

Volleyball Study Guide

HISTORY

A short time after the game of basketball was started, the game of volleyball was invented in 1895 by William G. Morgan, the Physical Director of the YMCA in Holyoke, Massachusetts. Morgan thought the game of basketball required too much energy and he wanted to develop a less physical game for businessmen. He placed a tennis net at the height of 6 feet 6 inches across the gymnasium and used a rubber bladder for a ball. The bladder was too light so A.G. Spaulding and Brothers developed the first volleyball. The International Volleyball Federation was formed in 1947 and by 1960 its membership included 58 countries. The game has grown very fast.

TERMS

Attack Line – a line parallel to the centerline, ten feet away from the net.

Block - A defensive play by player in the forward position who leaps with his arms up in front of the spiker in an attempt to push the ball back to the spiker's court.

Catching/Holding – The resting of the ball in the hands of a player. This is against the rules.

Foot Fault – Server steps on or over the serving line while serving, or the player at the steps on or over the centerline under the net.

Game Point – the last point in a game

Legal Serve – Putting the ball in play over the net and into the opponents' court by a player in the serving area. A serve must go over the net without help.

Match – A team wins two out of three games or three out of five games.

Out-of-Bounds – any object outside the court except a player in the act of playing the ball.

Rally Scoring – scoring method where points can be won by the serving or receiving team.

Rotation – Moving of positions, clockwise, just before a new player serves.

Volley – One hit of the ball by a player.

PLAYING THE GAME

Legal Serve – The server may:

- a. hit the ball with one hand, open or closed
- b. hit the ball with the forearm
- c. step on or over the serving line after the ball is struck
- d. serve with the underhand, overhead, or side arm service

Playing the Ball – The ball must be clearly hit. A pass, set, or spike may be used to hit the ball. Any part of the body above the waist may be used to hit the ball.

Three Volleys by Team – The ball may be hit only three times before it is sent over the net.

Ball Crossing The Net – If a ball in play (not a serve) touches the net, it must touch the net between the side lines and go over into the opponents court.

Recovery From the Net – A ball may be recovered from the net as long as the player does not touch the net.

Ball Touching a Boundary Line – A ball touching a boundary line is good or in.

Dead Ball – A ball is dead;

- a. after point or side out
- b. when the ball hits the floor or an object inside the boundary lines (such as a backboard)
- c. when it hits outside the court
- d. when the referee blows the whistle.

General Fouls

Serving Fouls

1. Ball is not clearly hit
2. Ball goes into the net
3. Ball does not reach the net
4. Ball strikes the ceiling
5. Serve is helped by another player
6. Server commits a foot fault
7. Ball not served within 5 seconds after referee signals server to serve

Playing Fouls

1. Catch or hold a ball. A player may not, either on or off the court, catch or touch the ball and call it out
2. Play the ball more than once in a row
3. Volley the ball a fourth time
4. Play the ball while supported by any player or object
5. Kick the ball
6. Throw the ball

Net Fouls

1. Hold or push the ball against the net
2. Touch the net with any part of the body while the ball is in play
3. Reach over the net
4. Reach under the net if the player touches the ball or a player of the opposing team. (It is a foul to step over the centerline under the net).