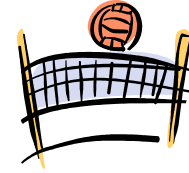




VOLLEYBALL



Court-size-- 60 feet long by 30 feet wide.

Net-- 8 feet high for men and 7 feet 4 1/4 inches for women.

Players-- 6 on a team. The court is divided into 6 areas and players rotate in clockwise manner. Right back serves first.

Officials--
Referee- one on an elevated platform at the net
Umpire- on floor opposite side of referee
2 to 4 linesmen who watch lines

Fouls--
1. Double fouls-players on each side commit a foul at the same time.
2. Foot fault- on serve player goes over the line or under net during a volley.
3. Net foul-illegally touches or reaches over the net.

Illegal hits--
1. Carry
2. Lift or push
3. Double hit

Side out-- When serving team fails to score; opponents get the ball and score a point.

Match-- Consists of winning 2 or 3 games. The game of volleyball uses the rally score, which is a point, is scored on each serve. Games consist of 25 points. Must win by 2.

Serving--
1st game is determined by a coin toss.
2nd game opposite team serve
3rd game is needed; both teams start out on same side as second game until middle of game and then switch sides.

Net coverage-- May go over the net on:
1. Follow through on a spike.
2. Blocking a return

Ball can hit the net on a serve. On a volley, if a ball hits the net it may be played.

Spiking Line – the line across the court 10 feet from net. No back line player may come to the net and spike the ball.

Contact--
1. Only 3 legal hits per side.
2. No player may hit the ball two times in a row.
Exception: On a block, you may hit the ball again, this constitutes only one hit.

Types of hits-- Serve--over hand or under hand

Sets--hit ball into air to get into position for attack shot.

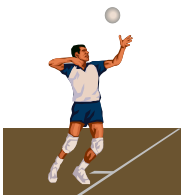
Pass--recovery hit and set hit

Dig--recovery hit

Spike--attack hit with force

Dink--attack hit with little force

Ball lands on the LINE, it is good....



New player rotation-- When new player enters the game, they must enter as a server.

History – Volley originated in the United States. It was invented by William C. Morgan, a director of a YMCA. The game was made for middle-age businessmen looking for an indoor activity that was less strenuous than basketball. [Home](#)