**Volleyball**

The Serve

1. Server must serve from behind the restraining line (end line) until after contact.
2. Ball may be served underhand or overhand.
3. Ball must be clearly visible to opponents before serve.
4. Served ball may graze the net and drop to the other side for point.
5. First game serve is determined by a volley, each subsequent game shall be served by the previous game loser.
6. Serve must be returned by a bump only. no setting or attacking a serve.

Scoring

1. Rally scoring will be used.
2. There will be a point scored on every score of the ball.
3. Offense will score on a defense miss or out of bounds hit.
4. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
5. Game will be played to 25 pts.
6. Must win by 2 points.

Rotation

1. Team will rotate each time they win the serve.
2. Players shall rotate in a clockwise manner.
3. There shall be 4-6 players on each side.

Game Play

1. Maximum of three hits per side.
2. Player may **not** hit the ball twice in succession (block is not considered a hit).
3. Ball may be played off the net during a volley and on serve.
4. A ball touching a boundary line is good.
5. A legal hit is contact with the ball by a player’s body above and including the waist which does not allow the ball to visibly come to a rest.
6. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
7. A player must not block or attack a serve.
8. Switching positions will be allowed only between front line players. (after the serve only).

Violations

1. Stepping on or over the line on a serve.
2. Failure to serve the ball over the net successfully.
3. Hitting the ball illegally (Carrying, Palming, Throwing, etc.).
4. Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
5. Reaching over the net, except under these conditions: When executing a follow-through. When blocking a ball which is in the opponents court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play.
6. Reaches under the net (if it interferes with the ball or opposing player).
7. Failure to serve in the correct order.
8. Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.

Playing Area

Both indoor and outdoor courts are 18 m x 9mi (29’6″ x 59′). Indoor courts also include an attack area designated by a line 3 m (9’10″) back from the center line. Lines on the court are 5cm (2″ wide).

Net Height

Net height for men, co-ed mixed 6, & outdoor is 2.43 meters or 7’11-5/8″. Net height for women, 7’4-1/8″. The height of the net shall be 8′.

Ball

The ball weighs between 9 and 10 ounces. Ball pressure is between 4.5 and 6.0 pounds

Positions

The different volleyball positions starting with the server and proceeding in order are as follows: right back (RB), right front (RF), center front (CF), left front (LF), left back (LB), and center back (CB). These names allow us to refer to them and learn their relationship to each other. This relationship to each other is called alignment. When positioning on the court, a player on the front row must be closer to the center line than the player directly behind her (see diagram) when the serve is struck. Likewise, a player on the back row must be closer to the end line than the player directly in front of her. Additionally, positions are required to be aligned left to right. A player must be closer to the right side line than the player directly to her left. And, a player must be closer to the left side line than the player directly in the position to her right.



Substitutions

Volleyball substitutions allow coaches to enter players into the game for strategic purposes. There is a limit to the number of substitutions (18), and a player can only re-enter a game at the position she was in when she was substituted for in the first place.

Scoring

Volleyball rally scoring requires that a point be awarded after every rally except replays. No more continual side outs with their lack of scoring, potentially dragging games out longer.  To make sure that rally scoring didn’t shorten the length of play too much, game point has been set at 25, up from 15.  Rally scoring has brought a major change to the game of volleyball. Servers must be more diligent to make legal serves as their serve violations no longer merely result in a pointless side out. All serve violations result in a loss of rally point.

