VOLLEYBALL

HISTORY
• The sport originated in the United States. In 1895, William G. Morgan, an instructor at the Young Men's Christian Association (YMCA) in Holyoke, Mass., decided to blend elements of basketball, baseball, tennis, and handball to create a game for his classes of businessmen which would demand less physical contact than basketball.
• He created the game of Volleyball (at that time called mintonette).
• Morgan borrowed the net from tennis, and raised it 6 feet 6 inches above the floor, just above the average man's head.
• During a demonstration game, someone remarked to Morgan that the players seemed to be volleying the ball back and forth over the net, and perhaps "volleyball" would be a more descriptive name for the sport.
• On July 7, 1896 at Springfield College the first game of "volleyball" was played. In 1900, a special ball was designed for the sport.
• In 1900 the YMCA spread volleyball to Canada, the Orient, and the Southern Hemisphere.

PLAYING AREA

RULES OF THE GAME
• Volleyball is played by two teams of six players on a court divided by a net.
• The object of the game is to send the ball over the net so that the opposing team cannot return the ball or prevent it from hitting the ground in their court.
• Each team has three hits to attempt to return the ball.
• The ball is put in play with a serve that is hit over the net to the opponents (may the touch net)
• The volley continues until the ball hits the playing court, goes out of bounds, or a team fails to return it properly.
• When the receiving team wins a volley, it gains a point and the right to serve. The players rotate one position clockwise.
• When the serving team wins a volley, it wins a point and the right to continue serving.
• Each team consists of no more than six persons, with each side having an equal number.
• Each player must be in his or her own position before the ball is served.
• After the server strikes the ball, each player may cover any section of the court.
• Each player serves in turn and continues to serve until the volley is lost (side out).
• After a team has lost its serve, the team receiving the ball for the first serve must rotate one position clockwise before serving.
• The ball may be volleyed only three times from one team member to another before returning it over the net.
• During this volley a player may not hit the ball twice in succession. One or both hands may be used.
• A blocking player is entitled to a second play at the ball. This 2nd hit counts as the teams 1st touch

YOU ARE ALLOWED TO:
• Serve from anywhere behind the end line.
• Play the ball after it hits the net, even off of a serve.
• Spike, or Volley the ball off of a serve.
• Hit the ball with any part of the body.
• Double contact the first ball that comes over the net.
• Reach over the net to block, as long as it is the 3rd hit for the other team.

YOU ARE NOT ALLOWED TO
• Block the serve.
• Touch the net.
• Cross the center line and interfere with play.
• Scoop or “carry” the ball.
• Double contact the ball
• Play the ball when it’s on the opponent’s side of the net (see blocking exception above)
• Block, if you are a back row player.

SIDEOUT
• A player holds or throws the ball.
• The ball touches any part of the body, other than the hands or forearms.
• A player touches the net with any part of the body or hands, or reaches over the net.
• A player does not clearly hit the ball or allows the ball to come to rest on any part of parts of the body.
• A player hits the ball out of the boundaries of the court.
• A player allows the ball to hit the floor, or any object outside or over the court (except net), before being legally returned to the opponent’s court.
• A player touches the ball twice in succession.

SCORING
• The game is played by the Rally point system and a point is awarded on every serve.
• When the serving team fails to score, it is side out and the receiving team becomes the serving team.
• The game is played to 25 points, “win by 2.” With a cap of 30.
• A match consists of normally either 2 out of 3 sets or 3 out of 5 sets. In the event that the sets are tied with only one set remaining, the last one is played to 15 points.
• **BASIC POSITIONS**
  - Power – blocks and attacks on the outside
  - Middle – blocks and attacks in the middle
  - Setter – sets the ball
  - Libero – a back-row-only player that is a defensive specialist

![](image1.png)

**SERVING**

“W” Service Formation - Receiving
  - Front row: the middle player moves up to the net, the other two players receive short serves
  - Back row: the middle player moves up to receive short serves, the other two players receive all the deep serves

![](image2.png)

**SKILLS**

- **Volley**
  - fingers firm, hands form the shape of the ball, contact just in front of the forehead, extend arms and wrists (like a basketball chest pass going upwards)
  - TIP: square your shoulders to where you want to volley the ball

- **Bumps**
  - shrug shoulders and squeeze arms together, arms straight out in front, bend at the waist, “push” and/or lean towards the direction you want the ball to travel
  - TIP: think of your arms as a wooden board, bumping is simply deflecting the ball to where you want it to go, so making the correct angle with your arms is critical

- **Serve**
  - feet close together, hold ball straight out with non-hitting arm, hitting arm pulls behind head, toss ball straight up, step with opposite foot and hit the ball with the palm of the hitting arm, do not snap the wrist – it is a float serve because the ball should not spin
  - TIP: stare at the ball and aim dead center as you hit it
• **Spikes** - start from just behind the attack line, take 2 big steps for your approach then jump, (as you jump,) swing your arms to get more height, throw your hands up towards the ball, Pull your hitting arm back, and snap your wrist as you hit the ball with your entire hand (this creates topspin)
  - TIP: focus on timing your jump, the hitting part will improve dramatically
  - TIP – jump as if hitting a hard spike, gently guide the ball with the fingers

• **Blocking** - stand almost at an arm’s length from the net, jump a split second after the hitter Jumps, reach over the net as far as you can with your hands, with fingers spread out, tighten up your body to get some “attitude” in your block
  - TIP: blocking is 50% technique/timing, and 50% attitude!

• **Switching** - players may switch places as soon as the ball is served, just make sure you don’t cross with the players that are adjacent to you (before the serve)

**Volleyball Terms**
- **Ace** Serve that results directly in a point.
- **Block** Defensive play by one or more players used to intercept a spiked ball in an attempt to rebound it back into the opponent’s court.
- **Bump** Forearm pass.
- **Dig** Passing a spiked or powerfully hit ball.
- **Foul** Violation of the rules.
- **Game Point** Last point in a game.
- **Out of Bounds** When a ball lands completely outside of the boundary lines.
- **Rotation** Clockwise movement of players prior to the new serving term of a team.
- **Serve** Skill used by player in back-right position to put ball into play.
- **Side out** When serving team fails to win the point or makes an illegal play.