

## VOLLEYBALL STUDY GUIDE

**Object of the game:** 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 your opponent's side before they can return it.

**Number of Players:** Six (6)      *Forwards* - left, center, right  
*Backs* - left, center, right

**Side - Out:** The serving team commits a foul (hits a bad shot) and loses the right to serve. The opposing team gains possession of the ball to serve. Before doing so, they must rotate positions. The players rotate *clockwise*. This is called a side-out.

**Scoring points:** A team earns one point for each volley they win. This is also true when the serving team fails to successfully serve the ball - opposing team wins a point, plus earns the ball back for the right to serve.

**Skills:**

- bump* - Underhand pass, usually to receive a serve and/or to hit over.
- set* - Overhand pass, also to play over the net if needed.
- spike* - One handed hit used to play over the net, difficult to defend.
- serve* - Overhand or under hand hit used to begin a volley. Must be performed with one hand.
- dig* - One handed play on the ball, used to save a ball from hitting the floor.

### **Other Rules:**

- The ball must be served by the *right back* position.
- You only get one try per point to successfully serve the ball over the net.
- A player may not help a serve over the net.
- A ball that touches the net and goes over is "good" (including the serve).
- A ball landing on a boundary line is considered "in play".
- It is a foul if any part of the body touches the net during play.
- It is a foul if a player steps on or crosses the center line under the net.
- The ball may be played (hit) only three times on one side of the net.
- A player may not hit the ball two times in a row.
- It is o.k. for a player to hit the first and third shot during a volley.
- The first team to reach 25 points wins the game.
- A team must be ahead by at least two points to win.