

Name \_\_\_\_\_ Hour \_\_\_\_\_

## Volleyball rules and regulations

The objective in volleyball is to keep the ball from striking the floor on your side of the net and return it so that it strikes the floor on your opponent's side, before they can return it.

### Play

- The ball is put into play by the **right back position (1)** from behind the rear boundary line using either an underhand or overhand serve.
- The serve must go over the net within the court boundaries on the other side. A serve that hits the net and still goes over to the other side is a good serve and referred to as a **“let serve”**.
- The ball can only be played with 3 touches, per team, per play, and then must be sent over the net. The ball can go over the net with less than 3 touches without penalty.
- The ball may not be hit 2 times in a row by any one player.
- Only front row players are allowed to contact the ball above the net with intention to attack. However, a back row player may attack the ball upon the net if they are behind the **10 ft. line**.
- If the serving team loses the serve (ball lands on their own side or ball is hit out of bounds), the other team obtains service and a point. This is called a side out/point.
- A ball that lands on the boundary line is considered “in”.
- For every side out made, the team that is awarded the serve must rotate in a clockwise manner.
- If the ball hits the ceiling and goes over the net, it is a dead ball. If the ball hits the ceiling and falls back onto the original side, it is playable if there are still hits available.
- In **rally scoring**, a point is awarded at the end of every play no matter who is serving.
- Each game is played to 25 points and the winning team must win by at least 2 points.
- The match is a best of 5 contest.

## **Court and equipment**

- The court is 60 ft. long and 30 ft. wide
- The boundary lines are 2 inches wide.
- A 4 inch line divides the court at 30 ft.
- A men's net is 8 ft. high
- A women's net is 7 ft. 4 1/8 inches.

## **Court Positions:**

Right back

Center back

Left back

Left front

Center front

Right front

## **Volleyball Terminology**

1. **Block:** Defensive play by the player(s) in the front row who place their hands and arms above the net so that a spiked ball rebounds into the opponents court.
2. **Pass:** The forearm pass made on balls below the waist.
3. **Game Point:** The last point in any game.
4. **Set:** The overhead pass using the fingertips of an open hand
5. **Rotation:** The shifting of players, clockwise, just before a new person serves.
6. **Attack:** An approach to the net, a vertical jump, and a forceful hit of the ball down onto the opponent's court.
7. **Touch:** When a player attempts to block the ball unsuccessfully and it continues onto their own side of the court. This does not count as one of the 3 hits allowed per side.
8. **Tip:** Attempting to "trick" the defense by dumping the ball right over the net.
9. **Defensive specialist (DS):** A player who only plays in the back row.
10. **Libero:** A DS that wears a different color jersey from the rest of the team that can enter the back row **ONLY** for any player throughout the game. This does not count against the teams substitution count.
11. **Substitution:** At a dead ball opportunity, the coach signals the referee that he/she would like to make a player change. In volleyball, once a player subs in for another player, they cannot return in the

game for a different player. A total of 18 substitutions are allowed per game.