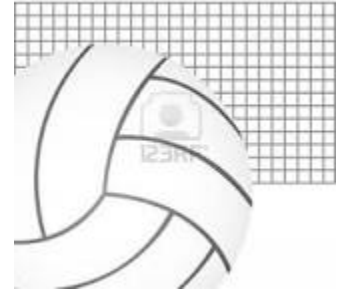


VOLLEYBALL



- The sport originated in the United States in 1895, William G Morgan, an instructor at the YMCA decided to blend elements of basketball, baseball, tennis and handball to create a game for his classes of businessmen which would demand less physical contact than basketball
- He created the game of volleyball (at that time called mintonette)
- Morgan borrowed the net from tennis, and raised it 6ft 6inches above the floor, just above the average men's head- the official height for men is now 7'11 5/8", and women's height is now 7'4 1/4"
- During the demonstration game, someone remarked to Morgan that the players seemed to be volleying the ball back and forth over the net, and perhaps, "volleyball" would be a more descriptive name for the sport
- On July 7, 1896 at Springfield College, the first game of "volleyball" was played
In 1900 a special ball was designed for the sport

RULES OF THE GAME

- Played by 2 teams of 6 players on a court divided by a net
- 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 over the net to the opponents(may touch the net and then go over)
- The volley continues until the ball hits the playing court, goes out of bounds, or a team fail to return it properly
- When the serving team wins a volley it wins a point and the right to continue serving
- When the receiving team wins a volley it wins a point and the right to serve
- Each player must be in his/her position before the ball is served
- After the player contacts the ball to serve, each player may cover any section of the court
- Each player serves in turn and continues to serve until the volley is lost (side out)
- After a team has lost its serve, the team receiving the ball for the first serve must rotate one position clockwise before serving
- During the volley a player may not hit the ball twice in a row, one or both hands may be used
- A blocking player is entitled to a second play at the ball, this 2nd hit counts as the team's 1st touch

YOU ARE ALLOWED TO:

- Serve from anywhere behind the end line
- Play the ball after it hits the net, even off a serve
- Spike or volley the ball off a serve
- Hit the ball with any part of the body (including your foot)

- Touch the mesh part of the net as long as you don't interfere with play on oppositions' side
- Touch the center line with your foot

YOU ARE NOT ALLOWED TO

- Block the serve
- Touch the white tape at the top of the net
- Cross the center line with your entire foot or body part
- "lift" the ball
- double contact the ball
- block if you are a back row player

SCORING

- rally point system – there is a point awarded on every serve
- when the serving team fails to score, the opposing team becomes the serving team
- there is a loss of serve when the ball is served out of bounds, or it does not make it over the net
- the game is played to 25 points
- team must win by 2 points
- a match consists of either 2 out of 3 sets or 3 out of 5 sets, with the last game of each set played to 15 points

BASIC POSITIONS

- positions are numbered 1 to 6 and follow the serving order (serving box 1st server)
- Left side/Power – plays on the left side of the court
- Middle – plays in the middle position on the court
- Right Side – plays the right side of the court
- Setter – sets the ball for attackers
- Libero – a back row only player that is a defensive specialist (does not serve)

