

Volleyball Study Guide

TERMS:

Ace = a serve that lands in the opponents court without being touched.

Block = a defensive play, trying to stop a returning ball at or near the net.

Foot fault = to step on or over the end line before or during the serve, or to step completely over the centerline.

Kill = a spike that is impossible to return.

Match = to win 2 or 3 or 3 of 5 games.

Point = awarded to the serving team for any infringement of the rules by the receiving team or for an unreturned shot.

Rotation = clockwise movement of the players following a sideout and prior to a team's service.

Service = putting the ball into play by the player in the right back position.

Set = a high pass that is generally the second play by a team to relay the ball to the spiker.

Spike = a ball hit forcibly from a height above the net.

Violation = a foul, such as a lift, double hit, or four hits on one side.

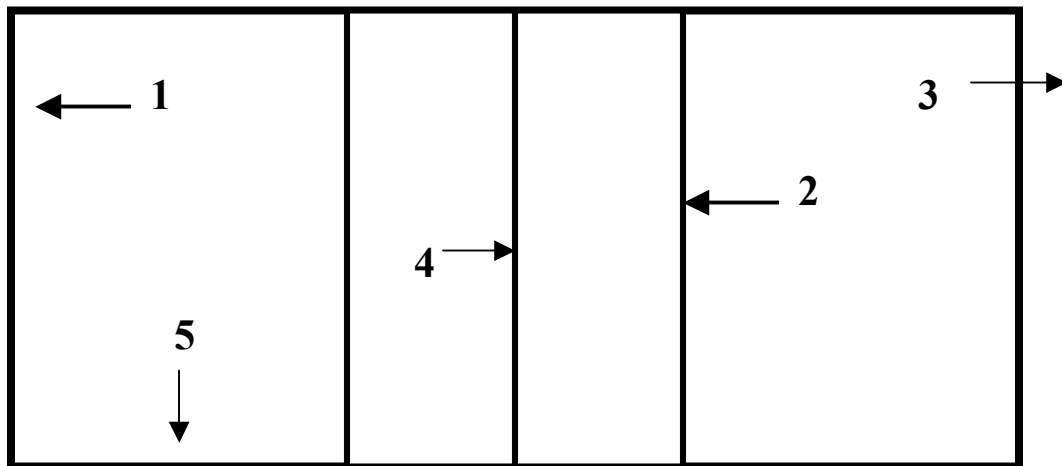
RULES:

1. A game is played to 25 points, winning team must win by 2 or more points.
2. No player may come into contact with the net or go under the net at any given time during play.
3. A regulation game consists of six players per team.
4. A maximum of the 3 hits are allowed per side.
5. No player may hit the ball two times in a row.
6. A service may touch the net. The ball may also touch the net on a volley. Both are playable.

7. Boundary lines are considered in play.
8. A team may play the ball off the ceiling on their side only, as long as they still have hits left.
9. A server may not step on or over the endline (service line) during a serve.
10. The ideal sequence of hits is bump, set, spike.
11. Players always rotate in a clockwise direction.

NAME THE AREAS OF LINES THAT THE ARROWS ARE POINTING TO ON THE DIAGRAM OF THE VOLLEYBALL COURT

1. End Line
2. Spiking Line
3. Serving Line
4. Center Line or Net
5. Side Line



WHAT IS THE IDEAL COMBINATION OF HITS IN A VOLLEYBALL GAME?

1. Bump
2. Set
3. Spike