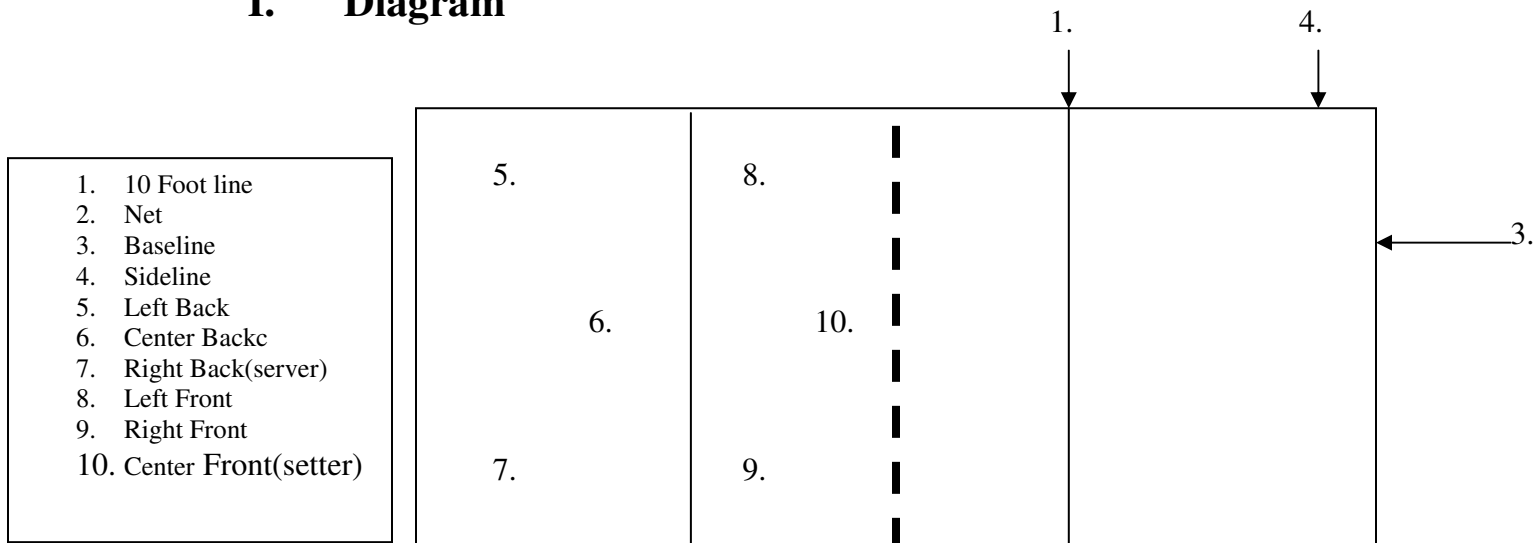


# Volleyball Study Guide

## I. Diagram



### Game:

#### A. Players:

1. Played by two teams of 6 players. Positions are right back, center back, left back, right front, center front, and left front.
2. The players rotate clockwise when receiving the serve.
3. Only the front three players are permitted to spike or block a ball in front of the 10' spiking line.
4. A player may switch positions with another player only after the ball is served. That same player must return to his/her original position before the next serve.

#### B. Play:

1. Play to 25 points and must have at least a 2 point advantage to win.
2. Play 2 out of 3 games to win a match.
3. Teams change sides of the net after each game.
4. During play, if the ball contacts the net, it remains in play. If it contacts the ceiling and remains in or over the same court with fewer than three hits remaining, the ball remains in play. If it contacts the ceiling and travels to the opponent's court, the ball is dead.
5. The ball may be played 3 times per team.
6. A ball landing on the line is "in".
7. When two opposing players foul at the same time, the result is a replay.
8. Both teams can earn points. Rally score-receiving team not only receives the ball to serve but earns a point when the side out is called.

### **A PLAYER MAY:**

1. Reach over the net on a follow-through motion as long as he/she does not touch the net with body or clothing.
2. Step on the center line, but not completely over the line.
3. Touch a ball out of bounds, the ball is still alive and that team must play the ball like it was in bounds.
4. The ball can legally hit any part of the body above and include the waist.

### **A PLAYER MAY NOT:**

1. Hit the ball with an open underhand hit, it is illegal, and is called a lift.
2. Hit ball twice in a row.
3. Touch the net while the ball is in play.
4. Allow the ball to visibly come to a rest on the hands or arms. Must be clearly batted-not scooped, lifted or pushed.
5. Hit the ball with two fists.

### **C. SERVING:**

1. The ball must be served by the right back, behind the end line.
2. The serve must land within the opponent's court. If it touches the standards, a player, walls or ceiling it is dead.
3. Each player has one change per play to serve the ball.
4. The ball must be served out of one hand or from a toss. It may only be hit with one hand.
5. The server must stay behind the serving line, if his/her foot touches any part of the line before contact, a foot fault is called and a side-out occurs and a point is give to the team who gains the serve.
6. A ball that hits the net and continues over the net is good.

### **D. SKILLS:**

1. Serve – a method of putting the ball in play by hitting the ball with any part of the hand, fist or forearm, over the net and into the opponent's court.
2. Bump – (forearm pass) the forearms are held away from the body: used to receive serves and splices at or below the waist; hands must be attached together as the ball is contacted 2-6" above the wrists.
3. Set – (overhead pass) used to handle balls that are lobbed over the net and in setting the ball for a spike: The ball is contacted directly above the forehead by the pads of the fingers, never the palms.
4. Dig – one arm bump
5. Spike – a hard hit ball on a downward angle into the opponent's court taken by a front row player; ball is contacted at the height of a vertical jump taken 2" from the net; arm action resembles the serve.
6. Dink – a soft spike performed with the fingertips or fist: intended to surprise the defense and fall behind the back of the front row player or blocker.