

History

- Volleyball is a game between two teams of players in which an inflated ball is batted back and forth across a net, without touching the ground.
- The game was originated in the United States in 1895, by William Morgan, a physical director at the YMCA of Holyoke, Massachusetts. Designed as an indoor sport for businessmen who found the new game of basketball to vigorous, it soon proved to have wide appeal and was introduced into schools.
- Volleyball blended elements of baseball, basketball, handball and tennis.
- Volleyball was originally played using a tennis net hung 6 feet 6 inches above the floor.
- The first game of volleyball was played on July 7, 1896 at Springfield College.
- Official Volleyball was designed in 1900.
- The set and spike were introduced in the Philippines in 1916.
- The Association of Volleyball Professionals (AVP) was formed in 1983.
- The United States Volleyball Association (USVBA) was formed in 1928 and from 1944 represented all U.S. volleyball interests. In 1964 volleyball was introduced in Olympic competition at the Tokyo games.
- U.S. Men's team won the Gold Medal and the U.S. Women's team won the Silver Medal at the 1984 Olympics on Los Angeles.
- U.S. Men's team won the Gold Medal at the 1988 Olympics in Korea.
- Volleyball celebrated 100 years of existence in 1995.
- Two-person beach volleyball was added to the Olympics in 1996.

Benefits of Playing

- Volleyball helps build your leg muscles.
- It is great for your hand-eye coordination.
- Volleyball helps you communicate with others and work as a team.
- You can play indoors or outdoors.
- It's a lot of fun!

Volleyball Equipment

The Net

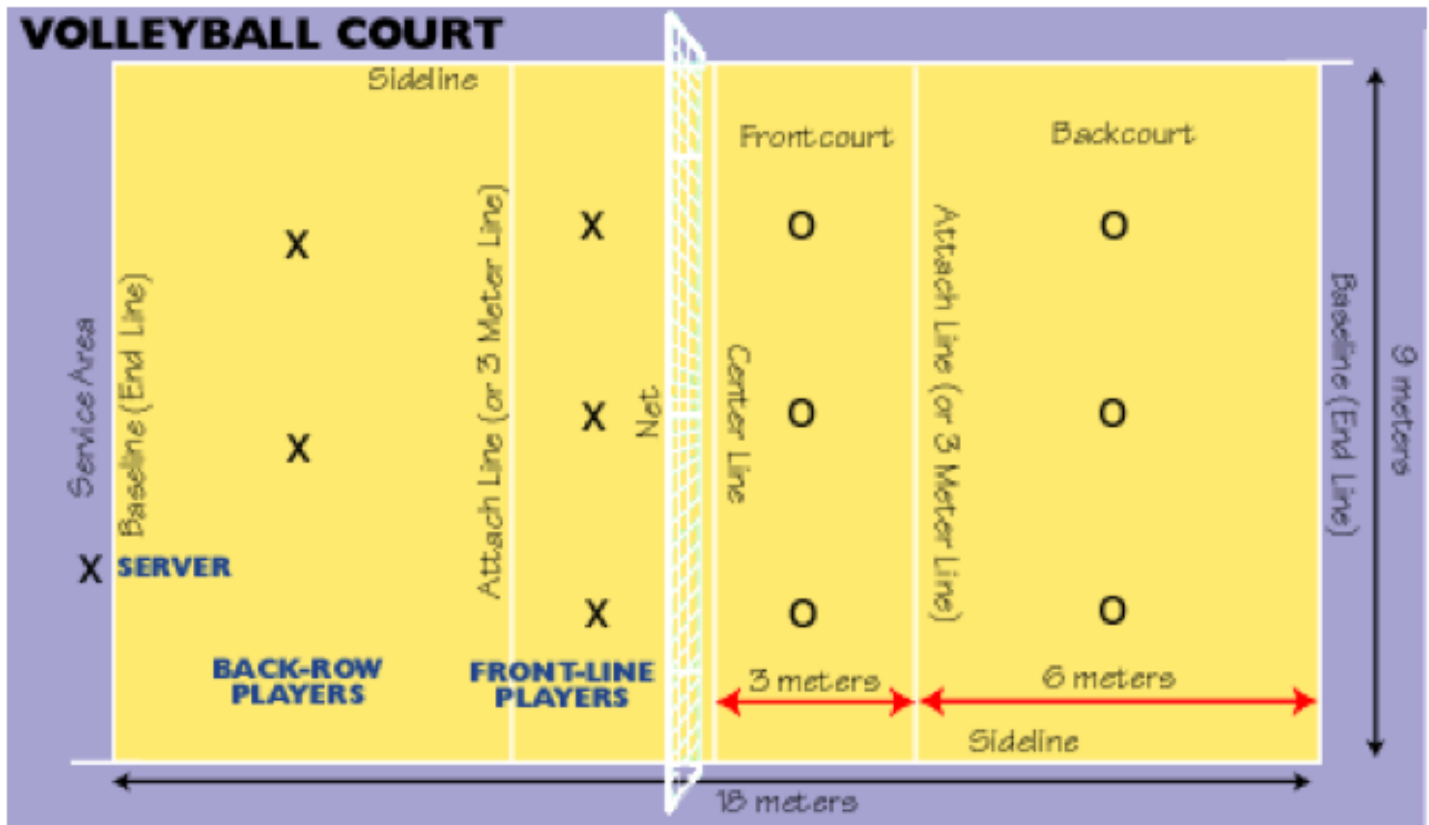
- The net is placed vertically over the center line
- Top of the net is set at the height of 2.43 meters (7ft. 11 5/8 in.) for men and 2.24 meters (7ft. 4 1/4in.) for women
Its height is measure from the center of the playing court
- The net is 1 meter wide and 9.5 meters long and is made of square black mesh.