Terms

* **assist:** awarded when a player passes, sets, or digs the ball to a teammate who attacks the ball for a kill.
* **attack:** an attempt to terminate the play by hitting the ball to the floor on the opponent’s side; can be awarded for a tip.
* **attack line:** sometimes called “3 meter line” or “10-foot line;” the line parallel to the center line and three meters/10 feet back from the net.
* **back row attack:** when a back row player attacks the ball by jumping from behind the attack line before hitting the ball; if the back row player steps on or past the line during take-off and sends the ball over after contacting it above the height of the net, the attack is illegal.
* **block:** awarded when a player thwarts an attack, deflecting the ball onto the opponent’s court for a point.
* **carry:** a misplayed ball involving “prolonged contact;” also called a *lift* or *throw.*
* **center line violation:** player encroaches on opponent’s court under the net; no violation if some part of the foot or hand (i.e. the heel) remains in contact with the center line.
* **dig:** the act of retrieving an attacked ball; awarded when a player successfully passes a ball that has been attacked by the opponent; sometimes called an “*up.*”
* **jump serve:** a serve in which the server tosses the ball, makes an approach, jumps, and spikes the ball.
* **kill:** an attacked ball that strikes the floor or lands out of bounds after touching an opponent.
* **net violation:** illegal for any part of the player’s uniform or body  (except for the hair) to contact the net.
* **service ace:** a serve that hits the floor or causes the passer to misplay the ball such that no player can make a second contact.
* **set:** a maneuver in which a ball is purposely directed to a spiker.
* **side out:** receiving team wins a rally, earning the right to serve.
* **spike:** a ball contacted by a player on the offensive team with the intent to terminate the ball on the opponent’s side.
* **tip:** placement or redirection of the ball with the fingers, sometimes referred to as a *dink* or *dump*; a tip is counted as an attack attempt and, if successful, a kill.

History

The sport originated in the United States, and is now just achieving the type of popularity in the U.S. that it has received on a global basis, where it ranks behind only soccer among participation sports. Today there are more than 46 million Americans who play volleyball. There are 800 million players worldwide who play Volleyball at least once a week. 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.

The Players

Two teams of six players set up on the court at one time. A net divides the court in half, with each half split between a “frontcourt” (attack) and a “backcourt.” Teams line up with three front-line players near the net and three back-row players near the baseline (end line). The serving team rotates its lineup clockwise prior to each service change. Players move to each position on the court throughout the course of a game. Teams are allowed up to six substitutions per match. However, substituted players may only return to the game in place of those teammates by whom they were replaced.

**The Server** – Stands with both feet in the “service area” anywhere behind the baseline of the volleyball court. He or she tosses the ball in the air in front of his or her body, then strikes it with an open or closed hand or with the forearm. One player serves continuously until his or her team commits a “fault” resulting in a “side out,” after which the opposite team “rotates” and serves the ball.

**Front-line Players (Left, Right, Middle)** – Positioned in the frontcourt between the attack line and the net. These players mostly hit “spikes” into the opposite court and jump to “block” shots hit by the opposing side. Front-line players, while positioned in the frontcourt, may strike the ball when it is at any level above or below the net.

**Back-row Players (Left, Right, Middle Backs)** – Play in the backcourt behind the attack line. They are primarily responsible for passing the ball toward teammates who then “set” the ball to other teammates in the attacking court for spikes. Back-row players also “dig” the ball on returned shots. While in the backcourt, these players may strike the ball when it is at any height above or below the net. However, if back-row players move over the attack line into the frontcourt, they may not strike the ball when it is above the height of the net. Therefore, they may not strike the ball as part of a blocking action.



**POINTS OF INTEREST**

* The server must serve from behind the restraining line.
* The ball can be served underhand or overhand.
* The ball must be clearly visible to opponents before the serve.
* Teams will rotate each time they win the serve clockwise.
* The ball can be hit no more than three times per side.
* A ball touching a boundary line is in.
* A player must not block or attack the serve.
* Carrying, palming, and throwing are illegal.
* Failure to serve in the correct order is a violation.
* The ball weighs between nine and 10 ounces.
* An assist is awarded when a player passes, sets, or digs the ball to a teammate who attacks the ball for a kill.
* A carry is a misplaced ball involving prolonged contact.
* A kill is an attacked ball that strikes the floor or lands out of bounds after touching an opponent.
* A set is a maneuver in which a ball is purposely directed to a spiker.
* A side out occurs when the receiving team wins a rally, earning the right to serve.
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