

Volleyball Basics

1. History

William G. Morgan, Director of Physical Education at the Massachusetts YMCA, invented the sport of volleyball in 1895. He combined elements from many different ball sports to create a less physically intense sport for older businessmen in his classes. Nearly seventy years later, in 1964, volleyball was introduced to the Olympic Games, and its popularity has continued to grow internationally.

2. Object of the Game

To score points by hitting the ball over the net into the opponent's court in such a manner that the opponent is unable to return the ball.

Game length

A volleyball match typically lasts between 60 and 90 minutes (about 20 minutes per game). The clock is not a factor; play continues until one team has won three games.

Start of the game

The match begins with a serve by the player in the back of the court.

Offense & Defense

Members of the team receiving the serve have three hits to send the ball back over the net, usually in a sequence of bump, set, spike, without the ball hitting the ground on their side or the same player hitting the ball twice in a row. Upon receiving the serve, the first player to touch the ball uses a controlled hit, called a **bump**, to hit the ball in the air to a setter. The setter receives the bumped pass and uses a lofting pass, called a **set**, to pass the ball to an attacker. When the attacker receives the set, he will use a hard hit, called a **spike**, to slam the ball to the opponent's side of the court.

The opponent attempts to **block** the spike. If the block is missed, the opponent attempts to gain control by performing a bump. If the player gains control of the ball in his initial bump, the cycle of bump, set, spike repeats on each side until one team scores a point. The team that serves continues to serve until it loses a point, in which case, the serve alternates to the opponent.

Types of hits

In general, hits can be classified in any one of three categories: pass, block, or attack. A **pass** is any hit to a teammate and includes the **bump** (forearm pass), **overhead pass**, **set**, and **dig**. A **block** is an attempt at the net to stop the opponent from hitting the ball over the net. An **attack** is any hit into the opponent's court and includes a **spike**, **tip**, **dump**, **bump**, and **overhead pass**.

Scoring

A point is scored when ball hits the ground inside the opponent's court, or when the opposing team cannot return the ball over the net in three hits, hits the ball out of bounds, or commits a fault. In 1999, the official scoring rules of volleyball changed

from **sideout scoring** to **rally scoring**. In rally scoring, either team can score a point off a serve. Each game is played to 25 points and a team must win by 2 points. The first team to win three games wins the match. If each team has won 2 games, a fifth and final game is played to 15 points, and a team must lead by two points to win.

3. Equipment

Volleyball equipment consists of a ball, a net, and a court. Players wear a team uniform, which includes a jersey with a number, shorts (spandex for women), and shoes. Most players also opt to wear knee pads.

4. Positions

Players are usually specialists in one of the following positions:

Setter: Passing specialist who usually hits the second ball of the rally to set up a spike for a teammate. The setter is always close to the net, faces the left sideline, and can set the ball forward or backward to the hitter that is ready to attack.

Outside hitter: Attacker who spikes the ball over the net from the front left position. Also blocks spikes from the other team.

Middle blocker: Defensive specialist who assists the other two front-row players in blocking all shots from the opposing team. Also spikes ball from the middle of the court.

