HOW THE GAME IS PLAYED

1. In a traditional volleyball game, there can only be 6 players on the court at one time for each team, but teams can have substitutes. In our class, we may have 2, 3, 4, 5, or 6 players.
2. In our class, the service for the first game is decided by one win of “rock-paper-scissors”. Winner can choose to serve or receive. The team that does not serve the first game begins serving in the second game, and so on.
3. Each time a team wins the serve, the players rotate in a clockwise direction on the court.
4. A “side-out” call is made every time a team loses its serve and the opposing team wins the right to serve.
5. Games are played to 21 points, with at least a 2-point advantage.

Each team gets up to 3 hits to get the ball over the net (except on the serve; the serve must go over the net and land in bounds in order to be considered “good”). The ball may go over after the first, second or third hit. It must go over on the third hit. If not it is considered a violation and a point is awarded to the other team.

Note: A block of a spike does not count as one of the team’s 3 hits to return the ball. In other words, if a player jumps up and blocks a spike near the net, the same person can hit the ball again and the same team still has two more hits to get the ball back over the net.

The main objective in volleyball is to get the ball over the net in a way that is difficult, if not impossible, for the other team to return it back to you.

Illegal Hits in the Game of Volleyball – you can’t change these – these are the rules…

You cannot allow the ball to visibly come to rest for a moment on any part of the hands or body.

You cannot hit the ball with two hands which are not together; except when setting (which is done above the head)

You can’t catch or hold the ball in regulation volleyball.

You may not throw the ball.

A player cannot hit the ball twice in succession, unless his/her own first contact with the ball was a block of a spike near the net.

Other Rules…

- Net Violation- Touching the net at any time during the course of the game with any part of the body.
- Center line Foul- Stepping over the center line beneath the net during the game is illegal. You can step on it, but not over it.
- Foot Fault- When serving, you can not step on or over the endline when serving. To do so is a “foot fault” which means your team loses the point and the serve.
- Illegal Serve- Serving the ball under or against the net, hitting the ceiling, or out-of-bounds on the other side of the net. Remember, a serve can hit the top of the net and go over and be counted as good as long as it lands in bounds.
- Reaching over the net- You can only reach over the net when following through after a spike, or when blocking the ball, but only after the team members on the other side have had a chance to contact the ball first. If you reach over the net and tap the ball downward before they have a chance to hit the ball first, then it is a violation on you.
- Illegal Rotation- If a player on your team rotates incorrectly.
- Unsportsmanlike Conduct- Arguing with an official, coach, or any other player on the court; use of profanity; throwing a temper tantrum; or displaying any other form of misconduct.

- After all penalties/faults the other team is awarded the serve and a point.
- A ball landing on the line is considered “good”.

Common Hits Used in the Game of Volleyball

Serve – Bump – Set – Spike – Drive - Tip

Teams will set up in the following formations depending on number of players:

6 players – “W” formation – LF, CF, RF, LB, CB and RB
5 players – “Star” formation – LF, CF, RF, LB and RB
4 players – “Diamond” formation
3 players – “Triangle” formation

Players should set up so that they are approximately 2 sliding steps away from another player on the team or a boundary line.

One of THE most important things to do is to be sure you are in position to play the ball! In other words, get your body behind, and under, the ball before attempting a bump or set whenever possible!