

Volleyball

History:

- Volleyball was invented in 1895, by William G. Morgan, in a YMCA gym.
- Volleyball is now ranked beside soccer as one of the largest participation sports in the world.

Basic Positions:

- Power – blocks and attacks on the outside
- Middle – blocks and attacks in the middle
- Setter – sets the ball
- Libero – a back-row-only player that is a defensive specialist

Scoring:

- To win a match, you must win **3 out of 5** sets.
To win a set, you need **25** points, “win by 2.”
If you need to play the 5th set, you need **15** points, “win by 2.”
- All games are played with a **Rally Point** system.
This means that a point is awarded to the team that wins each rally regardless of whether that team served the ball or not.

Other Info You Need To Know:

- Each team is allowed a maximum of **3** contacts to return the ball.
A block is not considered a contact.
A player cannot contact the ball twice in a row.
- 6 players on the court at a time.
- Once a team regains possession of the serve, they must rotate one position clockwise.
- Front row players may spike the ball from anywhere.
Back row players may spike the ball but must jump from behind the 3-metre line.
- A ball that hits the line is “**in.**”

- You are **allowed** to:
 - Serve from anywhere behind the end line.
 - Play the ball after it hits the net, even off of a serve.
 - Spike, or Volley the ball off of a serve.
 - Hit the ball with any part of the body.
 - Double contact the first ball that comes over the net.
 - Reach over the net to block, as long as it is the 3rd hit for the other team.
- You are **not allowed** to:
 - Block the serve.
 - Touch the net.
 - Cross the center line and interfere with play.
 - Scoop or “carry” the ball.
 - Double contact the ball (see above).
 - Play the ball when it’s on the opponent’s side of the net (see blocking exception above)
 - Block, if you are a back row player.

Volleyball “Language:”

- To get a point by hitting the ball, is called a “**kill.**”
- To get down low, or dive to save a ball, is called a “**dig.**”
- To regain possession of the serve, is called a “**side-out.**”
- A ball that is bumped or volleyed over to the other side is called a “**free ball.**”