

E-LAKSHYA



PREFACE

Lakshya is an initiative taken by the Rotaract club of Gayatri Vidya Parishad (RACGVP) in the year 2018-19. Lakshya mainly focuses on creating awareness about the importance of sports along with academia and ensuring that all students participate actively. Every year, Rotaractors conduct this event explaining the importance of physical education and the way it helps us in improving our mental health. They try to engage them in fun and exhilarating mini-sports competitions followed by prize distribution. In this way, we stimulate young minds through Lakshya.

What if the schools are closed? You still have your home, get set play! This year (2021-22), though the COVID-19 pandemic has become an obstacle for us to make them play on grounds, we did not stop as learning has no boundaries. Thereby taking forward Lakshya through online platforms as E-Lakshya, by releasing the guides of various sports. Each month a guide is released consisting of a set of rules and regulations to play. Further, the Rotaractors visit several Zilla Parishad High Schools (ZPHS) and present the game guide to the heads of the respective educational institutions. Later the guide will be passed down to students to learn and understand the rules of the game which shall be conducted after the pandemic.

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VOLLEYBALL



The volleyball game goes back as far as 1895, when William G. Morgan, an instructor at the Young Men's Christian Association (YMCA) in Holyoke, United States of America, decided to blend elements of basketball, baseball, tennis, and handball to create a game which replaces emotional gymnastic exercises with an undemanding and attractive form of physical activity. Thereby giving rise to an invention of volleyball. It was earlier called as Mintonette because of its similarity with badminton. However, it was later renamed as volleyball because the objective of the game was to volley the ball back and forth over a net.

Volleyball is a game played by two teams, usually of six players on a side, in which the players use their hands to bat a ball back and forth over a high net, trying to make the ball touch the court within the opponent's playing area before it can be returned. Having been played as a demonstration sport at the 1924 Olympics, it was finally granted full status at the 1964 Tokyo Games – when both men and women started competing at the same time. Volleyball is a good cardiovascular exercise, strengthening the heart and lungs to pass more oxygen round the body to feed muscles and also boosts mental concentration skills and offers a refreshing workout for the mind.

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How to play

1. Each team gets to choose six players, three players in the front zone to the net and three players in the back zone.
2. Toss a coin to determine which team serves the ball first.
3. The player on the right-hand side at the back of the court should serve the ball from behind the line at the back of the court.
4. Return the ball if you are on the receiving team.
5. Continue hitting the ball back and forth across the net until a fault happens.
6. If a fault occurs, then serve the ball again.
7. The team that won the last point gets to serve the ball.
8. If you are the receiving team, and you win the point, the players have to rotate clockwise and the serve is switched.
9. The objective is to score points by sending the ball over the net, grounding it into the opponent's court.
10. Volleyball matches are made up of sets, typically three or five sets.
11. A standard match is three-set matches, two sets to 25 points and the third set to 15 points. Each set must be won by two points. The first team to win two sets is the winner of the match.
12. Each team should switch sides at the start of a new game.

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Rules and Regulations

1. The playing court should be 18m long and 9m wide. It should be surrounded by a 3m wide free zone on all sides.
2. Maximum three hits per side.
3. A player should not hit the ball twice in succession.
4. It is legal to contact the ball with any part of a player's body.
5. It is a foul to catch, hold or throw the ball.
6. Stepping on or across the service line when serving is counted as a violation.
7. After the serve, front-line players may switch positions at the net in the court.
8. A ball hitting a boundary line is considered as "in".
9. A ball is "out" if it hits antennae, the floor completely outside the court, any net or cables outside the antennae, the referee stand or pole, or the ceiling above a non-playable area.
10. If two or more players contact the ball simultaneously, it is considered one contact, and any player may make the next contact.
11. A player can't block or attack a serve from on or inside the 10-foot line.
12. Touching the net with any part of the body while the ball is playing is considered a violation.
13. The ball may touch the net as it goes over and maybe be played off the net as well. However, it should not connect the wires, antennae, stand, or padding.