



VOLLEYBALL HANDOUT

A volleyball team has 6 players on the court at a time.

In our P.E. class the serve reception positions we learned was a “W” formation.

A volleyball game is played to 25 points

- A team must win by 2 points
- A match is best 3 of 5 game

Rally point scoring means that, regardless of which team serves, the team that wins the rally gets the point. The team winning the rally also gets to serve next.

In play a team is allowed 3 contacts with the ball before returning over the net, except for blocks. A player may not contact the ball twice in a row.

A ball landing ON the boundary line is considered “IN”.

A point or side-out may occur when:

- The ball touches the ground
- A team hits the ball more than 3 times consecutively (except block)
- A team is out of position on service
- A player touches the net or crosses over the center line
- A ball is held or pushed
- A ball has not passed over the net
- A ball lands outside the court area or hits the ceiling

The service

- The service is determined by a coin toss. The team that served first in game 1, will serve second in the next game
- Must be made from anywhere directly behind the end line
- The ball may touch the net as long as it lands on the opponent’s side in bounds
- Only one attempt at the serve is allowed (i.e. one toss per serve)
- One player continues to serve until the other team wins the rally
- Upon a team winning the serve back, the team rotates clockwise before serving

Other terms to understand include: Double Hit, Spike, Block, Side-Out, Held Ball, End Line (Baseline), Attack Line

Skills learned in class include: Underhand/Overhand Serve, Volley/Set, Forearm Pass