

VOLLEYBALL

GRADE 11-12

Volleyball is a team game played by six players on each side. The object is to send a ball over a net and within the boundaries of the court so that the opposing team is unable to return it or prevent it from hitting the ground. Any part of the body may be used to propel the ball.

THE COURT

Measures 9m by 18m and includes the boundary lines. The ball must completely clear the lines to be ruled out of the court. Therefore the lines are part of the court and are "in" bounds.

OFFICIALS

The game is controlled by a referee who is assisted by an umpire. An official scorekeeper and two linespeople also assist.

DURATION

Matches are generally best 2 of 3 games(sets) with International competition the best 3 of 5 games. Before the game begins captains toss a coin for choice of sides or the right to serve first. Teams change sides after each set unless the next set is the decider. Then there is a fresh toss of the coin to decide ends or service. In a deciding game teams change sides after one team has reached 8 points.

SCORING

Rally Point System - the team winning the rally scores a point. Therefore each serve produces a point for one of the teams. To win a game a team must reach 25 points with a minimum 2 point advantage. The 5th or deciding game is played to 15 points with a two point margin needed to win.

THE SERVE

After the referee's whistle the player in the rear right-hand corner puts the ball into play. The server stands within the service area and hits the ball with his/her hand or any part of the arm to send it over the net. After hitting the ball the server may land on the serving line or in the court. It is a fault if the ball touches the net antennas, a player on the serving team, or the ball lands outside the opponents court. A player continues to serve until his/her team commits a fault and a side-out is called. The serve then passes to the other team. A new set begins with a serve by the team not serving at the end of the previous set.

PLAYING THE BALL

Each team may touch the ball up to three times before sending it over the net (a fourth contact is permitted if the first touch was off a block). Contact is allowed with any part of the body as long as the hits are clean and the ball is not held, scooped or carried in any way.

BLOCKING

Blocking is an attempt to stop, with any part of the body, the ball coming over the net. One or more front line players may block. Any blocking player is entitled a second play at the ball. Blockers may reach over the net, but they must not attempt to touch the ball unless their opponents are attacking – sending the ball over the net.



BACK-LINE PLAYERS

Back-line players may only send a ball from the attack area into the opponents court when it is below net height. From behind the attack line they may use any permissible manner to hit the ball into the opponents court.

FOULS

A team loses a point and serve(side-out) if serving if:

- (a) it uses more than 3 hits to return the ball
- (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 completely crosses the centre line
- (g) a ball lands completely outside the court
- (h) the served ball crosses the net with the help of a team mate.
- i) a team is out of position during service
- j) a back-line player in the attack area returns the ball from above net height

GLOSSARY OF TERMS

ATTACKER - a player whose primary responsibility is to direct the ball into the opponent's court.

CARRY - a ball which is not cleanly hit.

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.

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.

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".

RALLY - the continual play from the service until the ball becomes dead.

SIDE-OUT - the award made of the receiving team for winning the rally. A loss of serve.

COURT DIAGRAM

The volleyball court measures 18 metres long by 9 metres wide.

