

Volleyball



HISTORY OF VOLLEYBALL

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 1964**, the sport of Volleyball became an Olympic Sport. **In 1995, the sport of Volleyball was 100 years old!**

GAME CHARACTERISTICS

Volleyball is a sport played by two teams on a playing court divided by a net. There are different versions available for specific circumstances in order to offer the versatility of the game to everyone. The object of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The team has three hits for returning the ball (in addition to the block contact). The ball is put in play with a service: hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly. In Volleyball, the team winning a rally scores a point (Rally Point System). When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.

NET HEIGHT

Net height is 7' 11 5/8" for men. 7' 4 1/8" for women. Co-ed competition is played on a men's height net. The official height measurement is made in the center of the net. The height of the net at the sidelines can be no more than 3/4" higher than the official height.

TO SCORE A POINT

A team scores a point: by successfully grounding the ball on the opponent's playing court; when the opponent team commits a fault; when the opponent team receives a penalty.

FAULT - A team commits a fault by making a playing action contrary to the rules (or by violating them in some other way). The referees judge the faults and determine the consequences according to the Rules: If two or more faults are committed successively, only the first one is counted. If two or more faults are committed by opponents simultaneously, a **DOUBLE FAULT** is called and the rally is replayed. **CONSEQUENCES OF WINNING A RALLY** - A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play, if the serving team wins a rally, it scores a point and continues to serve; if the receiving team wins a rally, it scores a point and it must serve next. These rules stipulate that all matches shall be a best of three or best of five. Each game shall go to 25 points with no cap (must win by two points), and the deciding game for best of three shall go to 25 points and best of five shall go to 15 points(must win by 2 points).

TEAM

TEAM COMPOSITION A team may consist of a maximum of 12 players, one coach, one assistant coach, one trainer and one medical doctor. Six players make up a starting team and play at one time. One of those players may be a **LIBERO**. Each team has the right to designate among the list of 12 players one (1) specialized defensive player "Libero." The Libero must be recorded on the score sheet before the match in the special line reserved for this. His/her number must also be recorded on the line-up sheet of the first set. The Libero can be team captain but not speaking captain. **EQUIPMENT** - The Libero player must wear a uniform (or jacket/bib for the re-designated Libero) whose jersey at least must contrast in color with that of the other members of the team.

START OF PLAY

To begin captains toss a coin for the order of choices. Usually home team selects bench prior to coin toss then coin toss winner chooses to serve or receive. The opposing captain takes the option that the winner of the toss did not select. At the completion of the game, teams change courts, and the team that did not serve previous game serves.

SERVICE

The service is the act of putting the ball into play, by the back right player, placed in the service zone. **FIRST SERVICE IN A SET** - The first service of the first set, as well as that of the deciding set (the 5th) is executed by the team determined by the toss. The other sets will be started with the service of the team that did not serve first in the previous set. **SERVICE ORDER** - The players must follow the service order recorded on the line-up sheet. After the first service in a set, the player to serve is determined as follows: When the serving team wins the rally, the player (or his/her substitute) who served before, serves again. When the receiving team wins the rally, it gains the right to serve and rotates before actually serving. The player who moves from the front right position to the back-right position will serve.

BASIC RULES

SERVE - the player in the right back position must remain behind the service line, when serving the ball. The ball may touch the net and go over into the court. You may not assist the ball over the net on a serve.

VOLLEY - a player may not hit the ball twice in succession. A team is only allowed 3 contacts before a ball is returned over the net.

NET - a ball may strike the net during play. A player may not touch the net or cross over the center line.

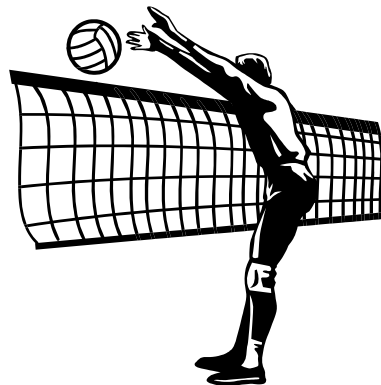
BOUNDARY LINES - the lines bounding the court are considered to be in bounds, that is, a ball landing on the lines are counted as good. Any ball that touches or is touched by a player is considered to be in bounds, even if the player who touched the ball was clearly outside the boundaries at the time.

ILLEGAL HIT - called when a ball comes to rest on hands or forearm. Often occurs when an underhand pass (bump) is attempted with open hands and when an overhead pass is hit with rigid fingers (not arched).

SKILLS

SERVE - the server may toss the ball up and contact the ball with an open hand (overhead serve) or hit the ball off the holding hand with a fist (underhand serve).

OVERHAND PASS (SET) - is used to hit volleyball above the waist. The hands are both turned inward and only the fingertips touch the ball on contact. Contact should be made in front of the body with knees and elbows bent. Ball is played just above forehead.



