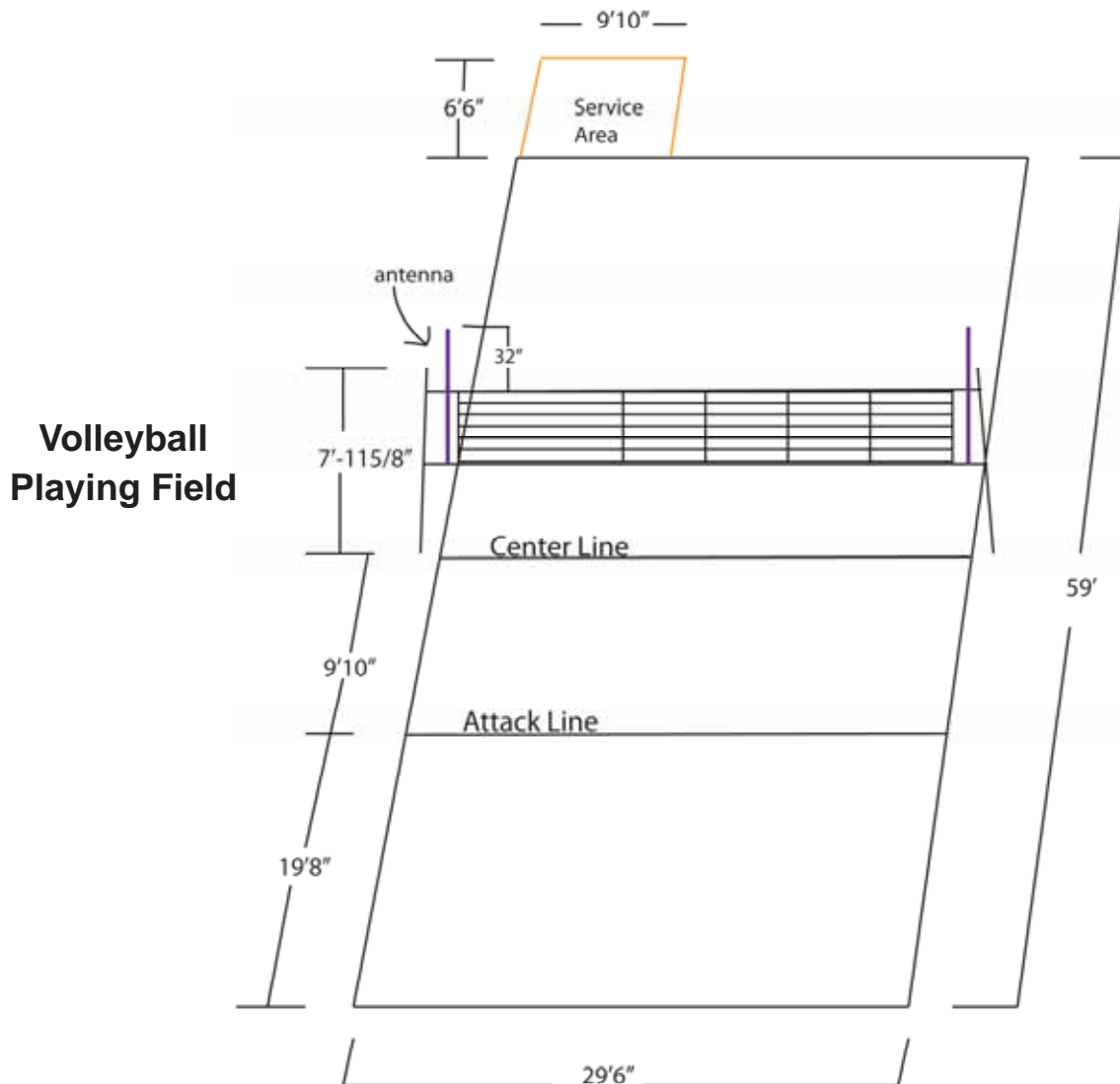


VOLLEYBALL

COURT AND EQUIPMENT

Court measures 59'L x 29'6"W and features clearly marked boundaries. The **Center Line** runs the width of the court under the net. **Attack Lines** are 9'10" behind the center line and also run the width of the court. **Service Areas** are outside of the marked boundary of the court at the right ends. They are 9'10"W x 6'6"D.

