

VOLLEYBALL

GRADE 9

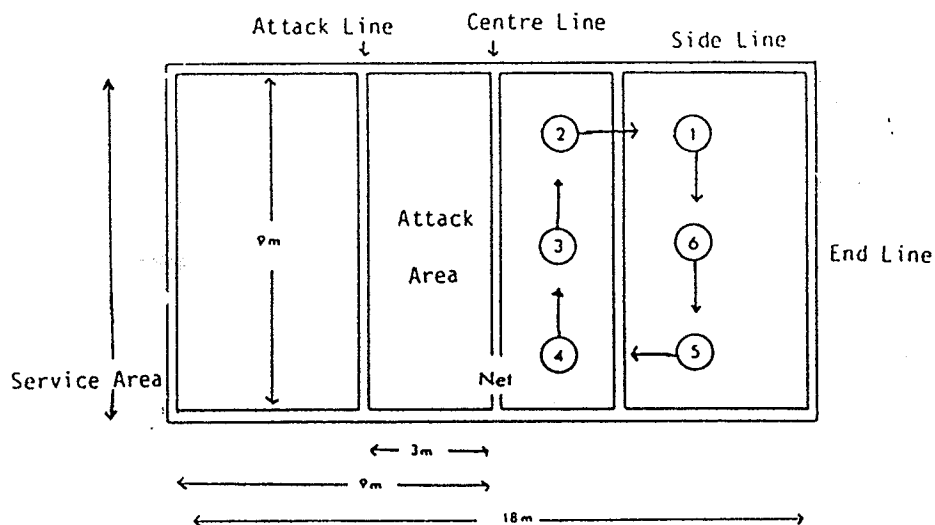
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HISTORY

Volleyball was invented in 1895 by William G. Morgan, an athletic director at the Y.M.C.A. in Holyoke, Massachusetts, as a substitute for the more tiring game of basketball. The game was originally called "Minonette" but was changed to "volleyball" because the basic idea of the game was to volley the ball back and forth over the net. Indoor volleyball became an official sport of the Olympic Games in Tokyo, 1964. Today, more than 150 nations belong to the International Volleyball Federation. The sport is most popular in Asia and Europe.

COURT DIAGRAM

The court is 9m wide by 18m long.



BASIC RULES

GAME DURATION AND COURT CHOICE:

- Game:** Rally Point System - the team winning the rally scores a point. To win a game a team must score 25 points with a minimum 2 point advantage. The 5th (deciding) game is to 15 points with a two point margin needed to win.
- Match:** Best 2 out of 3 games (International best 3 out of 5).
- Courts:** Captains call a coin toss. Winner of the toss chooses either to serve first or play on a particular court. Teams change sides after each game except the deciding game. In the deciding game teams switch courts after one team reaches 8 points.

Start of Play:

The ball is in play from the instant it is contacted when hit for the serve until an error or foul has been committed or the official suspends play for any other reason. The server must wait for the referee's signal before she/he hits the ball. This signal is usually a whistle blow and a motion with the hand.

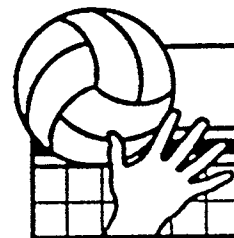
A server may enter the court immediately after the ball is hit. Service is good if ball passes over the net, completely within the support posts.

Common Serving Faults are:

- The ball passing under the net;
- The ball lands outside the opponent's court;
- The ball hits a team mate or an object on serving team's court or any object before entering the opponent's court;
- Stepping on/over the line on the serve.

Change of Service (Side Out):

Occurs when the serving team commits a fault. The new team to serve must rotate one position.



Point or Side-out:

- (a) More than 3 hits per side
- (b) The ball touches the ground
- (c) The ball is held or pushed (directed)
- (d) A player touches the ball twice consecutively (double hit). A double hit is permitted on the first contact from a serve and when blocking a ball
- (e) A player touches the net on purpose or while contacting the ball
- (f) A player crosses the centre line completely
- (g) A ball lands outside the court completely
- (h) If the served ball crosses the net with the help of a team mate.

GENERAL RULES

- During the serve, all players must be within the court boundaries, except the server. Once the ball is in play, players may move outside the court to play the ball.
- If the ball hits the boundary line, the ball is considered "in".
- A team may play the ball only three consecutive times. If the first play is off the block, three more plays are permitted.
- Playing the ball twice in succession (in a row) is a fault, except after a block.
- The ball may be played with any part of the body. A ball may contact a foot, however it may not be kicked.

GLOSSARY OF TERMS

- ATTACK - placement of the ball into the defending team's court.
- ATTACKER - a player whose primary responsibility is to direct the ball into the opponent's court.
- BLOCKER - a player who attempts to intercept the ball after an opponent's attack.
- CARRY - a ball which is not cleanly hit.
- DOUBLE CONTACT - the ball touching a person twice before being played by another player.
- FOOT FAULT - stepping on or over the end line while serving or completely over the centre line during play.
- FREE BALL - a weak attack.
- NET SERVE - a serve that contacts the net. If the ball lands out of bounds it is "out". If it lands in bounds it is "in". A net serve should be played unless it is obviously going out of bounds.
- RALLY - the continual play from the service until the ball becomes dead.
- RE-SERVE - the act of putting the ball in play again by the last server, without awarding point or side-out.
- SET - a play in which the ball is hit in the air and remains on the hitter's side of the net so an attacker can hit it.
- SIDE-OUT - the award made to the receiving team for winning the rally. A loss of serve.