

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 play 6 on a side; although 4 versus 4 is quite common. 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)

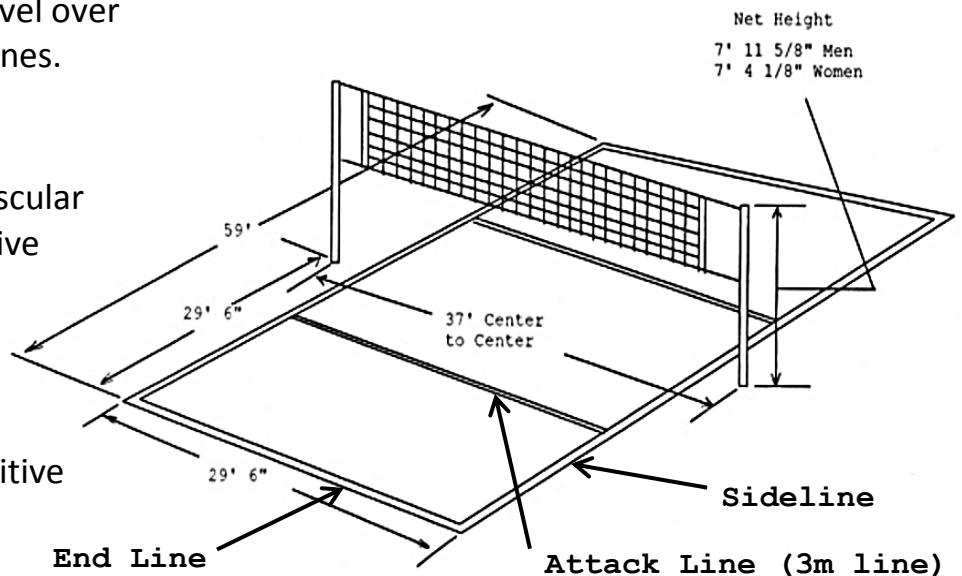
Using only three contacts, each team is trying to contact the opponent's court with the ball. The first touch (bump, pass or dig) defends the court, the second contact "sets" the attacker, and the third contact is an attempt to hit the opponents court with the ball or have it touch an opponent before 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 points with the margin being at least two points. Matches consist of the best of 3 or 5 sets. Deciding sets are played to 15 points.

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 and between the sidelines.

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.



Players/Positions/Skills

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) – typically used to describe attackers on the left side of the net
- Right side (RS) – good at blocking opponent’s OH, good place for left handed hitters

Specialized positions would be setter and libero (a free substituting defender). The setter runs the offense by “setting” the second contact of the ball. The position requires agility and excellent hand-eye coordination. 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. Because of these restrictions, the libero wears a different colored jersey. The rest of the team need to be well-rounded players that can hit, block, pass, serve, and play defense. The focus in the back row is on defense for all positions. When a player rotates to the front row, the focus becomes attacking and blocking.

- Spike – a fast, downward ball
- Kill (ends the rally) – a spike that hits the floor, goes off the block, or is only contacted once
- Dink/Tip – soft shot over the block
- Roll shot – off speed shot
- Dump – second ball over by the setter
- Dig – saving a spiked ball from the opponent that is touched again by a teammate
- Ace – a serve that earns a point by hitting the court or touched once by the opposing team

Rules/Faults

Any fault would end the rally and award a point to the opponent. Any ball that touches an opponent before going out-of-bounds earns a point. 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 blocks 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. However, doubles are allowed on the first contact. This rule was added to make it easier for the defense to keep the ball up. If the ball is not volleyed off the body part quickly, a lift/carry is whistled by the official. For the indoor game, blocks do not count as one of the contacts. Therefore, a blocked ball can be touched three more times by the same team.

Service Rules: So that everyone takes turns serving, rotating is done every time a team wins a rally that the other team served. The same server continues to serve as long as their team wins the point. Both teams must be in service order at the moment the serve is contacted. Standing on a line, out of bounds, or being out of order is a fault. The ball must be tossed into the air before contact. Both feet must be behind the end-line and between the sidelines upon contact. Blocking or attacking a serve is a fault.

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 should be returned to the serving team by rolling it under the net.