

Volleyball Basic Rules



THE SERVE

- (A) Server must serve from behind the restraining line (end line) until after contact.
- (B) Ball may be served underhand or overhand.
- (C) The ball must clear the net unassisted.

SCORING

- A. Rally scoring will be used.
- B. There will be a point scored on every serve of the ball.
- C. Offense will score on a defense miss or out of bounds hit.
- D. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
- E. Game will be played to 25 pts.
- F. Must win by 2 points.

ROTATION

- (A) Team will rotate each time they win the serve.
- (B) Players shall rotate in a clockwise manner.
- (C) There shall be 6 players on each side.

PLAYING THE GAME (VOLLEY)

- (A) Maximum of three hits per side.
- (B) Player may not hit the ball twice in succession (A block is not considered a hit).
- (C) Ball may be played off the net during a volley
- (D) A ball touching a boundary line is good.
- (E) A player must not block or attack a serve.
- (F) The perfect play in volleyball is "BUMP, SET, SPIKE"

BASIC VIOLATIONS

(A) Stepping on or over the line on a serve.

(B) Failure to serve the ball over the net successfully.

(C) Hitting the ball illegally (Carrying, Palming, Throwing, etc.).

(D) Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.

(E) Reaching over the net, except under these conditions:

1 - When executing a follow-through.

(F) Reaches under the net (if it interferes with the ball or opposing player).

(G) Failure to serve in the correct order.

(H) Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.

Volleyball Lingo	Translation
"Ace"	When the ball is served to the other team, and no one touches it.
"Sideout"	When the team that served the ball makes a mistake, causing the ball to go to the other team.
"Roof"	When a player jumps above the height of the net, and blocks the ball.
"Stuff"	When a player jumps about the height of the net, blocks the ball, and the ball goes back at the person who attacked(spiked) the ball.
"Dig"	When a player makes a save from a very difficult spike.
"Kill"	When a team spikes the ball and it either ends in a point or a sideout.
"Bump"	The ball is hit off the forearms with the hands together and the forearms side by side, used when the ball comes below the shoulders.
"Set"	The ball is hit off the fingertips when the ball is above the shoulders.

Volleyball Brief History



In 1895, William G. Morgan, an instructor at the Young Men's Christian Association (YMCA) in Holyoke, Mass., decided to blend elements of basketball, baseball, tennis, and handball to create a game for his classes of businessmen which would demand less physical contact than basketball. He created the game of Volleyball (at that time called mintonette). Morgan borrowed the net from tennis, and raised it 6 feet 6 inches above the floor, just above the average man's head.

During a demonstration game, someone remarked to Morgan that the players seemed to be volleying the ball back and forth over the net, and perhaps "volleyball" would be a more descriptive name for the sport. On July 7, 1896 at Springfield College the first game of "volleyball" was played.

- In 1900, a special ball was designed for the sport.
- In 1916, in the Philippines, an offensive style of passing the ball in a high trajectory to be struck by another player (the set and spike) were introduced.
- In 1917, the game was changed from 21 to 15 points.
- In 1920, three hits per side and back row attack rules were instituted.
- In 1930, the first two-man beach game was played.
- In 1934, the approval and recognition of national volleyball referees.
- In 1947, the Federation Internationale De Volley-Ball (FIVB) was founded.
- In 1948, the first two-man beach tournament was held.
- In 1949, the initial World Championships were held in Prague, Czechoslovakia.
- In 1964, Volleyball was introduced to the Olympic Games in Tokyo.
- In 1974, the World Championships in Mexico were telecast in Japan.
- In 1987, the FIVB added a Beach Volleyball World Championship Series.
- In 1990, the World League was created.
- In 1995, the sport of Volleyball was 100 years old!
- In 1996, 2-person beach volleyball was added to the Olympics

THE COURT

PLAYING AREA

The height of the net shall be 8'.

