

Volleyball Study Guide

Volleyball is a game, like handball or tennis, where striking skills are used. Volleyball uses primarily the fingertips, hands and arms to strike the ball. While other parts of the body above the waist are not illegal, a player's control lies in the fingertips, hands and arms.

A regulation game consists of two teams of 6, although some of the more advanced players enjoy playing doubles (2 on 2) or triples (3 on 3). **The object of the game is to score 25 points by hitting the ball in such a way that the opposing team cannot return it over the net. The ball is put into play by the serve, but any team can score points.**

All of the players must be in the proper position before the serve. These positions are the left forward, center forward, right forward, right back, center back, and left back. The forwards may also be called "front" players.

The front row is usually made up of one setter and two hitters. The back row players have to be ready to volley the ball (bump pass) to the front. The front row players on the team without the ball may try to block the ball when the opposing team hits it over the net.

The serving team puts the ball in play and may score a point if the receiving team cannot return the ball properly. If the serving team fails to keep the ball in play, they fail to score and they lose the serve. This is called "side-out". Upon receiving the serve, the new serving team must rotate positions.

Basic Rules of Volleyball

1. **An indoor regulation game is made up of 6 players per team:** three in the front row, three in the back row.
2. At the time of the serve, all must be in their proper positions on the court.
3. After the serve, all players may move to play the ball or cover the court area. However, a back row player may not block at the net or play the ball over the net from above the height of the net if his or her body is in front of the 10' line.
4. The server must serve the ball within the serve area, which is behind the end line within 10' from the sideline. **The server cannot step on the line or a foot fault occurs and side-out results.**
5. On the serve, the ball must be hit or batted with the hand, fist, or forearm, and it must cross over the net without a player touching it. The ball must be playable within the lines of the receiving team's court.
6. **A ball landing on a line is considered in-bounds.**
7. 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 its side of the net. No player can hit the ball twice in a row.**
8. **Two players can hit the ball at the same time; this counts as 1 hit and either player may hit the ball again.**
9. A player may go outside the court's boundary lines to play the ball. A ball that is hit over the net from out-of-bounds must cross the net between or over the sidelines.
10. 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 for the non-serving team.

A foul occur if:

- a. The server is not in the proper service area or the foot touches the end line when serving.
- b. Any player on the court is out of position when the ball is served.
- c. **The server hits the ball out-of-bounds or fails to get it over the net.**

Volleyball Study Guide Answers

Karen Timberlake



Volleyball Study Guide Answers:

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