

Volleyball Rules

To meet standard, I can set up and play the game without arguing, play in a way to keep myself and others from getting hurt.

To meet standard, I can explain how to score and how to stop the other team from scoring.

To meet standard, I can pass, set, and serve a volleyball the correct way, be ready when I must react to the game, and help my teammates to be able to do it also. As an eighth grader I can spike a volleyball.

1. There are six players per team: Three in the front row and three in the back row.
2. At the time of the serve all players must be in their proper positions on the court.
3. After the serve, all players may move to play the ball or cover the court area. However, a back row player **may not** block or spike above the height of the net if their body is in front of the 10' line.
4. The server may serve the ball anywhere behind the back line (end line). The server cannot step on or over the line or a foot fault occurs and a side-out is awarded to the other team. In our volleyball game, you may step one foot over the end line.
5. On the serve, the ball may be served underhand, side arm or overhand. Server must say the score prior to serving. The ball may touch the net. The ball must be playable within the lines of the receiving team's court.
6. A ball landing on a line is considered inbounds.
7. After the serve, the receiving team must clearly hit the ball with any part of the body. Each team may hit the ball three times on their side of the net. A player can not hit the ball two times in a row with two exceptions. (see violations letter F)
8. A player may go outside the court's boundary lines to play the ball. A ball that is hit over the net from out-of-bounds must cross the net between or over the sidelines.
9. A violation occurs when the ball is not played properly or rules are not followed. Violations result in a point for the serving team or side-out and point for the non-serving team.
10. When side-out occurs, the new serving team rotates clockwise: the right front player goes back to serve at the right back position.
11. When a point is scored, same server keeps serving. No rotation occurs.
12. Game is played to 25 points and you have to win by two points.
13. The ball hits the basketball backboard and hoop - When the ball is moving from one side to the other and hits this area a violation occurs and a point or side out is awarded.

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When a team hits the ball in this area and it comes down on their side of the court it is playable. Remember that the same person may not hit it two times in a row.

13. Blocking or spiking may not be done on the serve. In our P.E. classes, you may not set the ball on a serve.

Violations

A violation occurs when:

- A. The server is not behind the end line while serving.
- B. Any player on the court is out of position when the ball is served.
- C. The server hits the ball out of bounds.
- D. A player makes the ball land out-of-bounds.
- E. A player lets the ball come to rest on the playing surface (on their body), and it is not clearly hit.
- F. A player hits the ball two times in a row. **However, there are two exceptions to this rule.** (1) A blocker may block and play the ball again, and; (2) Any simultaneous contact of the ball with another player, either player is allowed to play the ball again.
- G. There are more than three hits on a side.
- H. A player touches the net or crosses the centerline when the ball is in play.

Terminology

Block	A way to defend your side of the net by jumping and raising both arms to stop the ball from crossing the net.
Bump/pass	Using both forearms to pass the ball up to the front row.
Carry	The ball landing on the fingers or forearms for a long period of time.
Court	Consists of two 30' by 30' playing area divided by a net and centerline.
Dig	A one handed closed fist pass, generally used as a last resort to play the ball.
Net	The net is 3' wide and should be stretched tight across the middle of the court. Regulation height for men is 8' and for women is 7'4. Net violations occur when the ball touches the net on the serve.
Point	After the ball is served and there is a violation made by either team –rally scoring.
Serve	The way to put the ball into play at the start of each game.
Set	A two handed overhead volley used to set the ball to the hitter (spiker).
Side-out	Non-serving team earns the right to serve because the serving team failed to keep the ball in play. Players must rotate positions in a clockwise manner.
Spike	An advance skill that resembles the overhand serve making the ball difficult to

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play. The ball travels in a quick downward motion.

Team Consists of six players, 3 in the front and 3 in the back.

Violation An infraction of the rules or failure to play the ball properly; point and/or a sideout is awarded.

Note: In our PE classes, a pass, set, spike, block, and dig are the only hits that will be accepted in our volleyball games. All other hits will be considered illegal.

Volleyball Court

Net net

CENTER FRONT
SETTER

LEFT FRONT
SPIKER

RIGHT FRONT
SPIKER

CENTER BACK
BALL HOG

LEFT BACK

RIGHT BACK
SERVER