

VOLLEYBALL



Volleyball is a team sport in which **two teams of six players** are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

The complete rules are extensive. But simply, play proceeds as follows: a player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, **over the net**, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. The team may touch the ball **up to 3 times** but individual players may **not touch the ball twice consecutively**. Typically, the first two touches are used to set up for an attack, an attempt to direct the ball back over the net in such a way that the serving team is unable to prevent it from being grounded in their court.

The rally continues, with each team allowed as many as three consecutive touches, until either (1): a team makes a kill, grounding the ball on the opponent's court and winning the rally; or (2): a team commits a fault and loses the rally. The team that wins the rally is awarded a point, and serves the ball to start the next rally. A few of the most common faults include:

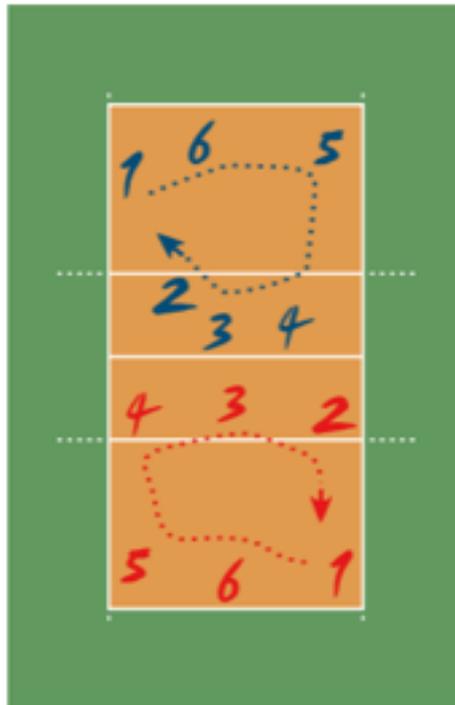
□

- causing the ball to touch the ground or floor outside the opponents' court or without first passing over the net;
- catching and throwing the ball;
- double hit: two consecutive contacts with the ball made by the same player;
- four consecutive contacts with the ball made by the same team;
- net foul: touching the net during play;
- foot fault: the foot crosses over the boundary line when serving.

The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with **any part of the body**.

A number of consistent techniques have evolved in volleyball, including spiking and blocking (because these plays are made above the top of the net, the vertical jump is an athletic skill emphasized in the sport) as well as passing, setting, and specialized player positions and offensive and defensive structures.

After a team gains the serve (also known as siding out), its members must rotate in a clockwise direction, with the player previously in area "2" moving to area "1" and so on, with the player from area "1" moving to area "6". Each player **only rotates one time after the team gains possession of the serve**; the next time each player rotates will be after the other team wins possession of the ball and loses the point.



The team courts are surrounded by an area called the free zone which is a minimum of 3 meters wide and which the players may enter and play within after the service of the ball. **All lines** denoting the boundaries of the team court and the attack zone are drawn or painted within the dimensions of the area and are therefore a **part of the court or zone**. If a ball comes in contact with the line, the ball is considered to be "in". An antenna is placed on each side of the net perpendicular to the sideline and is a vertical extension of the side boundary of the court. A ball passing over the net must pass completely between the antenna (or their theoretical extensions to the ceiling) without contacting them.

Very Basic Volleyball Rules

Players in the Team:

☐ Team has **6 players** on the court.

☒ 3 players are front row players and 3 of them are **back row** players.

Libero has a different color jersey and is only allowed to play in the back row.

-☐ Team is allowed to use a libero player (back row player, defensive specialist) who wears different color shirt.

Contacts:

Each team is allowed to have **maximum of three touches** before hitting the ball over the net. (EXCEPTION: block does not count as a touch)

Same player **cannot hit the ball twice in a row** (EXCEPTION I: block doesn't count a touch.)

