VOLLEYBALL

Section 1: HISTORY

The game of volleyball was invented in 1895 by William G. Morgan. In 1928, Dr. George J. Fischer formed the United States Volleyball Association. This organization writes rules that are used by men and women, and they also sponsor national tournaments. Today, rules are also written for high school boys and girls by the national Federation of State High Schools Association. Section 2:

ACTIVITY

The game of volleyball is played between two teams of six players each, who hit the ball back and forth across a net. The object of the game is to hit the ball in such a way that the opposition cannot return it. Play is started with the ball being served across the net and the volleying continues back and forth until one team fails to return the ball in accordance with the rules. The team starting the play is known as the serving team. When it fails to serve the ball over the net into the receiving court, SIDE OUT is called and the receiving team gets a point and the serve. If the receiving team fails to return the ball over the net legally, the point is given to the serving team.

Section 3: EQUIPMENT AND PLAYING AREA

The court is 60 feet long and 30 feet wide. The area above the court should be clear of obstructions and 30 feet high. The spiking line is 10 feet back from the center line and parallel to it. Net – height for women 7 feet 4 1/8 inches / height for men 7 feet 11 5/8 inches

Section 4: TERMINOLOGY

1. Ace – a serve that results directly in a point
2. . B. Assist – a player passes or sets to a teammate who attacks the ball for a kill.
3. C. Attack – any player adding force or direction to the ball with the intention of returning the ball to an opponent. A teams third hit is always considered an attack.
4. D. Block – a defensive play at the net whereby one or more players jump with extended arms in an attempt to deflect or return the ball crossing the net.
5. E. Dead Ball – A ball that is not in play following a point, side out, or has hit an object out of bounds.
6. F. Dig – an act of retrieving an attacked ball close to the floor and making a successful pass.
7. G. Dink / Tip – A one-handed, soft hit into the opponents court using the fingertips.
8. H. Dump – a fingertip attack most commonly used by a setter on the second hit to direct the ball into the opponent’s court.
9. I. Double Foul – occurs when two opponents foul simultaneously, the point is replayed.
10. J. Double Hit – a foul that is caused when a player hits the ball twice in a row.
11. K. Foul – Violation of the rules
12. L. Forearm Pass – a controlled skill in which the ball rebounds from the forearms of the receiver to a teammate.
13. M. Foot Fault – a foul whereby the server steps on or over the end line while in the act of serving.
14. N. Held Ball / Carry – a foul that results when the ball comes to rest, even momentarily, on any part of a player’s body.
15. O. Joust – simultaneously making contact with the ball by opposing players immediately above the net.
16. P. Kill – an attack by a player that is unreturnable by the receiving team.
17. Q. Libero – a back-row player who is a defensive specialist.
18. R. Live Ball – in play
19. S. Overhead Pass – (setting action) 2 hand finger action directing the ball to a teammate.
20. T. Pass – a play in which the ball is hit into the air so another player can get into position to contact the ball.
21. U. Serve – contact with the ball to initiate play
22. V. Set – 1 or 2 hand finger action directing the ball to an attacker.
23. W. Side Out – when the serving team plays the ball illegally or when that team fails to win a point