

Volleyball

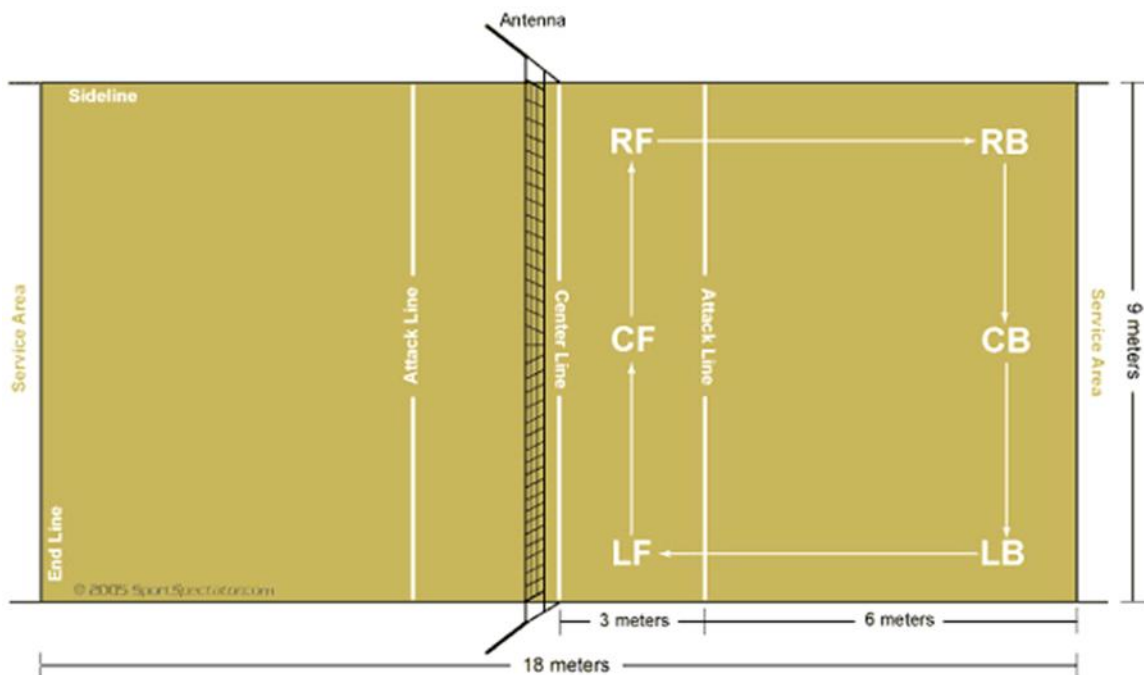
Description

Volleyball is an Olympic team sport in which two teams of 6 players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

The complete rules are extensive. But simply, play proceeds as follows: A player on one of the teams begins a rally by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court (from the service area), over the net, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. They may touch the ball as many as three times. Typically, the first two touches to set up for an attack, an attempt to direct the ball back over the net in such a way that the serving team is unable to prevent it from being grounded in their court.

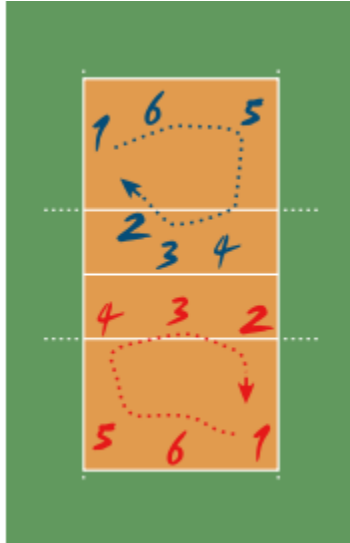
The rally continues, with each team allowed as many as three consecutive touches, until either : a team makes a kill, grounding the ball on the opponent's court and winning the rally; or a team commits a fault and loses the rally. The team that wins the rally is awarded a point, and serves the ball to start the next rally.

The Court



The game is played on a volleyball court 18 meters (59 feet) long and 9 meters (29.5 feet) wide, divided into two 9 m × 9 m halves by a one-meter (40-inch) wide net placed so that the top of the net is 2.43 meters (7 feet 11 5/8 inches) above the center of the court for men's competition, and 2.24 meters (7 feet 4 1/8 inches) for women's competition (these heights are varied for senior and junior competitions).

There is a line 3 meters from and parallel to the net in each team court which is considered the "attack line". This "3 meter" (or 10 foot) line divides the court into "back row" and "front row" areas (also back court and front court). These are in turn divided into 3 areas each: these are numbered as follows, starting from area "1", which is the position of the serving player:



The service takes place from behind the 9 meter service line at the back of the court. The server may not touch the line with any part of his/her body.