Back Row Attack:

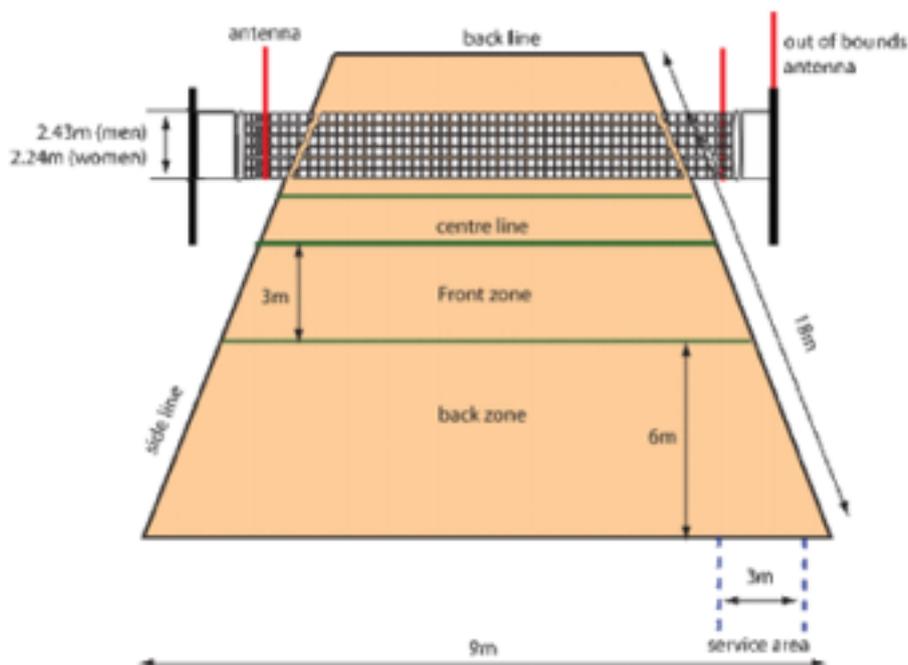
Back row players cannot attack the ball front row. If they attack, they have to perform the jump behind the attack line (10 feet line, 3 meter line).

o **IMPORTANT!** The ball has to be completely above the net for it to be an illegal attack.

Antennas:

It is **ALLOWED** to play the ball off the net. It is a fault, if the ball contacts net outside antennas.

The ball has to travel between the antennas (or the imagined extensions of them) when flying to the other side of the net.



In or Out?

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-Referee calls the ball **"IN"**, if any part of it hits the lines. (Imagine the ball is painted. If the ball left a mark that touches the lines, the ball is judged IN)

□Ball is ruled **OUT**, if

o the ball lands **outside the boundary lines** (without touching the opponent)

o The ball **hits the antenna**

o any of the net or cables outside the antennas

o a referee stand or poles or the ceiling (EXCEPTION: in high school, club or college volleyball in United States it is allowed to play after ball hits the ceiling)

Contacting the Ball:

□Players are NOT allowed to catch, hold or throw the ball.

□Players are NOT allowed to **hit or block the opponents serve.**

□Attacking ball which is coming over the net is ILLEGAL, if it has NOT broken the plane of the net.

In other words the player is ALLOWED to swing the ball when it breaks the plane of the net.

Very Basic Volleyball Rules Violations

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-The back row player performs the attack front row. (It is ILLEGAL for the back row player to step on the attack line when hitting.)

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-The back row player blocks the ball (the player having any part of the body above the net and touching the ball)

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-The player **double contacts** the ball when setting the ball (you CAN NOT double hit the ball when setting it)

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-Player **touches the net** while the ball is in the play

(EXCEPTION: if the ball is hit the net and it pushes the net to the opposing player)

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-Stepping on the back line when serving the ball.

Reaching over the net to block the ball is ALLOWED, if the other side has used all the three touches. It is a FALSE, if opposing team has not used all the touches (and there is somebody trying to make a play there.)

Recently changed basic volleyball rules

Let Serve:

□ Let serve is allowed. In other words the ball **can touch the net on the serve**.
Players CAN double hit the ball when digging it. **Kicking is allowed**.

Points:

□ **A point is followed after each serve**. (Earlier you had a chance to get a point only after your own serve).

Libero:

□ One of the back row players can be substituted to a libero who is a back row specialist with unlimited subs. The libero can enter and exit the game between each serve without coach requesting a sub.

Serve:

□ Server is allowed to serve the ball **any place behind the backline**. (Earlier there was a serving area in the corner of the court)

Contacting the Ball:

□ Players are ALLOWED to double hit the ball on the first contact, for example when they 1) serve receive, or 2) dig the ball
(Since this rule change passing overhead has become commonly used method to pass the ball. Earlier it was often called a false hit, double hit)

Kicking:

□ It is LEGAL to hit the ball with any part of the body, the foot and leg included.
(Earlier it was a mistake to kick the ball.)

