THE GAME
Volleyball is a game played by two (2) teams of six (6) players each. One team serves the ball over the net, trying to make the ball land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area. The team that has caused a side-out to occur will have their players rotate in a clockwise manner before serving the ball. The receiving team stays in current position.

THE COURT
The court is 60 feet in length and 30 feet wide. A center line, parallel to the end lines, shall separate the court into two equal playing areas of 30 feet by 30 feet. The spiking line is 10 feet from the net. The net is set at different heights for play: Women: 7 feet 4 ¼ inches Men: 8 feet

SCORING
Rally scoring is used in volleyball; therefore either the serving team or the receiving team can score a point. A point shall be awarded to a team when its opponent fails to return the ball in a manner prescribed by the rules. During P.E. class, a game of volleyball is played until a team scores 21 points and has at least a 2 point advantage. Winning two of three games gives a team the match.

RULES
When serving, the server must remain behind the service/baseline until the ball is contacted. The ball may be served either underhanded or with an overhead serving motion.

During a play (not on the serve), if the ball hits the ceiling (or anything else up above) and comes back down on the same side, it is playable. But, if the ball hits something up above and goes over the net to the other side, it is a dead ball. On a serve, if the ball hits the ceiling (or anything else up above) – it is a fault and the other team receives a point.

If the ball hits the net on the serve and goes over, it is a good serve. If the ball hits the net and goes over during a volley back and forth between the two teams, it is playable. Therefore, any ball that hits the net, goes over the net, and will land in-bounds is considered good and should be played.

A ball landing on the line during a game is good.
GENERAL PLAY

The serve should be received with a bump (underhand pass). A player may not hit the ball twice in a row unless the first hit is off a block of a spike. The ball may be hit with any part of the body above and including the waist. A team may contact the ball a total of three (3) times before it is sent over the net. A block is not counted as one of the three allowable hits. If two or more players on the same team contact the ball simultaneously, it is considered one hit, and players involved may hit the ball again. This next hit is counted as an additional contact for that team.

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!

NET PLAY

A player may not contact the net during play. As mentioned earlier, the ball contacting the net during a serve is playable. Reaching over the net to block a ball travelling toward the net from a spike is legal. A player may not reach over the net and block a ball being set by the opposing team. A back row player may not block or spike at the net, but may spike a ball when behind the 10 foot line.

SERVE RECEPTION

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<tr>
<td>W - FORMATION</td>
<td>LF</td>
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<td></td>
<td>CB</td>
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<tr>
<td>LF/RF: Left / Right Front: These players receive short serves and are prepared to spike or hit the second or third hit over the net.</td>
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<tr>
<td>CF: Center Front: This player is the setter. Usually, they will make the second hit, which is called a set to the front line players to either spike or hit it over the net.</td>
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<td>CB: Center Back: This player covers the middle playing area of the court.</td>
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LB/RB: Left/Right Back: These players are responsible for covering all balls hit deep in the court, including those hit behind the center back player.

**FAULTS/Violations**

Anything that is done which is against the rules in volleyball or causes the play to end (and a point is awarded). Here are some examples of faults in the game of volleyball:

- When the server steps over the line when s/he serves (foot fault).
- Any ball that lands out of bounds.
- The same player hitting the ball two times in a row.
- A serve that doesn’t make it over the net.
- When a player touches the net with any part of their body or clothing.
- When a player steps over the dividing line (real or implied) under the net.
- When a player reaches over the net to contact a ball that is being set by the other team.
- When a served ball comes into contact with anything that is considered out-of-bounds (e.g. bleachers, wall, pole, ceiling, basketball hoops).
- Contacting the ball below the waist without having hands connected.
- Lifting or carrying the ball.
- A back row player spiking the ball from a front row position.
- Using more than three hits to get the ball over the net.
- A ball that hits the ceiling and then goes over to the other teams' side.

**TERMS**

**ACE:** An uncontested serve (no one touches it) that lands in bounds.

**BLOCK:** A defensive play attempting to block or stop the returning ball over or near the net.

**BUMP:** Also called the forearm pass; An underhand pass hit with your forearms when the ball is below your shoulders; used to receive the serve.

**DIG:** A one-handed save.

**DRIVE:** a one-handed hit made over the head, using the heel of the hand; used when playing in the front row to send the ball in a straight line across the net; feet remain in contact with the ground (no jumping)
END LINE: the line at the back of the court, marking the boundary line; where a server must stand behind when serving

FOOT FAULT: To step over the service line (endline) while serving the ball.

MATCH: The team that wins two out of three games.

POINT: A point scored by the serving team (1 point at a time).

ROTATION: Shifting positions clockwise before the next serve.

SET: A pass, higher than the net, usually the second hit, used to pass the ball to a spiker/hitter in the front row.

SIDELINE: the lines on the side of the court; marking the boundary of the court

SIDE OUT: Ending the teams’ right to serve, following a rule infraction.

SPIKE: A ball hit with great force from a height above the net.

TIP: A fake spike