

VOLLEYBALL STUDY GUIDE

6th GRADE

VOLLEYBALL

- A. The OBJECTIVE of the game of volleyball is to score points on a serve by hitting the ball over the net with various skills and to cause the other team to commit an error.
- B. NUMBER OF PLAYERS-In official matches the teams will be composed of 6 players.

THE SERVE

- A. The server must not step on or over the line before contacting the ball. If the server does, it is called a foot fault and it is a loss of serve, and a point is awarded to the other team.
- B. A served ball may not be helped over the net, and must land in the court boundary lines. In our gym the boundary lines are the purple and gray lines. If the ball lands on the line, it is considered in bounds, so this ball is fair.
- C. A served ball that hits the top of the net and goes over is GOOD.
- D. The net is 7 feet 4 ¼ inches high (girl's regulation net).
- E. TYPES OF SERVES
 - a. Underhand serve-Of the two types of serves (underhand and overhand), this serve is the easiest to do, but also the easiest serve for the other team to return. The serve begins every play. The right back position is always the server.
- F. When players move positions to change the server it is called rotation. The direction for rotating is clockwise.

THE GAME

- A. A volleyball game consists of 25 points. A team must win the game by 2 points. Teams must play a match, the best 3 out of 5 games.
- B. Any ball touching any part of the boundary line (in our court, the purple or gray line) is in play.
- C. A point is awarded whenever the ball touches the floor, goes into the net and is not recovered, or goes out of bounds.
- D. If the ball hits the lights, rafters, or heating unit, and goes to the opponent's side of the court, it is out, and a point is awarded to the opponent.
- E. Play the ball, if a teammate hits the lights, rafters, or heating unit on your side of the court.
- F. The ceiling is out of bounds. The baskets hanging over the court are a replay on a hit. The far baskets on the opposite ends of the court are out of bounds on a serve.
- G. A push, slap, lift, or carry is an illegal hit.

- H. A player may not hit the ball twice in succession.
- I. A point is awarded on every serve (rally scoring).
- J. A team may have 3 hits before the ball must be sent over the net.

NET PLAY

- A. Any ball including the serve may touch the net and can be played out of the net.
- B. You may step on the green line under the net as long as part of your foot keeps in contact with the line, but you can not step completely over it.
- C. You may not touch the net at any time. A point is awarded to the other team if that happens.

VOLLEYBALL SKILLS TAUGHT IN CLASS

- A. Underhand serve-easiest serve to hit and to return.
- B. Bump-Use forearms with straight arms; use on passes that are shoulders and below; usually the first hit on a side.
- C. Set-an overhead pass; above the forehead; finger pad hit; usually the second hit on a side.