

VOLLEYBALL STUDY GUIDE

Teams

- A. Number of players – An official team consists of six (6) players.
 B. Position of Players – There are three (3) front row and three(3) back row players:

LEFT FRONT (LF) > CENTER FRONT (CF) > RIGHT FRONT (RF)
 ^
 LEFT BACK (LB) < CENTER BACK (CB) < RIGHT BACK (RB)
 v

1. When the ball is served, each player shall be in his own area. After the ball is served, each player may cover any section of his own court.
2. All players must stand inside the court boundaries except the player who is in the act of serving.
3. A player may leave the court in order to play the ball.
4. The dimensions of the court are 30 feet x 60 feet.

Definition of Terms

- A. Forearm Pass – method of passing the ball by bouncing it simultaneously off of both forearms. Commonly used for serve reception, passing a hard spiked ball, or passing a ball lower than the nose or away from the middle of the player's body.
- B. Illegal Hit - any contact of the ball in which the ball comes to visible rest on the body; player catches, holds, lifts, pushes, throws or rests the ball momentarily in the hands; ball contacting the body below the waist.
- C. Match - A team wins two out of three games.
- D. Net Recovery – Attempt to play a ball that has been hit into the net.
- E. Pass-Set-Spike- Basic offensive pattern-three contacts of the ball usually consisting of a bump, set and spike.
- F. Point - Receiving team fails to return the ball legally to the opponent's court.
- G. Rotation - Shifting of all players in a clockwise direction to get into position for the serve.
- H. Serve - Method of putting the ball in play (from behind the end line of the court). The serve must be made from within a service area from right side line to the left side line.
- I. Serving Order - Order in which players are to serve and which shall coincide with the official method of rotation (RB>CB>LB>LF>CF>RF). The team which serves first in the first game shall receive first in the second game.

- J. Set - Overhand technique of putting the ball into the air close to the net for the spike.
- K. Side out - The serving team fails to win the point. The serving team receives a point and the next serve.
- L. Spike - Striking of the ball with the hand above net height to send the ball forcefully downward into the opponent's court.

Playing the Game

- A. Choice of 1st serve –is determined by a coin toss.
- B. The game – a game is complete when a team scores a total of 25 points. The winning team must have at least a 2 point advantage. If a team is not ahead when 25 points have been scored, play continues until one team is ahead by 2.
- C. Rally Scoring – During the course of play, both teams are eligible to score points.
- D. Ball put in play-At the opening of the game, the ball shall be put in play by the player in the right back (RB) position from within the serving area.
- E. Rotation- The team receiving the ball for service shall immediately rotate positions as indicated in the diagram on the first page.
- F. Legal serve- The server may:
 - 1. Hit the ball directly off the holding hand.
 - 2. Hit the ball after tossing it directly upward from the holding hand.
 - 3. Hit the ball with only one hand, open or closed.
 - 4. Hit the ball with the forearm.
 - 5. Step on or over the end line after the ball has been hit.
 - 6. A serve that hits the net and goes over is a legal serve.
- G. Three volleys by a team-The ball may be volleyed only three times before it is sent over the net.
- H. Simultaneous contact
 - 1. If two or more players of the same team contact the ball simultaneously, it is considered one hit and players involved may participate in the next play. This next play should be counted as an additional volley.
 - 2. If two or more players from opposing teams contact the ball simultaneously above the net, this simultaneous contact shall not be considered as one of the three volleys allowed a team; the first players involved are eligible to participate in the next play which shall be considered the first of three volleys allowed to the team.
- I. Ball crossing the net
 - 1. Some part of the ball must pass over either one of the markers on the net or within the two markers.
 - 2. A ball striking the net and going over is still in play.
 - 3. The ball may be played when any part of it has crossed the top of the net. It is not essential for the entire ball to be on the player's side of the net before it is played.

- J. Recovery from the net. A ball may be recovered from the net, provided the player avoids touching the net.
- K. Ball touching a boundary line A ball touching a boundary line is good.
- L. Change of courts At the end of each game of the same match, teams shall change courts.
- M. Changing positions At the beginning of a new game, the players may be rearranged in their positions.
- N. Serving order Teams alternate serving at the beginning of each new game.

Point, Side Out and Double Foul

Point If any player from either team commits any of the following acts, one point shall be scored. If the serving team scores they retain the serve. If the receiving team scores they also receive the serve (side out).