The volleyball measures 25"-27" in circumference and weighs between 4½–6 ounces. **Net** is 32'L x 39"W and made of mesh material. It has 2" band at the top. **Antenna** are 32"H uprights attached to the net directly above the side line boundaries.



Object

Two teams of 6 players each (one of which is designated as captain) attempt to score points by hitting the volleyball over the net so that the opposing team cannot return it or stop it from hitting the ground in its court.

Basic Rules

Procedure

Winner of a coin toss chooses whether *to serve or receive the ball or to select the end of the court in which to play*. If he/she chooses to serve or receive, then the loser gets choice of court.

All players except the server must be within the court markings. Each team has three players in a row in the front line, and three others standing behind them in the back line.

Each player is noted by position (such as left front or center back) but can move around after the serve.

Serving

Server stands in the service area and must remain there until the ball is hit. He/she can use the hand, fist, or any part of the arm to hit the volleyball into play. One re-serve is allowed if the ball is missed.

A service fault occurs if the ball that is served:

- Goes under or touches net
- Touches antenna
- Lands out of bounds
- Hits a teammate before crossing over the net

A player keeps serving until the other team wins the right to take over. Team players rotate one position clockwise after the opponents have lost serve and before a new serve begins. Teams change ends after each game. The serve goes to the team that was receiving at the end of the previous game.

Play

After the ball is served and successfully makes it across the net, it can be hit by the other team using any part of the body above the waist. One or both hands can be used, in an underhand or overhand motion, open or fisted; hands may also be clasped together.

An **attack hit** is a ball aimed into the opponent's court. An attack hit can be made by front line players at any time. Back line players can make an attack hit when behind the attack line or in front of the line only if the ball is lower than the top of the net.

Ball can be **spiked** by hitting it sharply downward toward the opponent's court from a jumping position. Front line players may spike from anywhere on the court; back line players must jump from behind the attack line.

Each team can have contact with the ball 3 times before returning it over the net. The first contact is called a **dig**; a pass to a teammate closer to the net to attempt a spike to the other side is called a **set**.

When a player is the first to hit a ball coming from an opponent, double contact may be made (unless fingers are used). No other player after that can touch the ball twice.

When two players touch the ball at the same time, it is considered two hits and neither player can play the next ball.

If a ball hits the net while in play, it remains in play unless a team's three hits have been used.

A referee's whistle signals a dead ball—one that hits the ground, goes under or outside the antenna, or if a served ball touches the net.

Blocking is when one or more front line players attempt to stop the ball before or after it crosses the net and force it back. Blockers are close to each other and have some body part higher than the net. The contact resulting from a block **does not** count as the one of the team's three hits. Back line players cannot participate in a legal block.

Scoring

Points can only be scored by the serving team, except in the deciding game of a match. Variation: Either team can score, but the serve is initiated by the winning team.

A point is scored when:

- Ball hits the floor of the opponent's court (inbounds)
- Opponents can't return the ball within their three hits
- Opponents hit the ball out of bounds
- Opponents commit a **foul** (i.e. ball touches ground, ball played more than three times, ball hits a player below the waist, ball doesn't clear the net, ball passes outside the antenna or under net, player hits ball twice in row (except after a block), player touches the net, player reaches over the net and contacts the ball)

A **side-out** occurs when the serving team does not make a score.

The first team to score 15 points and lead by 2 points wins the game, but there is a 17-point cap, so a team can win by one point, 17-16. The team that wins the best out of 3 games wins the match.

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