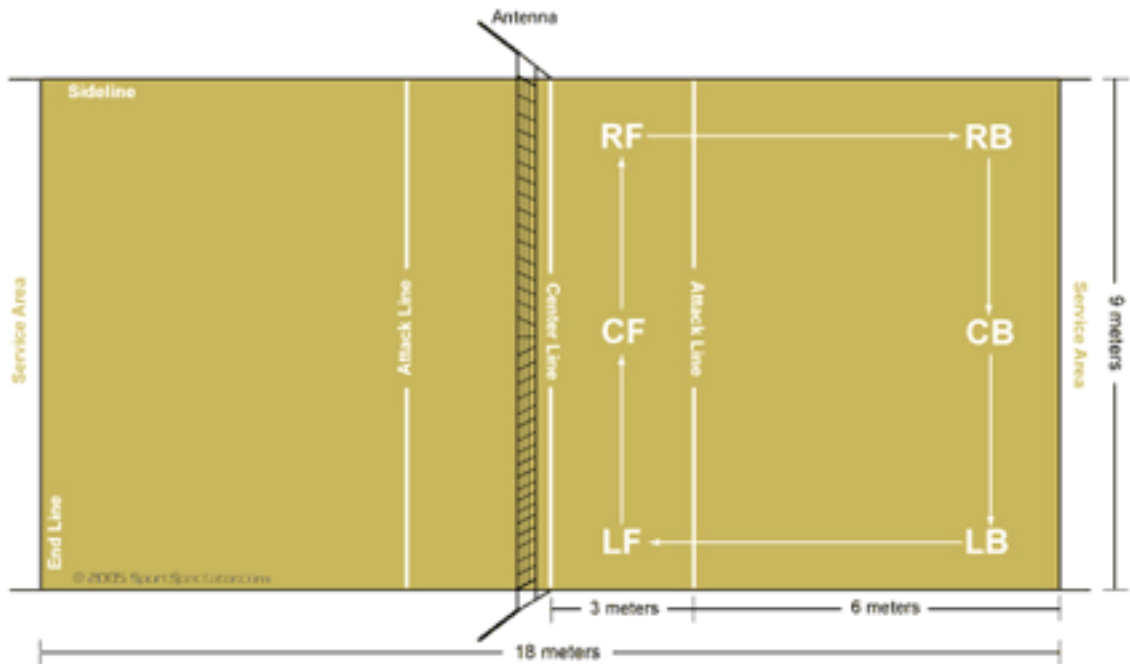
Opposite: Attacker who plays in the front right of the court when the setter is in the back row.

Libero: Back-row defensive specialist who has fast reaction time and is an excellent passer. Specializes in receiving serves and attacks by bumping or digging the ball. Wears a different colored jersey, does not serve or block, and can substitute unlimited times in and out of the back row without waiting for the referee's approval. This position was created in 1998 and will be implemented at the high school level by the 2006-2007 season.

There are six players on each team, and there are six rotational spots on the court that must be taken during each serve—three in the “front row”: Left-Front (LF), Center-Front (CF), and Right-Front (RF); and three in the “back row”: Left-Back (LB), Center-Back (CB), and Right-Back (RB). The player in the Right-Back (RB) spot serves. The optimal positions in the front row are an outside hitter on the left side, a middle blocker playing in the middle, and a setter (or opposite if the setter is in back row) on the right. Every time a team wins back the serve, the players on that team rotate one spot in a clockwise direction. This rotation forces players into spots that are away from their optimal position, so they **switch**, or run, to the ideal spots once the ball is served. For example, when an outside hitter is in the center-front rotational spot, he will run to the left-front of the court after the ball has been served. Typically, there are two sets of players in the rotation [outside hitter, middle blocker, setter] and [outside hitter, middle blocker, opposite]. Players of the same position are three spots away from their counterparts to ensure that there is always an outside hitter, a middle blocker, and a setter or opposite in the front row. The front row usually consists of taller players that can jump the highest to block and spike. The back row is where the strongest defenders play; these players receive the serve. Coaches may strategically substitute defensive

specialists into the game when an offensive player rotates to the back row, and substitute offensive specialists into the game once the defensive player rotates to the front row.

Field of Play



Indoor volleyball courts have common characteristics:

Boundary lines: Mark the court's perimeter and include the end lines to mark the length, and the sidelines to mark the width, of the court.

Net: The ball must be hit over a net placed approximately seven and a half feet above the ground for girls and eight feet for boys.

Antennae: Poles sticking up from each side of the net that signify the court sidelines. Any ball contacting or hit outside the antennae is considered out of bounds.

Attack lines: Separates the frontcourt from the backcourt. Back-row players may only jump from behind this line (must jump before line, but may land on other side). Also called 3-meter line.

Frontcourt: Area between net and attack line where front-row players are positioned.

Backcourt: Area between the attack line and the end line where back-row players are positioned.