Skills

Volleyball Basic Position. Volleyball Stance.



A basic position, a stance in volleyball is a comfortable, good balanced position.

A player has a well-balanced volleyball stance when her feet are slightly wider than your shoulders, knees are bent (hips are lowered closer to ground) and body weight is shifted a little bit more on the ball of your feet vs. heels.

Volleyball players use the basic stance as they prepare for the serve receive or defense - when they are getting ready to move to the ball.

Volleyball Shuffling

Shuffling is the basic footwork used in volleyball. Shuffling is the correct way to move under the ball when receiving the serve or defending the offense.

It can be described as “a player takes multiple tiny little steps after another.”

When shuffling a player moves either forward, backward, left or right.

The most important thing in shuffling is: feet should not cross-over.

Shuffling is crucial when moving to the ball, especially when a player has to do little adjustments in the last moment when the ball approaches.

Passing

Movement to the ball (by shuffling)

Stop the movement

Remember to keep the basic position(balanced, low)

Keeping the ball in front of your body (if possible. Also other techniques exist.)

Place the platform under the ball and direct it toward the setter.

No swinging with arms. No need to push heavily with legs.

http://www.youtube.com/watch?v=wmgT_Pi91S8



Overhead passing (set):

Generally speaking when the ball is high above the player's shoulders/head, player should pass the ball with overhead pass.

When performing overhead pass, the passer have to get directly under the ball. It is very difficult trying to perform overhead pass unless the ball is directly above your forehead.

Extend your arms up over your head. Your thumbs should be about 2 to 4 inches above your forehead. Spread your fingers apart as if someone were going to place the volleyball right into your hands. Your elbows should not be facing out, but pulled in about even with your shoulders.

Position your hands so that you can see them above your forehead and finish with ball shaped hands.

Spread your feet about shoulder width apart. For good technique, you need to have good footwork. The right foot should always be forward when you set. This helps you subtract more errors. Bend your knees and shift your weight to the balls of your feet so that when the ball comes to you, you can quickly bounce up and get it. Your release is key in the tempo of the set. Slow release means slow tempo and fast means a quicker tempo.

When you are ready to set, center yourself under the ball, and push upwards, straightening your arms and legs as you go. If setting backwards apply the same rules except push the ball backwards. This is done with all wrists. Throwing your thumbs back. Extend your hand forward in the direction that you want the ball to go. Pull back.

When you set the ball get directly under it, so that it is coming right toward your forehead. Put your hands in the shape of a triangle right above your forehead (this is why a set is sometimes called a "forehead pass") and let the ball touch as much of your fingers as possible (all ten fingers should be touching the ball) without touching your palms. Push straight up- at the end of your set your arms should be straight and your set should be as high as possible, therefore giving your teammates as much time as possible to get under the ball.

When you bend your knees make sure you rise up and not jump (only for more advance setters, not beginners)

<http://www.youtube.com/watch?v=m1lIGnwKrzg>



Attack Hit or Spike

A player approaches the ball using basic four (or three) step approach to generate high forward speed. A player redirects that speed into the upward energy by jumping up to the air. Created speed, arm action of the jump and powerful jump are important factors in lifting the player up.

On the top of the reach player performs an arm swing and uses her middle body power (“abs crunch”) to add power to her swing. She swings the ball over the net to desired target by hitting the ball with the palm of her hand.

To develop a 4- step approach. A right handed player takes a step with a right foot (step 1), then another step with a left foot (step 2) and finally “the plant” (step 3 and 4) to perform a jump.

Timing. Start your approach by placing your right foot (step 1) to the ground when setter touches the ball. (This is a general rule for hitting outside ball; it is depending on the speed of the set!!!)

When spiking the ball player should hit on the top of the ball to create a top spin, which naturally curves the ball down to the court.

In the air focus on reaching high and making a good contact to the ball. Control beats the power when learning volleyball spike.



http://www.youtube.com/watch?v=RI4iM_X_PmY

Serving

The purpose of the volleyball serve is to make opposite team’s offense as difficult as possible. A server can try to “ace” to get a straight point or make a tactical serve to give advantage to your own defensive team.

A player hits the ball over the net to specific location on the court using underhand serve, top-spin serve, float serve, jump float or jump serve.

Starting Position:

Feet and Hips

Stand behind the end line with your left foot and hip slightly ahead of your right.

Point your front foot forward.

Your back foot should be in a comfortable position pointing slightly to the right to keep you balanced.

Arms

Place the ball in the palm of your left hand. Your left palm should be facing up.

Place your right hand on top of the ball. Your right palm should be facing down.

Hold your arms out towards the court with a slight bend in your elbows for comfort and your left shoulder slightly in front of your right just like your feet and your hips.

