

Volleyball Study Guide

Basic Rules:

- six players on the floor at a time for each team
- a game is played to 25 points and you must win by 2 points (Rally Scoring)
- no more than 3 hits before returning the ball over the net (a block at the net does not count as one of your teams 3 hits)
- lines on the court are considered in play
- either team can score at any time
- serve that touches the net and lands in the proper court is legal

Types of Hits:

- Bump** (Forearm pass)- always take the serve with this usually is the first hit
- Set**- used to set up for the spike or down ball
- Spike or Down Ball**- hard driven ball into the opponents court

Terms:

- Match**- best of five games (Game 5 is played to 15 points)
- Point** - score given to whichever team wins the volley
- Rotation**- movement of a team in it's serving order, players move clockwise
- Serve**- act of putting the ball in play
- Side out**- loss of serve by a team
- Net Fault**- any part of a player touching the net
- Foot Fault**- server stepping on or over the back line when serving
- Net Serve**- Serving into the net, results in a point for the other team.

