

## VOLLEYBALL STUDY GUIDE

1. The lines are considered in bounds.
2. There are **six players** on a regulation volleyball team. These include left, center, and right forwards and left, center, and right backs. Players rotate in a clockwise direction with the right forward exiting and the right back entering when there are more than six players on the team. The player who is in the **right back position serves**. Player rotation should be made only by the team receiving the serve.
3. Service is made from behind the back line just outside the court, not on the line. Before serving, **the server must call out the score with his or her team's score first and the opponents score next**, then serve the ball.
4. The serve must go into the receiving team's court. Service faults include: The ball going under the net. The ball touching a player before crossing the net. The ball lands outside the receiving team's court. The ball touches the net pole or any object out of bounds. The server gets only **one attempt** to put the ball into play. A server continues to serve until their team commits a foul or fault.
5. If either team commits a foul (like touching the net) or fault (like serving out of bounds), the opposing team earns a point. If the serving team commits the foul or fault, it is called "**side out**" and the receiving team gets to serve. Only 1 point is awarded at a time. A game is played until a team has **25 points** and they are ahead by 2 points.
6. A team gets a **maximum of 3 contacts** to get the ball back over the net.
7. A player may **not** hit the ball 2 times in a row. A player may hit the ball 2 times during a team's 3 contacts provided it has been played by a teammate in between.
8. On a serve or during play, if a ball hits the net and goes over it is **good** and play should **continue**.
9. A player may not scoop, push, lift, or roll the ball on the body. A ball that visibly comes to rest in the hands, arms or body of a player, even momentarily, is a held ball. It is a point or side out for the other team.
10. A ball, other than a served ball, may be played out from the net.
11. You are not allowed to touch the **net**, touch an opponent, or step onto the other side of the court. You may touch the center line (under the net) with your feet.
12. After play is over, always **roll** the volleyball, under the net, to the server. Never kick the ball.
13. In **rally scoring**, a point is awarded on every serve, meaning either team can score.