

Volleyball Study Guide

History

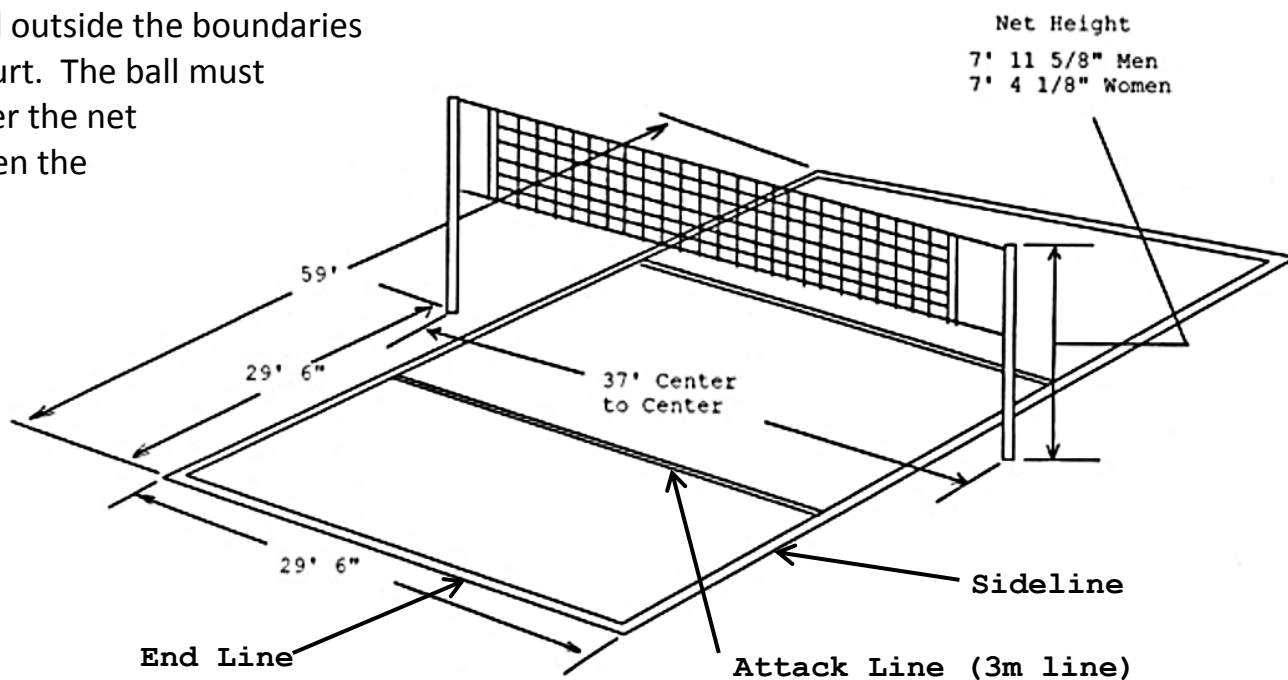
Volleyball is an American sport, invented in 1895 at a YMCA in Holyoke, Massachusetts. Originally called mintonette, it was created for businessmen to get activity without the contact of basketball. Despite its birthplace, the sport has more popularity in the rest of the world. It is ranked second only to futbol (soccer) in participation. Volleyball scoring was similar to badminton in that only the serving team could score. This side-out scoring system was used until 1998. Indoor competitions are typically 6 or 4 to a side. The game is played in two forms during the Olympics, beach doubles and indoor six. The seemingly simple skills are used to play a complex game that is in constant motion.

Objective (Scoring system)

Using only three contacts, each team is trying to prevent the ball from touching the floor on their side of the net. The ball must travel over the net in-between the sidelines. Skilled games utilize all three hits most of the time. The first touch defends the court, the second contact "sets" the attacker, and the third contact is an attempt to hit the opponents court with the ball or have it touch an opponent before going out-of-bounds. A point is awarded to the side that won the rally or didn't commit a fault. This form of scoring is referred to as rally scoring. Games are called sets and typically played to 25 with the margin being at least two points. Matches consist of the best of 3 or 5 sets. Deciding sets are played to 15.

Equipment/Playing surface

An adjustable net allows for height changes for youth, women's and men's games. The court measures 10m x 20m divided in half by the net. The top of the net is 7' 11⁵/₈" high for men and 7' 4¹/₈" for women. A three meter attack line is used to distinguish the area for back row. Volleyball is played mostly indoors on hardwood; however, doubles are typically played outside on sand or grass. Unlike other sports, the ball may be played outside the boundaries of the court. The ball must travel over the net in-between the sidelines.



Players/Positions/Skills

Specialized positions would be setter and libero (a free substituting defender). The setter gets the second ball to set up the attacker. The position requires agility and excellent hand-eye coordination. Good setters are often described as having soft hands. In 1998, the libero position was added. This position is typically used for the best defender and passer. A libero will dive more than their teammates. Liberos are not allowed to play front row or attack the ball. They are allowed to serve. The rest of the team need to be well rounded players that can hit, block, pass, serve, and play defense. The rotation for service causes the three front row players to perform most of the net play while the three back row players are focused on passing and defense. Positions:

- Setter (S) – best at using pads of the fingers on second contact to ‘set’ up the attack
- Libero/Defensive specialist (L/DS) – best at keeping the ball in play and digging up attacks
- Middle blocker (MB) – best at blocking along the entire net, usually tallest
- Outside hitter (OH) – best at spiking the ball put up by the setter
- Right side (RS) – good at blocking opponent’s OH, good place for left handed hitters

Rules/Faults

Any fault would end the rally and award a point to the opponent. Touching the net before, during, or after playing the ball is a fault. It is not a fault if the ball contacts the net. Back-row players are not allowed to participate in attacks or blocking in front of the 3m line. When using two arms or hands to contact the ball, it must be done simultaneously or the results will be a double hit. Doubling the first contact is allowed. If the ball is not volleyed off the body part quickly, a lift/carry is whistled by the official. Going over the center-line is only permitted if there is no interference. Blocks do not count as one of the contacts, so a blocked ball can be touched 3 more times by the defense. However, in beach doubles it counts as the first contact.

Service Rules: So that everyone takes turns serving, defending teams that win the rally must rotate one position clockwise. Both teams must be in the proper service order at the moment the serve is contacted. Players over the boundary lines or out-of-bounds would be considered out of rotation. The same server continues to serve as long as their team wins the point. The ball must be released from the tossing hand prior to contact. Both feet must be behind the end-line and between the sidelines upon contact. If executing a jump serve, it would be the last contact with the floor. Serves cannot be blocked or attacked by the receiving team.

Etiquette

Volleyball started out as a gentlemen’s game that required players to call their own faults. It is unsportsmanlike to shout at the server. Trash talking through the net results in warnings/penalties. Most matches start and finish with handshakes. The ball is returned politely to the serving team.

Components of Fitness

Volleyball demands lots of muscular endurance from all the repetitive jumping. Flexibility plays an important part as well due to the athletic moves required to play the ball. The body composition of a competitive volleyball player is typically on the lean side of the scale.