Prepare to Strike

Draw your right elbow straight back with your palm still facing down until your thumb is in line with your ear. If you are in the correct position, your thumb should only be a couple inches to the right of your ear and your forearm should be parallel to the floor.

The Toss

Lower your left hand slightly and push the ball up in the air. The ball should come off your palm with no spin. Do not let it roll off of your fingers.

Toss the ball about two feet above your head directly in line with your right arm. If you let your toss drop, it should land about a foot in front of you on your right side. You will be taking a step forward with your left foot as you serve, so it is important that your toss be just in front of you, not behind or too far in front so that you have to chase it.

Practice your toss repeatedly so that you can do it the same way every time. If you make a bad toss, just let it drop. It is legal in volleyball to do so, and you'll get a second chance to get it right. But make sure your second toss is good because you will have to serve this one.

Serving Motion

As you toss the ball with your left hand, bring your right hand up and back so that your palm is now facing the net and your forearm is perpendicular to the floor.

Step straight forward with your left foot and as you swing your arm, bring your hips around until they are square to the net to get a little more power.

Keep your eye on the ball and strike it just above and in front of your head with the palm of your hand. When you contact the ball make sure to spread your fingers, keep your hand and wrist stiff and strike the middle of the back of the ball solidly.

Tip: Unlike when you are hitting, you do not need to contact the ball at the top of your reach and swing in a downward motion. You need the ball to travel 30 feet forward just to get to the net. To hit the back line it needs to travel 60 feet. Contact the ball with a slightly bent elbow and put enough power behind it to get it up and over the net but inside the lines.



<http://volleyball.about.com/od/learntoplay/ss/Serving.htm>

<http://www.youtube.com/watch?v=G8n-t32q7I4>

Game play

Each team consists of six players. To get play started, a team is chosen to serve by coin toss. A player from the serving team throws the ball into the air and attempts to hit the ball so it passes over the net on a course such that it will land in the opposing team's court (the serve). The opposing team must use a combination of no more than three contacts with the volleyball to return the ball to the opponent's side of the net. These contacts usually consist first of the bump or pass so that the ball's trajectory is aimed towards the player designated as the setter; second hit (usually an over-hand pass using wrists to push finger-tips at the ball) by the setter so that the ball's trajectory is aimed towards a spot where one of the

players designated as an attacker can hit it, and third hit by the attacker who spikes (jumping, raising one arm above the head and hitting the ball so it will move quickly down to the ground on the opponent's court) to return the ball over the net. The team with possession of the ball that is trying to attack the ball as described is said to be on offense.

The team on defense attempts to prevent the attacker from directing the ball into their court: players at the net jump and reach above the top (and if possible, across the plane) of the net in order to block the attacked ball. If the ball is hit around, above, or through the block, the defensive players arranged in the rest of the court attempt to control the ball with a dig (usually a forearm pass of a hard-driven ball). After a successful dig, the team transitions to offense.

The game continues in this manner, rallying back and forth, until the ball touches the court within the boundaries or until an error is made. The most frequent errors that are made are either a fail to return the ball over the net within the allowed three touches, or to cause the ball to land outside the court. A ball is "in" if any part of it touches a sideline or end-line, and a strong spike may compress the ball enough when it lands that a ball which at first appears to be going out may actually be in. Players may travel well outside the court to play a ball that has gone over a sideline or end-line in the air.

Other common errors include a player touching the ball twice in succession, a player "catching" the ball, a player touching the net while attempting to play the ball, or a player penetrating under the net into the opponent's court. There are a large number of other errors specified in the rules, although most of them are infrequent occurrences. These errors include back-row or libero players spiking the ball or blocking (back-row players may spike the ball if they jump from behind the attack line), players not being in the correct position when the ball is served, attacking the serve in the front court and above the height of the net, using another player as a source of support to reach the ball, stepping over the back boundary line when serving, taking more than 8 seconds to serve, or playing the ball when it is above the opponent's court.

Scoring

When the ball contacts the floor within the court boundaries or an error is made, the team that did not make the error is awarded a point, whether they served the ball or not. The team that won the point serves for the next point. If the team that won the point served in the previous point, the same player serves again. If the team that won the point did not serve the previous point, the players of the team rotate their position on the court in a clockwise manner. The game continues, with the first team to score 25 points (and be two points ahead) awarded the set. Matches are best-of-five sets and the fifth set (if necessary) is usually played to 15 points (and be two points ahead). No point limit.

