

## GENERAL VOLLEYBALL RULES AND TERMS

- GAME:** The game is played by 2 teams with 6 players on each side of the court. The first team to 25 and ahead by 2 or more points wins.
- MATCH:** A match typically consists of 3 games. The team to win 2 out of 3 games wins the match.
- COURT:** The court is 60 ft. long by 30 ft. wide. The court is divided by the centerline. The net is 7'4" high. Lines are considered in if the ball lands on them.
- RALLY SCORING:** Points are awarded to the team that wins the volley whether it's the serving or receiving team. Winning the points for a volley are by the ball landing "in" on your opponents court, your opponent hitting the ball "out", not clearing the net on a serve...
- SIDE OUT:** When the receiving team wins the rally it is called a side out. The receiving team then rotates positions and now becomes the serving team.
- FOOT FAULT:** A foot fault is called when the server steps on or over the end line of the court. (not called in class)
- PLAYING FAULT:** A fault is a violation of the rules. A fault results in a point for the opposing team. Examples: 4 hits on a side, a player contacting the ball 2 consecutive times, contacting the net, catching, throwing or lifting the ball.
- ILLEGAL HITS:**
- when the ball is momentarily held in the hands
  - contacting the ball when it is still on the other teams side of the net
  - hitting the ball more than 3 times on a side
  - a player hitting the ball 2 times in a row
  - touching the net while the ball is in play
  - lifting the ball
  - serving out of order
- TYPES OF HITS:**
- Forearm pass:** also known as bump or the serve receive. This is typically used when the ball is below shoulder height.

**Set:** this is a 2 hand overhead pass used when the ball is above your head. Used to set up a teammate for a hit.

**Hit:** also known as a spike. This is used when the ball is above net level near the net and a player is able to jump up and spike the ball against eh opponent.

**Serve:** used to put the ball into play

TYPES OF  
GRIPS:

**Interlocking Grip:** Interlock your fingers and place thumbs side by side

**Scoop Grip:** Place one hand palm facing up inside the other hand.

**Fist Grip:** Make a fist with one hand and place it inside the other hand and line up thumbs side by side

HISTORY: Volleyball was created in 1895 when William G. Morgan, a YMCA instructor in Massachusetts, combined components of basketball, baseball, handball and tennis to create what he called "mintonette." As observers watched the game, they noted that players were "volleying the ball back and forth. Thus, mintonette was changed to volleyball. The first game of volleyball was played at Springfield College in 1896. Then in 1947, the Federation International De Volley-Ball(FIVB) was founded.



Form a platform with your forearms by bringing your elbows together



The interlocking grip

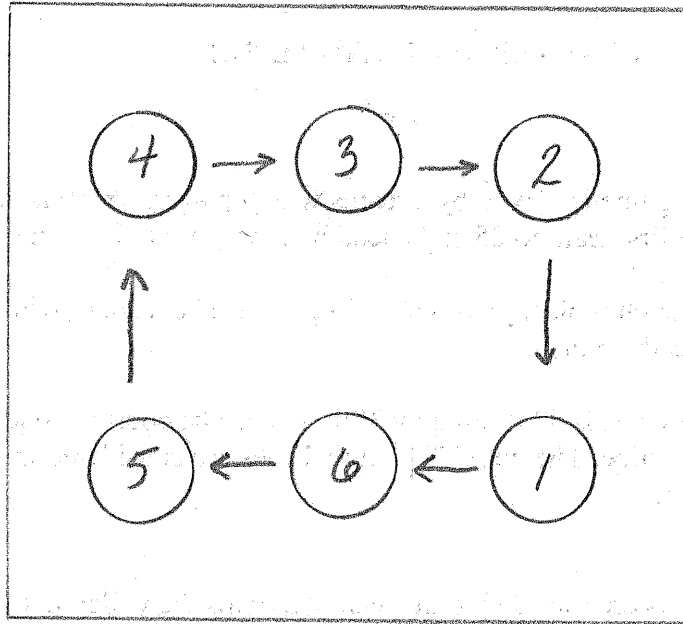


The scoop grip



The fist grip

NET



- STANDARD ROTATION AND POSITION NUMBERS FOR VOLLEYBALL. THERE ARE OTHER POSITION SET UPS FOR MORE ADVANCED GAME PLAY.