

VOLLEYBALL

GRADE 10

07/00

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 sides 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:

- (a) The ball passing under the net;
- (b) The ball lands outside the opponent's court;
- (c) The ball hits a teammate or an object on serving team's court or any object before entering the opponent's court;
- (d) 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.



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.
- BALL IN PLAY** - The ball is in play from the instant it is contacted on the serve until the ball is whistled "dead".
- BLOCKER** - A player who attempts to intercept the ball after an opponent's attack.
- BLOCKING** - A defensive play close to the net in which players attempt to intercept the ball as it crosses the net. Raising of the hand, or hands over the head constitutes an attempt to block. Only front row players may attempt to block.
- CARRY** - A ball which is not cleanly hit.
- DEAD BALL** - the time during the game when the ball is not in play.
- DEFENCE** - The team tactics and strategies involved in preventing the ball from entering the playing area or from contacting the court.
- DOUBLE CONTACT** - The ball touching a person twice before being played by another player. It is illegal unless it occurs on the first contact from serve.
- FOOT FAULT** - Stepping on or over the end line while serving or completely over the centre line during play.
- DOUBLE FOUL** - A simultaneous foul by opposing players.
- FAULT** - An encroachment of the rules, or handling the ball improperly.
- FREE BALL** - A weak attack.
- NET-SERVE** - a serve that contacts the net. If the ball touches the net and 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.
- OFFENCE** - The team tactics and strategies involved in playing the ball with the purpose of placing the ball in the opponent's court such that it cannot be returned.
- OUT OF BOUNDS** - When the ball touches any surface objects, or ground outside the courts, or touches outside or passes over the net outside the markers on the side of the net. On the line is considered "good".
- POINT** - The award made to the serving team for winning the rally.
- RALLY** - The continual play from the service until the ball becomes dead.
- SET** - A play in which the ball is hit in the air and remains in the hitter's side of the net so an attacker can hit it.
- SETTER** - A player whose primary responsibility is to select a teammate to attack the ball and set the ball to this attacker.
- SIDE-OUT** - The award made of the receiving team for winning the rally. A loss of serve.