

# Volleyball 101

## Volleyball

A court-based net/wall game similar to badminton, handball, and tennis

### Overview

**Starting Play** – Serve from right back corner and behind the service-end line.

**Scoring** – 25-point rally style. In rally scoring, a point is awarded on each play. Scoring team retains or gains the serve. Rotate positions after each side-out.

**Serving** – Method for initiating play.

- Only 1 serve attempt allowed.
- Server must remain behind the service line until after contact.
- Serves can hit the net but must cross over.
- Attacking or blocking a serve is not allowed.
- Players on serving team cannot shield the opponents' view of the server.

**Faults** – Violations that result in a loss of point and/or loss of the serve. A fault is...

- Breaking any service rule.
- A ball landing out of bounds or not clearing net.
- A player touching or crossing under the net.
- Contacting ball on opposing team's side of net unless they have touched it first.
- A back row player who blocks or spikes the ball in front of the 3-meter line.
- Contacting a ball 2X in row (except a blocker)
- Catching, carrying or throwing the ball.

### Game Format

- Players set-up in rotational positions, without overlapping or moving until serve is made.
- Teams of 6 players are allowed a max of 3 hits each time ball crosses onto their court.
- A block does not count as 1 of the 3 hits.
- Players of non-serving team rotate positions clockwise after earning a side-out.

### Key Terms

- **Bump** – Another term for the forearm pass.
- **Free Ball** – Receiving a ball that is not a serve or spike.
- **Match** – A series of games.
- **Open-up** – Moving to see ball on serve receive.
- **Rally** – Exchange of consecutive hits.
- **Rotation** – Pattern used to change player positions on serve.
- **Side-out** – When the non-serving team wins the point.

### Basic Skills & Tactics

- Forearm Pass
- Set
- Spike
- Serve: Overhand
- Serve: Underhand
- Defense
- Offense
- Play Calling

