

## VOLLEYBALL

**The History:** Volleyball was invented by William Morgan of Holyoke, Massachusetts, in 1895 as an alternative to the newly popular game of Basketball. Morgan borrowed the technique of hitting a ball back and forth over a net from the game of Tennis and other techniques from the game of Handball. The YMCA promoted volleyball over the next 30 years, and in 1928 the United States Volleyball Association was formed. In recent years, the game has evolved to include more action and force through the use of power volleyball skills. The best world teams compete for the Triple Crown, which includes winning the Olympic Games, the World Cup, and the World Championship in succession.

**The Game:** The game of Volleyball is played between two teams who hit the ball back and forth across the net. The object of the game is to hit in such a way that the opposition can not return the ball. Play is started with a ball being served across the net and the volleying continues back and forth until one team fails to return the ball in accordance with the rules. The team starting the play with the serve is known as the serving team. If the receiving team fails to return the ball over the net legally, the point is given to the serving team. When the serving teams fails to serve the ball over the net into the receiving court, a side out is called and the receiving team becomes the serving team.

**The Rules:** A volleyball team consists of 6 players with the left froward, center forward, and right forward at the net, or front court while the left back, center back, and right back are behind the front line. The players may not run into the opponents' court, but they may step on the centerline, but not over. No player may touch the net. If a ball that is hit lands on a boundary line, it is good. After the opposing team loses the serve, the team taking the ball for the serve rotates one position clockwise before serving. Each time the ball crosses the net, the team has 3 hits before sending the ball back. No player can hit the ball 2 times in a row.

**The Facility:** Volleyball is a game that is played both indoors and outdoors. The court is 60 feet long and 30 feet wide, equally divided by the net.

**The Equipment:** The net is made of 4-inch square mesh, 3 feet wide and 32 feet long, which is stretched tightly across the center of the court at a height of 7 feet 4.5 inches. The men's height is 8 feet. The ball may be leather or rubber-covered weighing 9-10 oz.

**Scoring:** Either team is able to score points. When a error is made a point is given. On a serve it is legal for the ball to touch the net. When the serving team fails to return the ball a side out occurs and a point is given. The team that scores 25 points by a 2-point margin is the winner. A match consists of the best 2 out of 3 games.

### **TERMINOLOGY:**

**BLOCK**-a defensive play by a player in the forward position who leaps with his arms outstretched in front of the spiking team in an attempt to deflect the ball back to the spikers' court.

**CATCHING**-an illegal momentary rest of the ball in the hands.

**DEAD BALL**-a ball is declared dead after a point, side out, or any decision stopping play.

**DOUBLE FOUL**-violation of the rules by both teams on the same play.

**FOOT FAULT**-server steps on or over the end line when serving.

**GAME POINT**-the last point of the game.

**MATCH**-a team wins 2 out of 3 games.

**OUT OF BOUNDS**-when a ball lands outside the boundary lines.

**POINT**-when the receiving team fails to return the ball legally.

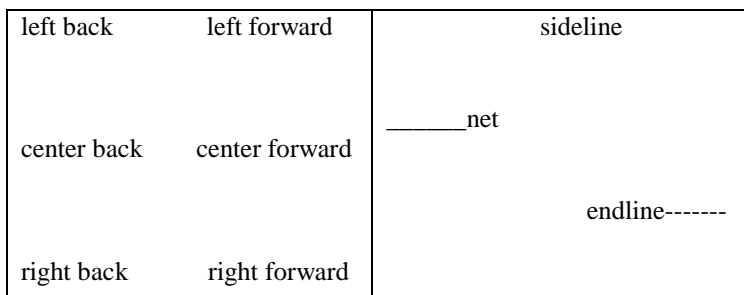
**ROTATION**-shifting of positions, clockwise, just before a new player serves.

**SERVICE**-the right back hits the ball over the net to start the game.

**SIDE OUT** the serving team fails to score or plays the ball illegally.

**SPIKE**-a hard driven ball by a player who hits the ball at a height above the top of the net.

**VOLLEY**-hitting the ball back and forth over the net between two teams.



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