Center line: Line directly below the net that divides the court in half. A fault is called if a player crosses this line with any part of the body (a player may touch line, but not cross it).

Service area: Space beyond either end line where a player stands while serving.

5. Common Referee Signals

A referee, sitting on an elevated platform at the side of the net, governs the match to ensure fair and safe play. An umpire, standing on the opposite side of the court than the referee, assists the referee. These officials control the flow of the game, score points,

direct substitutions, and enforce the rules by calling faults. Faults, or errors, result in one point for the opposition. When stopping play to enforce rules, the referee will sound the whistle and use hand gestures to signal the call. Common faults include: contacting the net, **lifting** the ball, blocking a serve, hitting the ball two times in a row, stepping over the service line on a serve, reaching over the net (unless during a block or follow-through of a spike), or reaching under the net. Additionally, it is a fault when a back-row player spikes or blocks the ball in front of the attack line. Serious violations result in a yellow card (warning) or red card (ejection from the game). Other officials include line judges, who assist the referee by calling the ball out of bounds at the end lines, which is signaled by the use of hand gestures or flags.

6. Glossary

Ace: A point scored on a serve when the serve is either untouched or the first player to touch it cannot keep the ball in play.

Attack: Any hit into the opposing team's court, other than a serve or block, such as a **spike**, **tip**, or **dump**.

Bump: Pass using the forearms, with the hands clasped together and arms locked at the elbows to direct the ball to the setter or attacker. Also known as the forearm or underhand pass.

Decoy: Deception strategy in which a player that is not going to hit the ball jumps at the same time as a player actually receiving the set.

Dig: Difficult defensive hit that keeps a **kill** attempt in play.

Dump: A surprise hit, usually by the setter on the second shot, pushed over the net when the opponent would normally expect the ball to be set.

Floater: A serve with no spin on the ball, which causes the ball to float over the net instead of dropping directly into the opposing team's court.

Jump serve: Serve in which the server throws the ball in the air, then runs, jumps before the end line, hits the ball in the air, and lands on either side of the end line.

Kill: An **attack**, usually a **spike**, that the opposing team cannot return.

Lifting: Illegal hit, usually during a set or overhead pass, in which the player's hands remains in contact with the ball too long.

Net ball: A playable ball that hits the net and goes over to the opponent's side.

Overhead pass: Hit similar to a set, except used to send the ball over the net or to a teammate who doesn't spike it.

Pass: Any hit to a teammate including a **bump**, **overhead pass**, **set**, and **dig**.

Red card: A card given to a player or coach by a referee for behaving in an unsportsmanlike manner. A red card also gives a point to the opposing team.

Rally: The length of play that begins with the serve and ends when a team scores a point.

Rally scoring: Modern scoring method in which a point is scored on every **rally**.

Roof: A block that grounds the ball on the opponent's court and results in a point.

Serve: Hit used to start every **rally**. Serves can be either underhand or overhand, and the serve can hit the net as long as it lands on the opponent's side.

Set: Controlled pass using the fingertips to pass the ball to an attacking teammate, who usually spikes the ball.

Sideout scoring: Old scoring system in which only the team that serves can score a point.

Spike: An aggressive, one-handed hit meant to ground the ball in the opponent's court. A player is usually in midair during a spike.

Stuff: When a blocked ball is hit back at the player who originally spiked it.

Switch: Once the ball is in motion from a serve, players return from their designated rotational spots to the optimal spots for their positions.

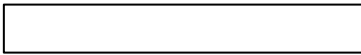
Tip: A soft hit from a front-row player that goes over the opposing blockers and lands in an open area of the court. The front-row player usually jumps and fakes a spike, then lightly hits the ball over any of the three blockers.

Yellow card: A card issued by a referee for minor violations.

Wipe: When the attacker deliberately hits the ball so that it bounces off the blocker's hand and goes out of bounds.

Name every photo according with the skill demonstrated and the glossary provided





Locate, encircle, the “libero” and the “Setter” of the blue team