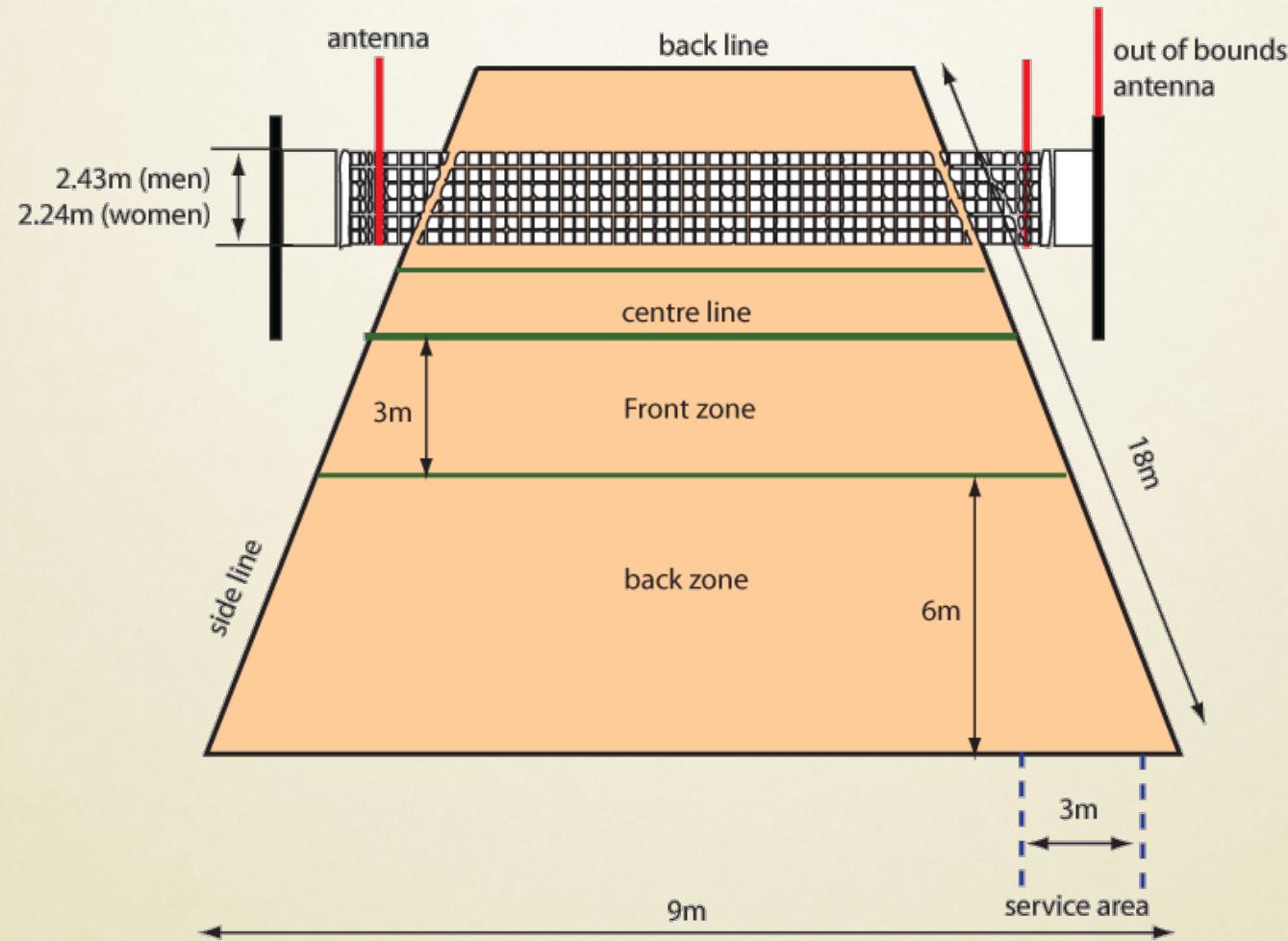


# VOLLEYBALL



# Regulation Volleyball Court



1. There are 6 players on a regulation volleyball team.  
(This may vary in each class due to size, but teams should be divided equally)
2. Games are played to 25 points. A team must win by 2 points.
3. A match is played best 2 out of 3 games.
4. Rally scoring will be used. Every service, except a replay or re-serve results in a point.
5. If the serving team wins the rally, it receives a point and continues to serve.
6. If the receiving team wins the rally, it receives a point and the ball for service.

Let serves are allowed.

The let serve is a ball that, when served, hits the net without touching the antenna and continues across the net into the opponent's court.

