

VOLLEYBAL STUDY SHEET

THE SERVE

- (A) Server must serve from behind the restraining line (end line) until after contact.
- (B) Ball may be served underhand or overhand.
- (C) Ball must be clearly visible to opponents before serve.
- (D) Served ball may touch the net and drop to the other side for point.
- (E) The ball may not touch a teammate on the serve.

VOLLEYBALL SCORING

RALLY POINT SCORING

The team winning a rally scores a point (Rally Point System). When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.

The best of three or best of five games will win matches. Each non-deciding game will be won by the team that first scores 25 points with a minimum two-point advantage (no scoring cap). If there is a deciding game, it will be won by the team that first scores 15 points with a minimum two-point advantage (no scoring cap).

ROTATION

- (A) Team will rotate each time they win the serve.
- (B) Players shall rotate in a clockwise manner.
- (C) A team consists of 6 players on each side.

PLAYING THE GAME (VOLLEY)

- (A) Maximum of three hits per side.
- (B) Player may not hit the ball twice in succession (A block is not considered a hit).
- (C) Ball may be played off the net during a volley and on serve.
- (D) A ball touching a boundary line is good.
- (E) A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest.
- (F) A player must not block or spike a serve.

BASIC VIOLATIONS

(A) Stepping on or over the line on a serve.

(B) Failure to serve the ball over the net successfully.

(C) Hitting the ball illegally (Carrying, Palming, Throwing, etc.).

(D) Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.

(E) Reaching over the net, except under these conditions:

1 - When executing a follow-through.

2 - When blocking a ball which is in the opponents court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play.

(F) Reaches under the net (if it interferes with the ball or opposing player).

(G) Failure to serve in the correct order.

(H) Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position.

THE COURT

PLAYING AREA

Both indoor and outdoor courts are 18 m x 9m (29'6" x 59').
Indoor courts also include an attack area designated by a line 3 m (9'10") back from the center line.

NET HEIGHT

Net height for women, 7'4-1/8".
The height of the net for men shall be 8'.

BALL

The ball weighs between 9 and 10 ounces. Ball pressure is between 4.5 and 6.0 pounds.