

Volleyball Rules

Volleyball is a popular sport and diverse sport, with many variations: indoor, outdoor, and beach. It is played by young and old and has been an Olympic sport since 1964. It was originally developed by **William G. Morgan** of the YMCA in Holyoke, Mass., in 1895.

The original game has some baseball-like rules, including innings and outs, with nine players on each side. While many of the rules have changed since then, the object remains the same: to score more points than the other team by hitting the ball over the net so that the opponents cannot return the ball or prevent it from hitting the ground in their court.

Procedures

The winner of a coin toss elects to serve or receive, or selects the end of the court on which he will begin play. The referee blows her whistle for the first serve, which begins play. After the serve, players may move around on their sides of the court, but they may not step completely over the center line.

Players may hit the ball with any part of their body. They may clasp their hands together and strike the ball underhand, overhand, and with either an open hand or closed fist.

The serving team or the receiving team can gain points. **Points** are awarded for:

- the ball landing in bounds on the court
- a team is unable to return the ball in three hits
- a team hits the ball out of bounds
- a team or player commits a fault, or foul.

The ball is **in** when it touches any portion of the court, including the boundary lines. It is out if it lands outside the court boundaries or when it crosses outside the antennae. A ball that touches the net and goes over within the court boundaries is still in play. A ball that is hit when a player is out of bounds is also still in play.

Sets or games use rally points and go up to 25 points. A team must win by 2 points. If a third or fifth game is required in a two out of three match or a three out of five match, the points only go up to 15. Again, a team must win by 2 points.

A team must stay in their **rotational order** when it gains the serve. Each time it gains a serve, players rotate one position clockwise. Failure to do so is a fault.

The server's position is called position 1 (right back court), position 2 is by the net (right front court), position 3 is the middle front, position 4 is the left front of the court. The remaining players are in position 5 the left back and position 6 the middle back.

A forward line player may not overlap with the backline player directly behind him and no player's feet may overlap any player adjacent to him/her at the time of the serve.

After the serve players may move anywhere on the court.

Serving

The ball is put into play by the right back player of the serving team. This player may serve the ball from anywhere across the back of the court behind the endline.

The server has eight seconds to serve the ball once the referee has signalled the serve.

There is no limit as to how many times one player may serve on one rotation.

A serve that contacts the net and still goes over is considered in play.

The server's feet must be behind the endline when the ball is contacted for the serve.

Playing the ball

Each team has three hits, in addition to block to return the ball. A hit is any contact with the ball, whether intentional or not.

A player may not contact the ball twice in a row, unless the first contact is a block or if two players contact the ball simultaneously. This is counted as one hit and any player may hit the ball next.

A player may not be helped in trying to hit a ball but a teammate may hold someone back who is about to cross the center line or touch the net.

If a ball is driven into the net, it may be recovered if the team hasn't used its three hits.

A **blocker** may contact the ball beyond the plane of the net but may not interfere with an opponent's play. A hitter's hands or arms may cross the net if the contact was made on his side of the net.

It is a **fault** for any part of a player's body to cross completely over the center line into the opponent's court.

A **back-row player** is permitted to spike the ball at any height as long as she takes off behind the attack line. She may land beyond the attack line. A back row player may use an attack hit from the front zone as long as the ball is hit below the top of the net.

A **held ball**, which is a fault, may be called when a player does not contact the ball cleanly. Lifting the ball over the net, contacting the ball from behind the head and lifting the ball with bent arms will result in a held ball call.

A **double hit** will not be called on any first ball over the net, unless, a player deliberately contacts the ball twice in a row.

