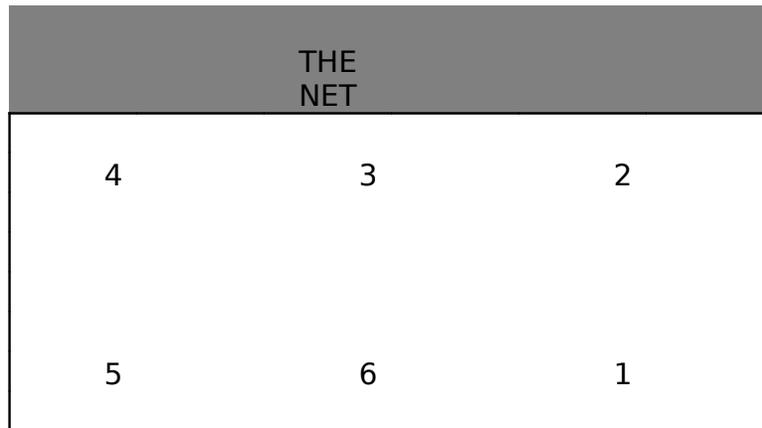


Volleyball Class Notes

Basic Rules:

- There are 6 players on the court (see diagram below)



- During a league game, substitutes can enter and leave the set for ONE player only.
 - o Once a set is over, a substitute can enter and leave the set for a DIFFERENT player.
 - o During a league game, a team can sub players in and out of a set 12 times.
 - In PE class, substitutions are done at the back of the court.
 - In PE class, substitutions occur when a player rotates out of position #1.
 - Player rotation is always done in a CLOCKWISE direction.
- Two timeouts are allowed per set, each timeout is 30 seconds long.
- Games go to 25 points
 - o The Referee calls the captain from each team over for a coin flip.
 - o The winning team has the choice of either serving first or receiving the serve.
- The server is the person who is in Position #1
 - o The server can stand anywhere along the back line to serve
 - o Serving faults are:
 - 1. Ball goes under the net
 - 2. Ball travels over the net outside the sidelines
 - 3. The servers foot goes over the service line (more than one step)
 - 4. The server takes more than 8 seconds to serve
 - 5. The server starts his/her attempt but quits before striking the ball

➤ Contacting the ball during play

- o Each team is allowed three contacts of the ball before the ball has to go over the net.
- o Touching the ball while blocking DOES NOT COUNT as one of your three contacts.
- o The ball may be hit with any part of your body (however proper skills are expected).
- o The ball is NOT ALLOWED to come to rest in the hands/body at any time.
- o The ball is NOT ALLOWED to be contacted twice in a row by the same person.
 - The one exception is during a block (the block does not count as a touch)

Skills To Know:

1.) Forearm Pass ("The Bump")

- ✓ Make sure you start in a proper ready position
 - o Feet shoulder width apart, feet staggered with weight on the forward part of your foot, knees bent
 - o Arms out in front
- ✓ Hands come together by overlapping, thumbs point down to lock elbows and put tension on wrists
- ✓ Contact with the ball is made above the wrist and to the middle of the forearm
- ✓ Keeping your back knee slightly bent the entire time, move your legs slight forward and up to move the ball
- ✓ Shrug your shoulders to help the ball move
 - o Make sure not to swing your arms

2.) Volley

- ✓ Ready position is the same as the bump
- ✓ Make a diamond with your hands coming together, like you are holding a bottle of pop over your head
- ✓ Contact the ball at your forehead, absorbing the ball in your finger tips for a moment, then releasing ball
- ✓ Extend legs and hold finish with your arms

3.) Serving

- ✓ Have a pre-shot routine that you always complete
- ✓ Start behind the end line
- ✓ Step forward with the opposite foot (right handed step with left foot)
- ✓ (Underhand) let ball drop out of your hand, contact at the waist
- ✓ (Overhead) toss ball slightly in front of hitting shoulder, high enough to reach fully extended

Common Ref Signals:

- 1.) Start the rally...the ref makes a sweeping motion in the direction the server should serve the ball.
- 2.) Out of bounds...the ref sweeps both arms towards themselves, elbows tucked at their sides.
- 3.) Carried ball...the ref looks as though she/he is holding a tray in their hand.
- 4.) Two hits...the ref holds up 2 fingers like the "peace" sign.