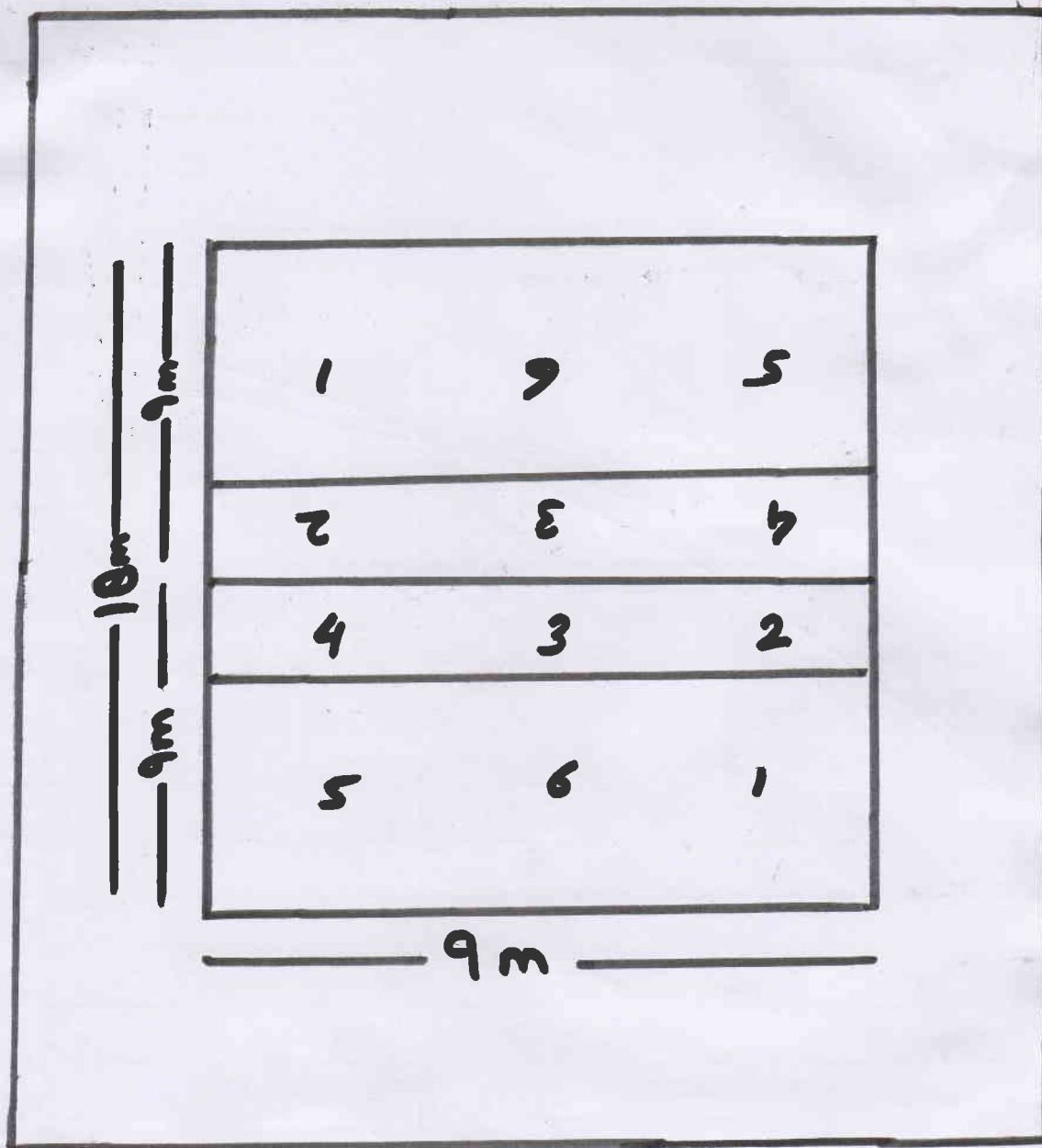


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VOLLEY BALL

History

Volleyball was invented in 1895 by William C. Morgan, who was physical education director of the YMCA in Holyoke, Massachusetts. He developed the game to provide an indoor game for the winter months in which relatively large groups of men could participate in a small gym. The principal features of tennis were employed, but the net was raised and the players struck the bladder of a basketball with their hands instead of racquets.

Playing Area

Volleyball for men and women is played on a rectangular court divided by a tightly stretched net. The court is 9 meters wide by 18 meters in length. (Approximately 30' x 60'). The net height for boys is 2.43 m (7'11 5/8) and girls is 2.24 m (7'4 1/8).



Playing Game

A player may not touch the net but they may cross the center line as long as they do not interfere, pose a safety hazard, or go a considerable distance.

- Six Players constitute a team three front line players and three back line players.
- The ball may contact any part of the body. During the first contact, some successive contacts (2 hits) are permitted as long as it is a single attempt to play the ball.
- The ball must be cleanly handled and not held in a prolonged manner such as carrying or throwing a ball.



Ball

The official size of the volleyball is between 25.6 and 26.4 inches in circumference and between 9.1 and 9.9 ounces in weight. The circumference should be 65-67 cm and weight should be 260-280 grams.

