

VOLLEYBALL



History:

Volleyball was developed in 1895 by William G. Morgan at the Young Men's Christian Association (YMCA) in Holyoke, Massachusetts. It was created for businessmen who required a game that involved less physical contact than basketball. Volleyball blended elements of baseball, basketball, handball, and tennis. Volleyball was originally played using a tennis net hung 6 feet 6 inches above the floor. The first game of volleyball was played on July 7, 1896 at Springfield College.

Official volleyball was designed in 1900. The set and spike were introduced in the Philippines in 1916. The United States Volleyball Association (USVBA, now called USA Volleyball) was formed in 1928.

Volleyball was introduced to the Olympic Games in Tokyo in 1964. The Association of Volleyball Professionals (AVP) was formed in 1983. U.S. men's team won the Gold medal and the U.S. women's team won the Silver medal at the 1984 Olympics in Los Angeles. U.S. men's team won the Gold medal at the 1988 Olympics in Korea. Volleyball celebrated 100 years of existence in 1995. Two-person beach volleyball was added to the Olympics in 1996.

Player Positions:

Volleyball Player Rotation:

- Players rotate in a clockwise position.
- Position of players in order of the serve:
 - Right Back
 - Right Front
 - Center Front
 - Left Front
 - Left Back
 - Center Back

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Player Positions Continued:

- Position of players at net:
 - Left Front
 - Center Front
 - Right Front
 - Left Back
 - Center Back
 - Right Back

Volleyball Equipment:

The Net:

- The net is placed vertically over the center line.
- The top of the net is set at the height of 2.43 meters (7 feet 11⁵/₈ inches) for men and 2.24 meters (7 feet 4¹/₄ inches) for women.
- Its height is measured from the center of the playing court.
- The net is 1 meter wide and 9.50 meters long, and is made of square black mesh.

The Ball:

- The ball is spherical, and is made of a flexible leather or synthetic leather with a bladder inside made of rubber or a similar material.
- It may be a uniform light color or combination of colors.
- The volleyball measures 65 to 67 centimeters (25 to 27 inches) in circumference and weighs 260 to 280 grams.

The Court:

The size of the volleyball court will depend on the playing ability level and the equipment used. Dimensions will range from approximately 20 feet wide by 40 feet long for lawn or backyard volleyball to 19 feet 6 inches wide by 59 feet long for tournament play. The width of the court is determined by the size of the net used. The service areas should be a minimum of 6 feet in depth back of the end lines.

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Basic Rules:

- Volleyball is played by two teams of six players on a court divided by a net.
- There are different versions available for specific circumstances in order to offer the versatility of the game to everyone.
- The object of the game is to send the ball over the net so that the opposing team cannot return the ball or prevent it from hitting the ground in their court.
- Each team has three hits to attempt to return the ball.
- The ball is put in play with a serve that is hit by the server over the net to the opponents.
- The volley continues until the ball hits the playing court, goes out of bounds, or a team fails to return it properly.
- When the receiving team wins a volley, it gains the right to serve, and the players rotate one position clockwise.
- When the serving team wins a volley, it wins a point and the right to continue serving.
- Each team consists of no more than six persons, with each side having an equal number.
- Each player must be in his or her own position before the ball is served.
- After the server strikes the ball, each player may cover any section of the court.
- The positions of the players are numbered as follows:
 - The three players along the net are front-row players and occupy positions 4 (front left), 3 (front center), and 2 (front right).
 - The other three are back-row players occupying positions 5 (back left), 6 (back center), and 1 (back right).
- Each player serves in turn and continues to serve until the volley is lost (side out).
- The ball must clear the net on the serve, unless the ball hits the net and goes over the net on the first attempt, then it may be reserved.
- After a team has lost its serve, the team receiving the ball for the first serve must rotate one position clockwise before serving.
- The ball may be volleyed only three times from one team member to another before returning it over the net.
- During this volley a player may not hit the ball twice in succession. One or both hands may be used.

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Fouls:

- A player holds or throws the ball.
- The ball touches any part of the body, other than the hands or forearms.
- A player touches the net with any part of the body or hands, or reaches over the net. A player plays out of position when the ball is being served.

Penalty:

- A player does not clearly hit the ball or allows the ball to come to rest on any part or parts of the body.
- A player hits the ball out of the boundaries of the court.
- A player allows the ball to hit the floor, or any object outside or over the court (except net), before being legally returned to the opponent's court.
- A player touches the ball twice in succession. A player fails to make a good serve.
- The penalty for fouls or errors committed is a *point* if the foul or error was committed against the serving team, or *side out* if the foul or error was committed against the receiving team.

Scoring:

- Only the serving team can score.
- When the serving team fails to score, it is *side out* and the receiving team becomes the serving team.
- The game is played to 21 points or, upon agreement by both teams, 15 points may constitute a game.
- A match consists of two out of three games.

Safety Hints:

- Warm up thoroughly prior to game.
- Equipment should be checked for safety prior to game.
- Area surrounding court or playing area must be kept free of obstacles.
- No jewelry or sharp objects should be worn during game.
- Players should stay in control and maintain their own positions.
- Ball should be rolled to opponents when returning ball for serve.
- Players should learn to play the ball properly to avoid injuries to hands and fingers.

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Terminology:

1. **Ace**- Serve that results directly in a point.
2. **Add Out**- Team that has scored a point following a tie at scores over 14 points.
3. **Block**- Defensive play by one or more players used to intercept a spiked ball in an attempt to rebound it back into the opponent's court.
4. **Bump**- Forearm pass.
5. **Deuce**- Any tie score of 14 points or more.
6. **Foul**- Violation of the rules.
7. **Game Point**- Last point in a game.
8. **Newcomb**- Game variation using catching and throwing skills in place of setting and bumping.
9. **Out of Bounds**- When a ball lands completely outside of the boundary lines.
10. **Pancake**- Defensive technique where player extends hand, palm down on floor, so that ball bounces off back of hand.
11. **Rotation**- Clockwise movement of players prior to the new serving term of a team.
12. **Serve**- Skill used by player in back-right position to put ball into play.
13. **Side Out**- When serving team fails to win the point or makes an illegal play.
14. **Dig**- Passing a spiked or powerfully hit ball.