Sanctions are given for various penalties. A yellow card signifies a warning; a red card is a penalty for a more serious offense. When the referee holds up both a yellow and red card in one hand, the offending player is expelled from the game. When the referee

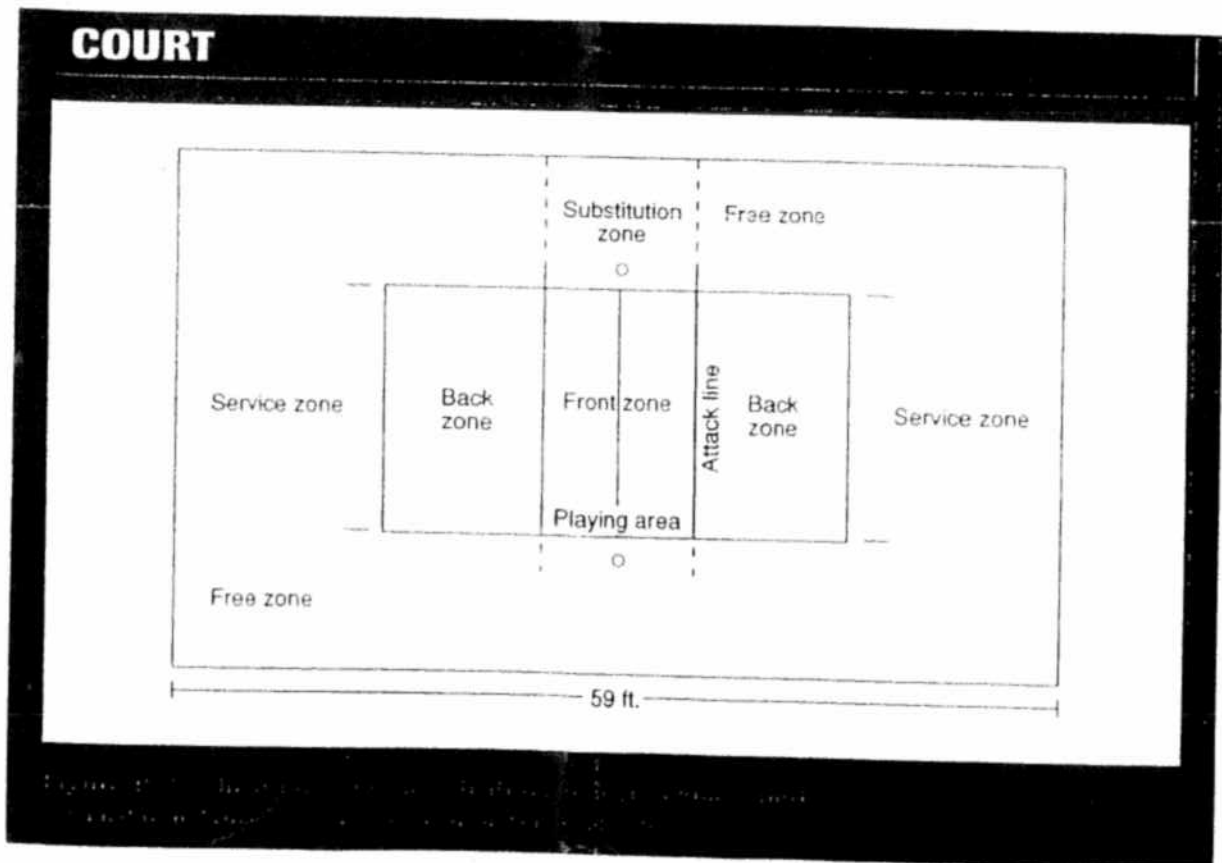
holds up a red card in one hand and a yellow card in the other hand, the offending player is expelled for the match. Offenses would be swearing, questioning the referee's call loudly, slamming the ball down on to the floor, or trash talking to the opponents. Coaches or players on the bench may also be awarded yellow or red cards.

Net height

The women's height is 2.24 metres and the men's height is 2.43 metres. The net height can be adjusted for the age of the players.

Court

The court includes the playing area and the free zone. It is divided into two equal parts by the center line, which runs the width of the court under the net. Attack lines are on both sides of the net.