→ Scoring

The failure of the receiving team to return the ball legally over the net into the opponent's court scores one point for the serving team. A game is won when a team scores a 2 point lead with 15 or more points. The score of the defaulted game is 15-0. A match is won by the team that first scores two of three games. Rally scoring eliminates side out and thus a point is scored on every serve.



→ Fundamental Skills and Techniques

The most fundamental skill to be learned is the ability to pass the ball to a teammate, which is required on almost on all plays. A forearm pass should be used to receive serves, low ball, and spikes. The forearm pass is used to recover the opponent's attack called a "dig." A set is a high pass that is generally a second play by a team to relay the ball for the spiker. A spike is a ball hit forcibly from a height above the net. A kill is a spike that is impossible to return. Blocking is a defensive play that is impossible to return. Blocking is a defensive play that attempts to stop the returning of the ball over the net.

Skills In Volleyball

→ Serving - This is what always starts a game. There are two basic types of serves. One is overhand; where the player will throw the ball in the air first, then hit it. The second is underhand, where the server will hold the ball and swing their other arm underneath the ball to hit it. There are a variety of other serves beyond these basics, all which help to get the ball over the net, and get the game going.

→ Pass Or Reception - This is usually set up by the setter of the game. It is used in order to take the ball and give it to the other players on your own team. They will then have the ability to put the ball to the other side like they want to. You can either pass by the fore arm or by hitting the ball overhead.



Players In The Team

→ Team has 6 players on the court.
3 players are front row players and
3 of them are back row players.
Libero has the different colour
jersey.

And is only allowed to play in the
back row

→ Team is allowed to use a libero
player (back row player, defensive speci-
-alist) who wears a different colour
shirt.

Volleyball Equipment And Facilities

Volleyball Court Dimensions

The volleyball court is 60 feet in total. The net is placed in the center of the court, making each side of the net 30 feet by 30 feet.

Center Line

A center line is marked at the center of the court dividing it equally into 30 feet square, above which the net is placed.

Attack Line

An attack line is marked 10 feet of each side of center line.

Service Line

A service line, the area from which the server may serve the volleyball, is marked 10 feet inside the right sideline on each backline.

The Net

The net is placed directly above the center line, 2 feet 4 inch above the ground for men.

Poles

Volleyball poles should be set at 36 feet apart, 3 feet further out from the sidelines.

Ceiling Height

The minimum ceiling height should be 23 feet, though they should preferably be higher.



Contacts

- Each team is allowed to have maximum of three touches before hitting the ball over the net. (Exception: block does not count as a touch)
- Same player can not hit the ball twice in a row (Exception: block doesn't count as a touch)

Back Row Attack

- Back row players can not attack the ball in front row. If they attack, they have to perform the jump behind the attack line (10 feet line 3 meter line)
- IMPORTANT! The ball has to be completely above the net for it to be an illegal attack.

Antennas

- It is ALLOWED to play the ball off the net. It is a fault, if the ball contacts net outside antennas.
- The ball has to travel between the antennas (or the imagined extension of them) when going to the other side of the net.

In OR Out

- Referee calls the ball "IN", if any part of it hits the lines. (Imagine the ball is painted. If the ball left the mark that touches the lines, the ball is judged IN)
- Referee calls the ball in if any part of it hits the lines.

Ball is Ruled OUT, if

→ The ball lands outside the boundary lines (without touching the opponent)

→ The ball hits the antenna any of the net or cables Outside the antenna, a referee stand or poles or the ceiling.

Contacting the ball

→ Players are NOT allowed to catch, hold or ~~through~~ the ball.

→ Players are ~~NOT~~ allowed to hit or block the opponent's serve.

→ Attacking ball which is coming over the net is ILLEGAL, if it has NOT broken the Plane of the net.

In other words the player is Allowed to swing the ball when it breaks the plane of the net.

- Let Serve:- Let serve is allowed. In other words the ball can touch the net on the serve. Players CAN double hit the ball when digging it. Kicking is allowed.
- Points:- A point is followed after each serve. (Earlier you had a chance to get a point only after your own serve)
- Libero:- one of the back row player can be substituted to a libero who is a back row specialist with unlimited subs. The libero can enter and exit the game between each serve without coach requesting a sub.
- Serve:- Server is allowed to serve the ball any place behind the backline. (Earlier there was a serving area in the corner of the court.)
- Contacting the ball:- Players are ALLOWED to double hit the ball on the first contact.

- for example, when they
- 1) Serve receive, or
 - 2) Dig the ball

(Since this rule change passing overhead has become commonly used method to pass the ball. Earlier it was often called a yalse hit, double hit)

→ Kicking :- It is LEGAL to hit the ball with any part of the body, the foot and leg included. (Earlier it was a mistake to kick the ball.)



Rules Violations

- The back row player perform the attack front row. (It is **ILLEGAL** for the back row player to step on the attack line while hitting)
- The back row players block the ball (you the player having any part of the body above the net and touching the net and touching the ball) This is never just called a touch on the block or defender.
- The player double contacts the ball when setting the ball (you **CAN NOT** double hit the ball when setting it layer touches the net while the ball is in the play.)
- (EXCEPTION: if the ball is hit the net and it pushes the net to the opposing player.)
- Stepping on the back line when serving the ball.



→ Reaching Over the net to block the ball is ALLOWED, if the other side has used all the three touchers, it is a FALSE, if opposing team has NOT used all the touchers (And there is somebody trying to make a play there.)



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