Libero

In 1998 the libero player was introduced internationally, the term meaning free in Italian is pronounced LEE-beh-ro (although many players and coaches pronounce it lih-BEAR-oh). The NCAA introduced the libero in 2002. The libero is a player specialized in defensive skills: the libero must wear a contrasting jersey color from his or her teammates and cannot block or attack the ball when it is entirely above net

height. When the ball is not in play, the libero can replace any back-row player, without prior notice to the officials. This replacement does not count against the substitution limit each team is allowed per set, although the libero may be replaced only by the player whom they replaced.

The libero may function as a setter only under certain restrictions. If she/he makes an overhand set, she/he must be standing behind (and not stepping on) the 3-meter line; otherwise, the ball cannot be attacked above the net in front of the 3-meter line. An underhand pass is allowed from any part of the court.

The libero is, generally, the most skilled defensive player on the team. There is also a libero tracking sheet, where the referees or officiating team must keep track of who the libero subs in and out for. There may only be one libero per set (game), although there may be a different libero in the beginning of any new set (game).

Furthermore, a libero is not allowed to serve.

Substitutions

The number of substitutions is unlimited. This is controlled by the referee. He/she can deny any substitution if he/she feels that the coach is stretching the substitution rule and trying to interfere with play.

Other Rules

- ✓ Only **three** (3) contacts are allowed per team per reception.
- ✓ A **block** is not considered a contact. (not included in the three contacts)
- ✓ The **first contact** per side can be a set (use the fingers). The contact may not sound great or look “pretty” but, it is allowed.
- ✓ If the ball lands on the line it is considered **“in bounds”**. Remember that the ball is round, so if it shadows the line, it is “in”.
- ✓ It is **illegal** to **attack hit the serve**. Players receiving the serve are not allowed to contact the ball in an attacking manner. This would be called a fault and the serving team shall be awarded a point.
- ✓ A player may contact the ball with **any part of her body**, including her feet. Some contacts may be deemed illegal because of how they are performed. Example - held ball.
- ✓ You may not spike a ball above the level of the net as a back row player unless you leave from behind the 3m line.
- ✓ Each team gets 2, 60 second time outs per game.
- ✓ The libero does not count as a substitution.

- ✓ The floor captain is the only player who may address the officials.
- ✓ A player can reach over the net to block but cannot initiate contact.

Serving

- ✓ A server has **eight** (8) seconds to serve the ball after the referee blows the whistle giving her permission to serve.

If she tosses the ball up into the air for an overhand serve, and the toss is less than ideal, **she must attempt to hit the ball**. If she lets it land it will be considered a serve. If she catches it, it will be considered a serve. She has no option once the ball is airborne but to try and serve it the best she can (she can not use her feet to serve the ball).

- ✓ A served ball **is allowed to touch the net**, inside the antenna, on it's way over the net. It is considered in and playable if it is within the court boundaries. Sometimes this type of serve is very hard to play.
- ✓ A server **may not** step on or over the back line when serving. The server is allowed to serve from any position along the back line as long as she is within the boundaries of the extended side lines. The server **will not** be considered out of rotation.
- ✓ A served ball must travel over the net within the boundary and not outside the antenna.
- ✓ All players must be in **proper rotation** on the serve and inside the court boundaries (inside the lines). All **front row** players must be ahead of their **back row "partners"**. Laterally all players must be in the proper **alignment**. After the serve, players may move around. **Only front row players** are allowed to **attack hit** the ball above the height of the net. If a back row player attempts this, their team shall be called for an illegal hit. Other team shall be awarded a point and the serve.

Etiquette (manners)

- ✓ Always roll the ball under the net to the other team.
- ✓ When the ball is "dead"(whistle has been blown), do not hit the ball.
- ✓ Be courteous to the officials (referee, umpire, and lines people), your opponents, your team mates, and the score keepers.
- ✓ Refrain from the use of foul language.
- ✓ The floor captain is the only person allowed to address the referee (first official). If you have a question or a concern you must speak to your captain and then the captain will speak to the referee.

Volleyball – Signals by Referee

1  Illegal Alignment/ Improper Server	2  Line Violation	3  Illegal Hit	4  Delay of Service	5  Over-the-Net
6  Net Foul or Net Serve	7  Legal Back Row Attack	8  Illegal Attack of Serve/ Back Row Attack	9  Illegal Block/Screening	10  Ball Touched
11  Four Hits	12  Double Hit	13  Ball Lands In-Bounds	14  Out-of-Bounds/ Antenna Violation	15  Begin Serve
16  Authorization to Enter	17  Point	18  Replay/Re-serve	19  Substitution	20  Illegal Substitution
21a  Team Time-Out	21b  Officials Time-Out	22  Unnecessary Delay	23  End of Game	24  Change of Courts

25



Touch

26



Warning Card

27



Rotational Error

28



Player crossed line
under the net