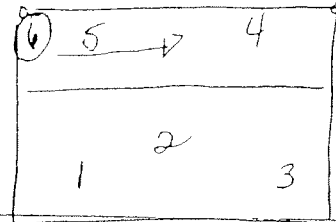
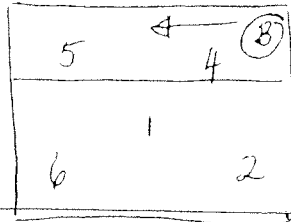
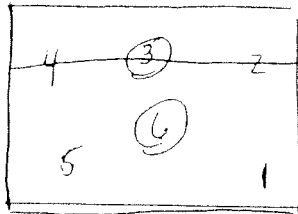
There are various options for teams to use to set up their offense. The most basic is the 6-0. This means there are 6 hitters and no designated setter. Whoever is in the middle front position is the setter.

The setter's job is to "set" the ball to a hitter so he/she can spike the ball

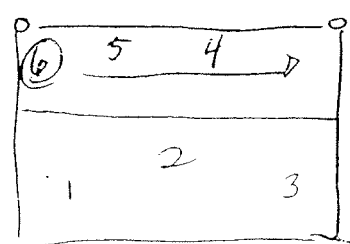
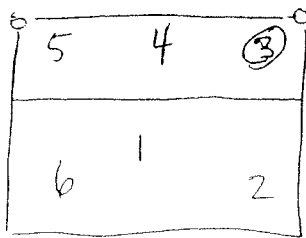
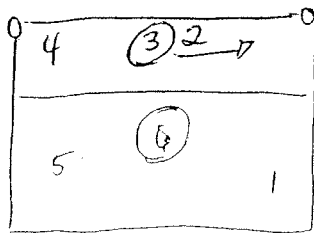
As players develop, teams will want to take advantage of each player's strengths and use an offense which takes these strengths into account. Player's often specialize into power, middle, off-side or libero positions.

The 4-2 offense has four hitters and 2 setters. The setters will set in all three positions in the front row. The team must make adjustments on serve receive so that the overlap rules will be followed. The setter can set from either the center each time or run to position 2.

set from middle



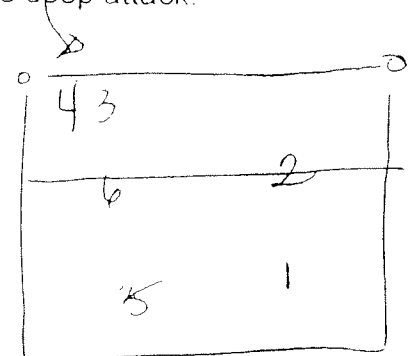
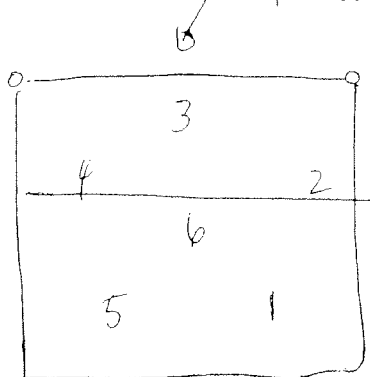
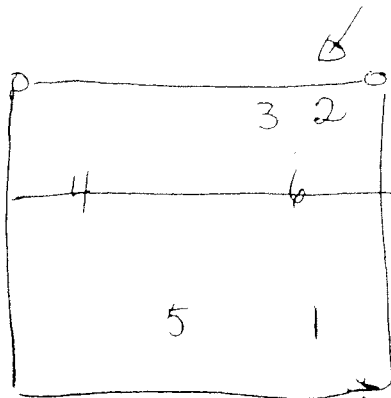
set from far right



Defense

There are two basic systems of defense. 6 man-up or 6 man-back. In the 6 man-up defense the person in position 6 comes up behind the block to cover the tips and in the 6 man-back, the 6 person in position 6 moves deep to cover the deep attack.

6 man-up



6 man back.