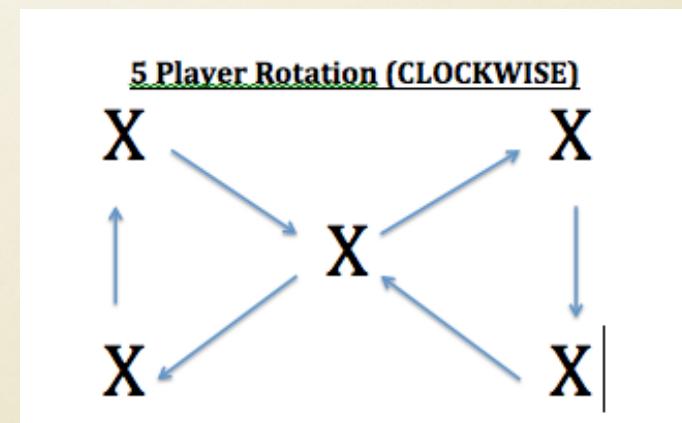
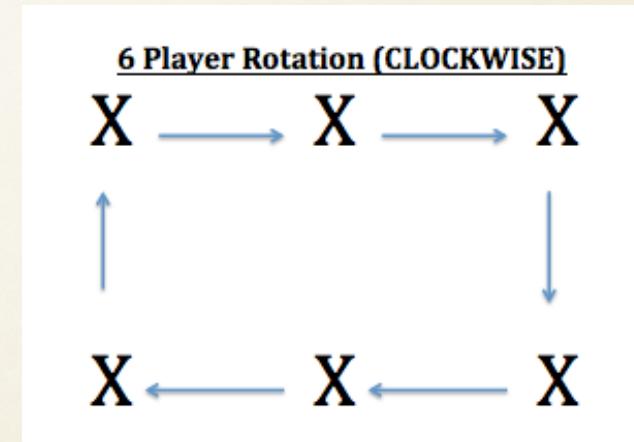
The let serve is a playable live ball.

On a serve, the server must stand behind the service line.

On a serve, the serve may not touch the ceiling.

If the receiving team wins the rally and receives the ball for service, they must rotate clockwise to advance the next server.

examples of rotation



\*The ball may be hit a maximum of three times by a team before it is sent over the net.

Exceptions are:

- a.if two or more players from opposing teams contact the ball simultaneously above the net, it is not considered as one of the three hits allowed by a team.

\*No player may hit the ball twice in succession.

Exceptions are:

- a.If two or more players contact the ball simultaneously, those players may contact the ball again (but it does count as 1 of the team's 3 hits)
- b.A player may double hit on the first ball over the net.

The ball must be clearly hit. It cannot be pushed or held.  
It cannot be passed underhand with an open hand or hands.

The ball must be hit before it touches the floor.

The ball can hit the net and go over and be considered playable. The ball can be played out of the net.

No player may touch the net during play.

A player may reach over the net provided if it is a follow through of a hit or blocking a return.

The center line may be touched but not crossed fully. Some part of the foot must be on the line.

A ball that hits the ceiling or any overhead obstructions may be played  
as long as it does not go over to the opposing team's side and is within the 3 hits.

A ball landing on the line is considered good.

A player may set off of a serve.

# GAME STRATEGIES

1. Always call the ball.
2. Try to hit the ball to an open area on the court
3. Try to get three hits (bump, set, spike)
4. Analyze opponents strength and weaknesses and devise an attack that will capitalize on this
5. Know your team's strength and weaknesses and devise an attack that will capitalize on this

**Example:** Johnny decides to pass the ball over the net on the first hit. Is this a good strategy to use? Maybe, maybe not

	Players on other side weren't ready or expecting it Johnny passes to open area	yes	Pass, set, spike a preferred strategy Pass to a shot close to net for a dump	no
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**Example:** In a volleyball game, the first hit on their side, Tommy passes the ball to Mary. Mary then dumps or sets the ball over the net. Is this a good strategy to use? Maybe, maybe not

	Players on other side weren't ready or expecting it Mary dumps into open area	yes	Pass, set, spike a preferred strategy Mary is not a good setter Opponents too close to net, or are expecting shot	no
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## **COURTESIES**

1. ALWAYS roll the ball under the net.  
Do not throw the ball across the gym or across the net.
2. Shake hands at the end of the game.
3. Call out the score before each serve.
4. Call the lines fairly (in or out).

# Similarities and Differences between Volleyball and Badminton

Similarities	Differences
<ul style="list-style-type: none"><li>• Both have rally scoring</li><li>• Hits line in...inside line in...outside line out</li><li>• Serve hitting the net and landing in is good.</li><li>• Have to win by 2 in both.</li><li>• Play 2/3 in a match.</li><li>• If the toss is bad, and no attempt made to serve, can re-attempt.</li><li>• Can't help the serve to go over.</li><li>• Switch sides after games.</li><li>• Both rotate upon side out/end of opponent's service.</li></ul>	<ul style="list-style-type: none"><li>• Play to 25 in volleyball. 21 in badminton.</li><li>• Serve can be contacted any way and from anywhere in Volleyball. Serve can be contacted ONLY below the waist in badminton and from correct service court.</li><li>• Serve must be delivered cross-court in badminton, can be delivered anywhere in volleyball.</li><li>• Badminton there is a cap at 30.</li></ul>