The Ball

- The ball is spherical and is made of flexible leather or synthetic leather with a bladder inside made of rubber or a similar material.
- It may be a uniform light color or combination of colors.
- The volleyball measures 65 to 67 centimeters (25 to 27 inches) in circumference and weighs 260 to 280 grams.

Volleyball Court

- Volleyball court sizes depend on the playing ability level and equipment used.
- Width of court is determined by size of net.
- All service areas should be a minimum of 6 feet in depth back of the endlines.
- Dimensions can range from
 - For lawn or backyard games: 20ft. wide by 40 ft. long
 - For tournament play: 19 feet 6 inches wide by 59 feet long



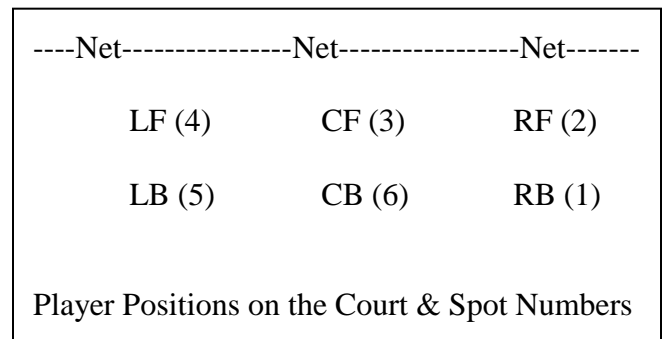
Volleyball Vocabulary

- Bump pass – the forearm pass made on low balls or used to receive the serve.
- Carrying the ball – the ball must be clearly batted. If it rests momentarily in the players hands, it is considered illegal.
- Dig pass – a pass made with the hand slightly cupped in with a fist of the other hand, usually used on a difficult play.
- Forearm Pass – a pass made off the forearms. Used to play served balls, hard driven spikes, or any low ball.
- Volley – a term used when both teams constantly hit the ball back and forth.
- Foot fault – occurs when a player steps on or beyond a line in which that player's movement is restricted; also when the server steps on or over a line indicating the serving area.
- In-bound – when the ball lands on the line.
- Live-ball – one in play, from the moment the ball is contacted until a dead ball occurs.
- Match – the total number of games won; 2 out of 3 or 3 out of 5.
- Net serve – this is called when the ball hits the net on the serve.
- Out of bounds – outside the boundary lines. If a ball lands on a boundary line it is ruled good.

