

VOLLEYBALL STUDY GUIDE

7th & 8th GRADE

1. TEAMS

- A. NUMBER OF PLAYERS- In official matches such as high school or college games, teams will be composed of 6 players.

2. PLAYING THE GAME

- A. THE GAME- A game is completed when one team scores a total of 25 points. The winning team must win by 2 points. Teams play a match, which are the best 3 out of 5 games.
- B. SCORING- A point is awarded after every serve. This is called rally scoring.
- C. BALL PUT INTO PLAY- At the start of each game, the ball shall be put in play by the player in the right back position, known as the server. The gray or purple line in our gym is the serving line and the server may serve anywhere behind this service line. You may not step on or over the serving line before the ball is contacted on a serve or a foot fault is committed. It is a loss of serve, and a point is awarded to the opposing team.
- D. SERVING ORDER- The serving order must be followed by both teams. When the serving team has lost their serve, the receiving team then gets a new server. Everyone then rotates in a clockwise fashion, thus getting a new server.
- E. ROTATION- Rotation occurs after the serving team loses possession of the ball and then gains the serve back.
- F. PLAYING THE BALL- The ball must be given immediate contact. A player may not hit the ball twice in succession.
- G. SIMULTANEOUS CONTACT- If two or more players of the same team contact the ball simultaneously, it is considered one play.
- H. BALL CROSSING THE NET- A ball striking the net and going over the net, including the serve, is still in play and is GOOD.
- I. NET BALL- A ball may be recovered from the net providing a player avoids touching the net. You may NOT help the ball over on a serve.
- J. BALL TOUCHING BOUNDARY LINE- A ball touching a boundary line is good and in play. In our gym, the boundary lines are the gray and purple lines.
- K. DEAD BALL- The ball is dead when the ball strikes the floor, wall, or an object outside of the playing court.
- L. HEIGHT OF THE NET- The height of a woman's volleyball net is 7 feet 4 ¼ inches.
- M. CENTER LINE- You may step on the line under the net while playing the ball as long as one foot or part of the foot keeps in contact with the line and you do not touch the net.

3. **AWARDING POINTS**

If any player commits any of the following acts, one point shall be awarded to the opposing team:

I. PLAYS THE BALL ILLEGALLY:

- a. Fails to return the ball within the opponents' court.
- b. Hits the ball illegally (lifting or carrying the ball on a set, or a double hit when the hands come apart on a bump).
- c. Plays the ball more than one time in succession.
- d. Commits a body foul (when the ball hits the body below the waist).
- e. Catches the ball.
- f. Fails to keep the ball within the boundary lines.
- g. A team hits the ball more than 3 times before sending it over the net.

II. PLAYS THE BALL ILLEGALLY AT THE NET:

- a. Touches the net with any part of the body.
- b. Reaches over the net.
- c. Reaches under the net.
- d. Touches the foot over the center line into the opponent's court without part of his/her foot keeping contact with the line.

III. SERVING THE BALL ILLEGALLY (loss of serve and the opposing team receives a point).

- a. Causes the serve to hit an object or land outside the boundaries.
- b. Causes the serve to not go over the net within the boundaries.
- c. Commits a foot fault (stepping on or over the green service line before the ball is contacted).

4. **OBJECTS IN THE COURT OF PLAY**

- a. If there are any objects in the court of play, such as baskets on our court, a REPLAY is called when these objects are hit by the ball.

5. **OBJECTS ABOVE THE COURT OF PLAY**

- a. If the ball hits the lights, heating unit, or rafters and goes to the opponent's side of the court it is out, and a point is awarded to the opponent.
- b. PLAY the ball if a teammate hits the lights, rafters, or heating unit on your side of the court.
- c. The ceiling is OUT!

6. **SKILLS TAUGHT IN CLASS**

- a. SERVES
 - i. Underhand serve-easiest to hit and return
 - ii. Overhand serve-hardest to hit and return.
- b. BUMP- use forearms; use on passes that are shoulders and below; usually the first hit on a side.
- c. OVERHEAD PASS OR SET- fingerprint hit; above forehead; good to set ball to another player to spike; usually the second hit on a side.
- d. SPIKE OR HIT- a hard hit; known as a "kill shot"; very hard to return; usually the third hit on a side.