South Meadow Middle School

*“Caring, cooperative, respectful and academically challenging community of learners.”*

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 **Volleyball Handout**

**Background**

Volleyball was invented in **1895** by **William J. Morgan** of  **Holyoke, Massachusetts.** Today volleyball is played throughout the world and it became an official Olympic Sport in 1964. Volleyball is also considered to be an excellent **lifetime sport.**

**Basic Rules & Concepts**

Volleyball is played on a 60’ x 30’ court, divided into two halves with a net the measures **7’11 5/8” high for men** and **7’4 1/8” high for women.**  An official volleyball team consists of 6 players; the left, center, and right forwards and a left, center, and right backs. When it is a team’s turn to serve (side-out), every player **rotates one position clockwise**  and the **right-back**  serves with two feet behind the baseline.

Object of the game is to keep the ball from striking the floor on your side of the net and to return it so that it strikes the floor on the opponent’s side. A team is permitted **maximum of 3 hits** before the ball is returned over the net to the opponents court. A ball that touches the net and continues over the net is still in play, both on a serve or during a rally. An official match usually consists of **3 out of 5 games. *Rally Scoring,*** where a point is scored on every rally. An official game is played to **25 points**  and a team must win by **2 points.**

**Terminology**

**Carry** – An illegal pass where the ball comes to rest in a player’s hands.

**Bump Pass** – A forearm pass made on a low hit ball.

**Set Pass** – An overhead pass made by contacting the ball above the head with the finger pads.

**Dig Pass** – A pass made with the fist of one hand usually on a low hit ball.

**Side-Out** – When the serving team fails to win the point or plays the ball illegally.

**Block** – A defensive play made by a player in the forward position who places his/her hands and arms above the net so that a spiked ball rebounds into the opponent’s court.

**Hit** – A spike or an attack. An offensive skill that a player uses to put on the floor on the opponents side of the net.

**Volley**- Being hit back and forth among teammates a maximum of 3 times.

**Rally** – When the ball is in play and being hit and returned by the opposing team.

**Double Hit** – An illegal play, where the player touches more than once, before another player is able to make contact with it.

**Out-of-Bounds** – Ball hits the floor outside of the lines. A ball is **inbounds** on the line.

**Shank**- A poorly passed bal that cannot be played by another player.

**Playing Courtesy** – The ball should be returned to the serving team by rolling it on the floor under the net.