serving, a fault occurs if the ball hits the antenna or pole or if the ball does not land in.
- ~ A foot fault is called when the server steps on or crosses the service line while serving.
- ~ Basic types of serving include - underhand, overhand, sidearm, and jump serve.

## Playing the ball

- ~ There are 3 hits allowed on a side. A player may not hit the ball twice in a row.
- ~ The ball may not be guided, lifted, or pushed in an effort to redirect it. This includes open handed hits in an upward motion from below the shoulders and hits coming from behind the head with 2 hands. These are illegal hits.
- ~ A volley is a **legal** hit used to keep the ball in the air. Some ways to keep the ball in play include - bump, set, dink, tip, back bump, spike, and down ball.
- ~ Any ball that lands on the line is considered in.
- ~ If your teammate hits the ball and it hits the ceiling during the volley and it comes back down on your side, you may play it as long as you have hits left.
- ~ The ball can not hit the ceiling on the way over the net to the opponents side. This results in a point for the other team.
- ~ Players may never touch the net during play. This will result in a point for the other team.
- ~ Players may not cross the center line under the net. This is also called a foot fault and will result in a point for the other team.
- ~ A ball contacting the net on its way over is still good.
- ~ The ball is dead or out if it hits the antenna, poles, or walls of the gym. Play should stop at this point.
- ~ When the non-serving team wins the rally, they earn a sideout, rotate, and serve.
- ~ If your teammate hits the ball out of bounds on your teams side you may try to save it as long as you have hits left. The volleyball must cross over the net on your court.

## Scoring

- ~ In rally scoring, a point is earned on every volley by the team who wins the volley.
- ~ Your team does not have to be serving to score a point.
- ~ The first team to score 25 points, and be ahead by at least 2 points, wins the game.
- ~ There are 3 games in a match and you must win 2 of the 3 games to win the match.

## Skill Fundamentals

**Athletic ready position** - the position a player should be in to prepare for movement. Feet should be shoulder width apart, knees bent, and weight slightly forward. Arms should be out front and ready.

**Bump/Forearm Pass** - Move to the ball and get in athletic ready position. Knees should be bent and weight should be forward. Hands should be together, arms straight with elbows locked and arms parallel to thighs out away from body. Contact the volleyball on the forearms, which should be slanted towards the intended target. There should be little arm swing.

**Set/Overhead Pass** - Move to the ball and get in the athletic ready position with shoulders square to your target. Spread your fingers and hold hands in front of your forehead to form a "window" with your thumbs and pointer fingers. Looking through this window, track the ball and contact it with the finger tips. Extend arms and legs transferring weight towards the target. Arms should fully extend.