

## VOLLEYBALL STUDY GUIDE

1. the ball can be contacted a maximum of three (3) times on one side of the net before the ball is returned over the net.
2. The first contact used to receive a serve is a forearm pass.
3. A ball that hits on the line is considered in bounds.
4. A team rotates each time a team receives the ball to begin serving.
5. If a player on your team touches the net during the play, the ball is awarded to the other team.
6. The least number of points your team needs to secure a win is 15.
7. When a served ball hits the net, it is considered an illegal serve and the ball is awarded to the other team.
8. To score a point in volleyball, your team must be serving.
9. A ball that hits the net, other than on a serve, can be played out of the net.
10. The regulation number of players on one side of the net is 6.
11. Each time before the ball is served, the server must call out the score.
12. An <sup>illegal</sup> open hand hit BELOW the waist is called a carry.
13. In the event of a tie game, you must win by a two point margin.
14. A set is the skill used when making contact with a ball overhead using finger tips.
15. Three key components to successfully perform a forearm pass:
  - a. Elbows locked
  - b. Fingers point to the floor
  - c. Stand up on contact with ball

ALSO.....

- ~ feet are staggered.
- ~ ball should contact in the middle of your flat forearms.