- A. Serves the ball illegally
1. Ball is not definitely hit.
 2. Ball goes into the net.
 3. Ball fails to reach the net.
 4. Ball strikes an object directly over the court.
 5. Serve is assisted by another player.
 6. Server commits a foot fault.
- B. Plays the ball illegally
1. Fails to return the ball legally to opponents' court.
 2. Catches or holds the ball. A player may not, either on or off the court, catch or touch the ball and call it out.
 3. Plays the ball more than once in succession.
 4. Volleys the ball a fourth time.
 5. Illegal contact.
 6. Back row player returns a ball which is completely above the net from a position on or in the front of the 10 foot line.
 7. Blocking and/or attacking a serve is not permitted.
- C. Plays illegally at net
1. Holds or pushes the ball against the net.
 2. Touches the net with any part of the body while the ball is in play.
 3. Reaches over the net to play a ball completely on the other side of the net except to block.
 4. Reaches under the net in such a way as to cause interference with play on the opposite court.
 5. A back court player may not attempt to play the ball above the net.

- D. Double Foul. A double foul shall be called when players of opposing teams commit a foul at the same time. If this should occur, the play shall be repeated.
- E. Foot fault.
1. On the serve, both feet must remain completely behind the endline until the ball is contacted.
 2. A player may not step completely over the center line.

Forearm Pass – used to pass the ball to the setter when receiving the serve or when playing any ball below the waist.

- A. Body Positioning
1. Back remains straight.
 2. Hands clasped together, arms straight and away from the body.
 3. Feet are shoulder width apart.
 4. The body should face the intended direction of the pass.
- B. Ball contact.
1. The contacts the “meaty” surface of the forearms between the wrist and elbow.
 2. Arms are level and contact the ball simultaneously.
 3. Arms should not swing above shoulder level.
- C. Most common faults.
1. The ball is contacted on the clasped hands instead of the forearms.
 2. Standing too upright; standing flat-footed.
 3. Standing in a parallel stance, not allowing quick forward, backward and lateral movement.
 4. Forearms not close together; forearms not parallel with thighs; arm positioning either too high or too low, causing poor or impossible trajectory.
 5. The wrists not rotated far enough outward, causing the ball to be played off of the bone of the forearm.
 6. Striking at the ball with the forearms, causing too much acceleration and not enough absorption.
 7. Hands not clasped together.
 8. Tenseness
 9. Forearms flexed instead of straight; not watching the ball contact the forearms.
 10. Failure to move to play the ball between the legs as often as possible.
 11. No use of the lower body (thighs and lower leg) for acceleration of the ball.
 12. No follow through for ultimate length of ball contact and control.

Setting – the purpose of the set is to receive the serve and/or precisely set the ball to a spiker. The ball is set using both hands above the forehead.

- A. Body positioning
 1. Setter must move to get his body directly under the ball.
 2. Hands are above the forehead prior to contact with the ball.
 3. The body faces the direction the ball is about to be set.
- B. Ball contact
 1. Ball is contacted directly in front of the forehead.
 2. Fingers are relaxed for absorption.
 3. The thumbs, index fingers and forefingers are the main contacting areas on the ball.

Spike – a method of forcefully hitting the ball in a downward direction.

- A. Hand contact and arm action.
 1. Contact with the ball should be made with an open, relaxed hand at a point 6 – 18 inches in front of the spiking shoulder.
 2. Arm action prior to contact resembles an outfielder's throw in baseball.
 3. When spiking, accuracy and placement should never be sacrificed for power.

Overhead Serve – the purpose of the serve is to put the opponents on the defensive and to score points as a direct result of its effectiveness.

- A. Body Position
 1. Body faces the net with the shoulders parallel to the net and end line.
 2. Feet are in either a parallel or slightly staggered stance.
 3. Knees are flexed for comfort and relaxation.
- B. Ball toss, arm action
 1. Ball is held with both hands. It is held straight-armed at eye level with the server using extreme concentration prior to starting the action. The striking hand is on top of the ball with the other hand under the ball for support and balance.
 2. Ball is tossed 2 -3 feet above the head and about 1 ½ feet forward of the shoulder of the striking hand.
 3. The body weight transfers from the back foot to the front foot.
 4. Action of the striking arm resembles a baseball throw.