- Point – a point is scored by the serving team, when the receiving team fails to return the ball legally to the opponent’s court.
- Rotation – shifting of players clockwise after a side-out.
- Serve – the method of putting the ball in play over the net by striking it with the hand.
- Service Ace – a serve that lands in a court for a point without being touched by another player.
- Side –out – side is out when the serving team fails to win a point or plays the ball illegally.
- Block – defensive play by a player in the forward position who places their hands and arms above the net so that a spiked ball rebounds into the opponents court or back to their own.
- Dink – a soft shot off the fingertips used when faking a spike.
- Net foul – this happens when a player touches the net, net supports, or reaches over the net during a live ball.
- Overhead pass – a pass made by contacting the ball above the head with the finger pads.
- Set – the placement of the ball near the net to facilitate spiking.
- Spike – a ball hit with a strong downward force into the opponent’s court.

Volleyball Player Rotation

- Players rotate in a clockwise position
- Position of players in order of the serve:
 - Right Back (RB)
 - Right Front (RF)
 - Center Front (CF)
 - Left Front (LF)
 - Left Back (LB)
 - Center Back (CB)



Courtesies

- Make sure your opponent is ready before serving.
- Always announce the score before serving.
- Always return the ball to the server by rolling it on the floor.
- Control your emotions and temper.
- If a ball from another court comes into your court, retrieve it and play your point over.
- Call balls on your side of the net by saying “out” or “in.”
- Watch yourself for foot faults.
 - Players will respect the rules and the calls of the official, be it the teacher or another student

Rules

- Object of Game: 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.
- Volleyball is played by 2 teams of 6 players on a court divided by a net
- A point is awarded to the serving team when their opponent violates a rule. Only the serving team can win a point.
- A side-out is declared when the serving team violates a rule. No points are awarded and the ball is given to the opponent of the serving team.
- A team, which has scored 25 points and is at least 2 points ahead is the winner. Play may continue after 25 until one team has a 2-point advantage.
- A ball is declared out of bounds when:
 - a. It hits the wall, floor, or objects and officials outside the court.
 - b. It hits outside the vertical tape markers on the net and antennas.
 - c. Boundary lines are considered in.

- Service
 - The first server for each team is the right back player. Thereafter the right front player rotates clockwise into the serving position.
 - Each player serves in turn and continues to serve until the volley is lost (side out)
 - After team has lost its serve, the team receiving the ball must rotate clockwise before serving.
 - A serve is considered illegal when:
 - a. It touches one of the server's teammates.
 - b. It touches or passes under the net.
 - c. It touches the floor on the server's side of the net.
 - d. It crosses the net entirely outside the vertical tape markers, or not entirely within the net antennas, or lands out of bounds.
 - e. It touches the ceiling or any obstruction.
 - f. It is contacted by the server outside the serving area.
 - g. It is hit illegally or before the referee has signaled to begin play.
- A Team shall not play the ball more than 3 times before it crosses the net into the opponents playing area except:
 - a. When there is simultaneous contact by opponents.
 - b. When the first contact is an action block.
 - c. In both a and b the teams next play is considered the first hit.
- Fouls occur:
 - When a player touches the net
 - Reaches over the net
 - Steps completely over the centerline
 - Interferes with an opponent
 - Ball touches any part of the body, other than the hands or forearms
 - A player plays out of position when the ball is being served
 - A player may not spike or block a serve
- Reaching over the net is permitted only during:
 - A follow through of a hit made on the players side of the net
 - A block or attempted block.
- Errors
 - A player does not clearly hit the ball or allows the ball to come to rest on any part or parts of the body
 - A player hits the ball out of boundaries of the court
 - A player allows the ball to hit the floor, or any object outside or over the court (except net), before returning the ball legally to the opponent
 - A player touches the ball twice in succession
 - A player fails to make a good serve

Safety for Volleyball

- Warm-up thoroughly prior to the game
- Equipment should be checked for safety prior to game
- Area surrounding court or playing area must be kept free of obstacles and clothing.
- No jewelry or sharp objects should be worn during game.
- Players should stay in control and maintain their own positions
- Ball should be rolled to opponents when returning ball for serve
- Players should learn to play the ball properly to avoid injuries to hands and figures