FOREARM PASS - is used to hit volleyball below the waist.

Arms and shoulders should be facing toward the target. The ball is contacted at a point on both arms between the elbows and wrist. In executing the bump use the knees and legs for force rather than using the arms to move the ball.

HIT - a front line player executes the spike. The hitter must meet the ball at the high point of the jump. Contact is made on the top of the ball in order to send the ball over the net forcefully and in a downward motion. The hitter cannot touch the net or cross over the center line when spiking the ball.

BLOCK - is used to stop a ball as it crosses the net. The front line player jumps up to meet the ball, arms overhead, and the ball rebounds off the hands and over the net back into the opponent's court. The serve may not be blocked.

DIG - passing an attacked ball close to the floor. A defensive move in which the player's arms are placed together in an attempt to bounce a difficult ball up into the air for other teammates to continue the play. Slang term for the art of passing an attacked ball close to the floor.

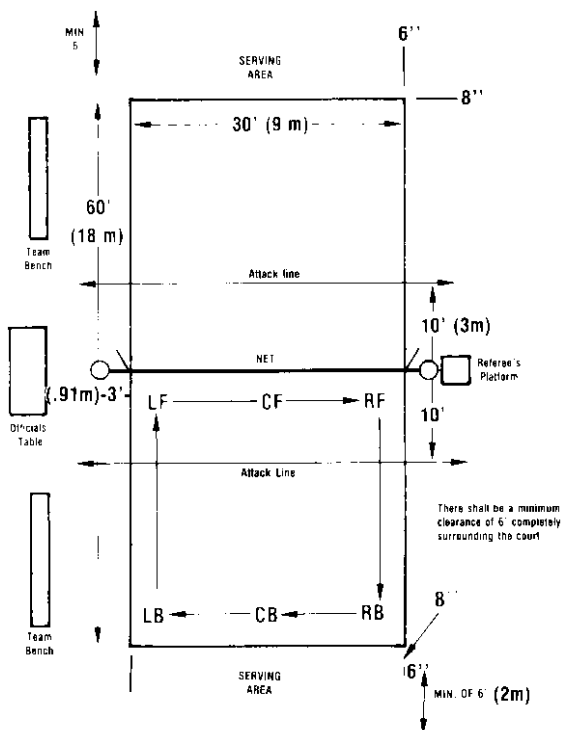
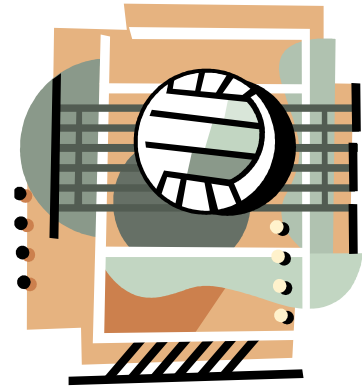
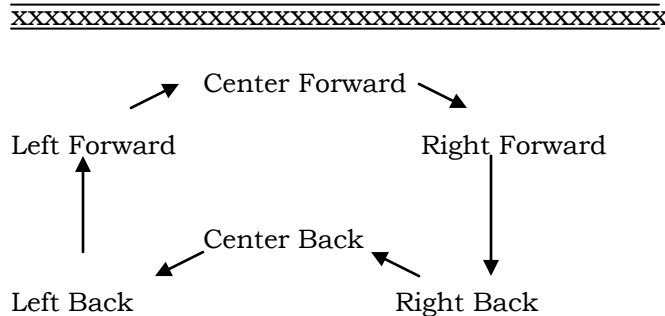
INFRACTIONS

An infraction caused by either team results in the ball being given to the team that scored the point.

Examples:

1. Serving illegally or serving out of turn.
2. Server steps on the line or out of the court when serving.
3. Failure to return the ball over the net.
4. Hitting the ball twice in succession.
5. Holding or lifting the ball.
6. Contacting the ball more than 3 times before it crosses the net.
7. Touching the net during play and a player's foot completely touching the floor on the opposite side of the centerline.
8. Stepping over the center line during play.
9. Failure to maintain correct serving order.
10. Allowing the ball to touch the playing court.
11. The ball may hit off foot and be played.
12. Allowing the ball to touch any part of the body below the waist.
13. Hitting the ball into the ceiling and going over the net.
14. Unnecessarily delaying the game.
15. Changing player positions before the serve has been made. Until the serve is made, players on each team must be in their relative playing positions.
16. Reaching under the net and touching the ball or an opponent while the ball is in play.

POSITIONS AND ROTATION



Rules modifications for class

- ~ **Smaller court size** – sidelines are not marked on the court, before the game starts, teams need to decide on sidelines. Black line is the serving line. The net height is not regulation.
- ~ **Team size** – the class is divided into six teams.
- ~ **Game play** – teams will play 2 different teams each class period.

