Volleyball, NitroBall, Newcomb Info

The following information refers to the volleyball rules and variations of volleyball that we will be playing in PE class.

**Newcomb** - This is a “lead up” game to Volleyball and was created in the early 1900’s. The rules are outlined below:

Two teams of approximately 8 to 12 players on the court at a time. Play begins with the server from the serving team serving the ball over the net to the opponents. The ball remains in play being thrown and caught back and forth across the net until there is a miss. Three players may play the ball before throwing it over the net. If the receiving team misses, the serving team scores a point and the next play begins with the same server. If the serving team misses, it loses the serve. A point is scored by the opposing team. The next play begins with the opponents as the serving team. Each time a team wins a point, the same server serves for the next play. Each time a team wins the serve, players on that team rotate and remain in the new position until the serve is lost and won back again. The first team scoring 11 points or a set time limit wins the game.

**NitroBall** (Inverted Volleyball) - This game was created in 2005.

The object of NitroBall is to score more points than the opposing team by passing, striking or hitting the ball over the net so the opponents cannot legally return the ball.

Usually 6-8 players are on one team, but the game can be played with less. The game is usually played on a tennis court but can be played on a smaller indoor court such as a badminton or volleyball court. The net sits low to the ground as it does on a tennis court.

Rally scoring is used so that a team scores with every serve. The first team to 21 by 2 points is declared the winner. Serving takes place from behind the base line and the ball must be hit underhand or after a bounce. Teams rotate servers in a clockwise rotation.

Gameplay - once the ball is served, players can move in any formation on the court. The serving team continues to serve until the opposing team scores a point; the serve is then awarded to that team. A serve fault occurs if the ball fails to make it over the net, touches a player on the serving team, lands out of bounds, or the server’s foot steps over the service line. If this occurs, the serve is awarded to the other team.

- The ball must bounce off the court before every strike (except the serve)
- The player may not hit the ball consecutively
- Kicking or heading the ball is not allowed
- Blocks are illegal as the ball must hit the ground before every strike
- The ball can be struck with one or two hands.
A point is scored when:

- The ball bounces twice on the opponents’ side
- The opposing team is unable to return the ball within three hits
- The opposing team cannot legally return the ball into the court
- The opposing team hits the ball out of bounds
- The opposing team commits a foul or fault

**Volleyball** is a game played between two teams on a playing court divided by a high net. The object of the game is to send the ball over the net in order to ground it on the opponent’s court, and to prevent the same effort by the opponent. The team has three possible hits for returning the ball. They do not have to take the three hits.

The ball is put into play with a service: hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes “out” or a team fails to return it properly. Rally scoring is used, so that every time a ball is served one team will score. Players rotate every time they win a rally. Servers also rotate.

Teams play to 25 points, by two. Six players per team on the court. Rotation after a team wins the service.

Passes/striking the ball/hits- Besides the serve, teammates must learn the forearm pass (bump), Overhand pass (set), spike, block, return of serve.
Volleyball HW

Name_____________________________________________ Class_______ ACE or BDF

1. Volleyball is a game played between two teams, on a court with a _______________ dividing the court.
2. To begin a game in PE volleyball the ball must be __________________ overhand or underhand, from behind the _____________________ line.
3. If the ball is served off the court or into the net the other team gets________________________.
4. Rally scoring is when someone scores with every _____________________.
5. A team needs to reach ____________ points and be winning by two to win a game.
6. A team needs to _______________ in a clockwise motion when they earn the service.
7. Newcomb is a variation of Volleyball in which the ball is _______________ and _______________ over the net.
8. Newcomb is a lead up game to Volleyball and teammates have ____________ passes among teammates, just like volleyball.
9. Nitroball is Inverted __________________________.
10. Nitroball uses a ____________________________ net than volleyball.
11. In the game of Nitroball, the ball has to ___________________________ before it is struck with a players hand.
12. Name three skills needed to be successful in Volleyball
    A. 
    B. 
    C. 

13. Newcomb was invented in the ____________________________.
14. Nitroball was invented in _________________________
15. True or False- Volleyball is an Olympic sport.
    14. 
    15.