

VOLLEYBALL

History: originated in 1895 by William C. Morgan at Springfield College, Massachusetts. The game combined skills from tennis, handball and baseball.

GLOSSARY OF TERMS

Ace: A serve that scores a point as a result of no contact made by the receiving team.

Bump: A two-arm forearm hit used to pass the ball up to the front row. The best hit to use when receiving a serve.

Dig: A one handed closed fist pass, generally used as a last resort to play the ball.

Foul: An infraction of the rules or failure to play the ball properly; point or side-out is awarded.

Games: played up to 25 points, but winner must be ahead by 2 points.

Match: best 2 out of 3 games.

Replay: A point can be replayed under certain circumstances, especially in disagreements.

Serve: First server is in the back right hand corner of your side of the court.

Underhand Serve: the easiest to learn but not difficult for the other team to play.

Overhand Serve: performed similar to tennis serve, needs consistent toss and performed with an open hand.

Set: A two-handed overhand hit using finger pads used to place the ball close to the net for the hitter to spike.

Side-out: The non-serving team earns the right to serve because the serving team failed to keep the ball in play. Players must rotate positions in a clockwise direction.

Spike: Players contact the ball with open hand and swing in a downward motion making the ball difficult for opponents to play.

Team: It consists of six players, 3 in the front and 3 in the back row.

Let Serve: A legal serve that hits the net and goes over to opponents' side.

BASIC RULES

- The server cannot step on or over the line or a foot fault occurs and side-out results and a point is awarded to the opposing team.
- On the serve, the ball must be hit with the hand, and it must cross over the net. No member of your team may help or assist the ball over the net.
- A ball landing on a line is considered in-bounds.
- After the serve, the receiving team must clearly hit the ball with any part of the body above (and including) the waist. Each team may hit the ball three times on their side of the net. No player can hit the ball two times in succession.
- A player may go outside the court's boundary lines to play a ball. A ball that is hit over the net from out-of-bounds must cross the net between or over the sidelines.
- When side-out occurs, the new serving team rotates clockwise: the right front player goes back to serve at right back position.
- When a point is scored, same server keeps serving, No rotation occurs.

FOULS

Fouls occur when the ball is not played properly or rules are not followed. Fouls result in a point for the serving team or side-out and point for the non-serving team.

A foul occurs if:

- The server's foot touches the end line when serving.
- The server hits it out of bounds or fails to get it over the net without touching the net.
- A player makes the ball land out-of-bounds.
- A player hits the ball two times in a row. However, there are two exceptions to this rule. A blocker may block and play the ball again and any simultaneous contact of the ball with another player allows either person to play the ball again.
- More than three hits are taken before the ball crosses the net.
- A player touches the net or crosses the centerline when the ball is in play.
- No player can touch or go under the net on any play.