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

**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 service 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 hits for returning the ball.

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.

An instructor from YMCA in Holyoke invented volleyball in 1895.

Volleyball is played on a 30 feet by 60 feet court with two teams made of six people. The net, for men, is approximately 8 feet high from the floor to the top of the net. The net is about 6 inches shorter for women.

A volleyball game begins by a team serving the ball over the net to the other team. Each team has three attempts to get the ball over the net or until it falls to the floor, is hit out of bounds or a team commits a foul. The same player may not hit the ball twice in a row.

Even if the ball hits a player by accident, it counts as one of the three touches allowed per side. However, if a player blocks a spike, the block is not considered a “hit.”

The game is played until one team reaches 25 points and the team must win by two points. If a team fails to serve properly, return the ball or commits any other fault, the opponent wins the rally and scores the point. This method of scoring is called, “rally scoring.”

The YMCA regulated the game until 1928 when the US Volleyball Association was founded. Volleyball has been an Olympic sport since 1964.

**Volleyball Study Guide**

1. There are 6 players on a team, the right back corner player is the server, and the rotation is in a clockwise direction.
2. An official game is completed when one team scores 25 points and is ahead by at least 2 points. In class we play a modified game and do not always go by this rule.
3. Both teams must line up in their correct rotation order before the serve. After the serve, players may change positions.
4. The ball must be clearly hit, not thrown or guided.
5. A player must not hit the ball twice in succession except in the following situations. A. If two or more players hit the ball at the same time, either player may hit it again. B. If a player blocks a ball, the player is able to hit it again.
6. The ball may not be hit more than three times on a side.
7. A served ball may touch the net on a serve, but may not be blocked and spiked.
8. A ball is live if it hits any part of the body above the waist
9. A player may not touch the net.
10. A player may only reach over the net during a follow through after a spike or block.
11. A ball touching the boundary line is good, but a ball hitting the pole or the ceiling is out of bounds.
12. A replay will occur if fouls are committed by players of the opposite team at the same time.
13. Either team can score on any possession (regardless of who is serving).
14. The serving team’s score is announced first.
15. If the ball hits the net and forces the net to hit a player, there is no foul.
16. A player cannot reach over the net to hit a ball or go under the net to hit a ball. They cannot break the plane of the net.
17. In game #3, the winner needs at least 15 points to get a win, if under 1 or zero points.

DEFINITIONS:

1. Double foul---Faults committed simultaneously.
2. Carry---Ball comes to rest momentarily on the hands.
4. Point-----Score a unit awarded to the team winning the volley, regardless of which team is serving.
5. Serve-----Method of putting the ball into play (Underhand, Overhand, or Jump Serve)
6. Side out---A decision following an infringement of a rule by the serving team.

SKILLS:

1. Overhead set-----The fingers should be curved and elbows bent. The ball is to be hit not thrown. This should be used for any ball that is coming to you above the shoulders.
2. Bump-----Fingers should be closed and the ball should hit the forearms. The bump is used when the ball is below the shoulders.
3. Spike-----The spike is a ball hit with great force from the height greater than the top of the net.
4. Dig-----This skill is used from a low, hard hit ball which is off to the side of the person. You stick your arm out, make a fist and let the ball pop up off your fist.

BASIC STRATEGY:

1. Use two hands whenever possible.
2. Your team should always try to use three hits
3. The back row should always set up the front row.
4. Change direction of the ball frequently
5. Be sure to announce the score before each serve, so not to cause confusion of the score at the end of the game. The serving team score is announced first.

**Volleyball Skills:**

**OVERHAND SERVE:** The serve is the skill that initiates play. The ball must be contacted with only one hand. The right back player must serve from any spot behind the end line of the court. The server may not contact the court until the ball has been contacted. Only one attempt is allowed on the serve. Players may allow ONE tossed ball to drop to the floor provided it does not contact any body part.

**READY POSITION:** Feet shoulder width apart
- Staggered feet (unless blocking when feet are side by side)
- Weight evenly distributed
- Knees slightly bent

**FOREARM PASS:** Begin in Medium Posture - Arms APART move quickly to the ball - shoulders squared to the target. As you stop, hands come together: Arms are straight and away from the body place one hand in the other. Thumbs are parallel and facing down Forearms are flat - form platform. Create appropriate angle with arms to direct ball to target. Contact the ball on the forearm (platform) out in front of (away from) the body. Body should move toward the target as you pass (follow-through) come up under the ball - Relax the shoulders
- Keep elbows close to each other - Hands never come higher than shoulders

**DIG:** This is the ability for a player to save the ball from hitting the court after it has been spiked. It usually requires a player to slide underneath the ball on the court or to dive underneath the ball.

**BLOCKING:** The block is the first line of defense against the smash. It is usually performed by more than one front row players and is used to stop the smashed ball from crossing the net and to deflect it into the opponent’s court.

**SET:** The set will be a return of serve pass in which the player gets in position under the ball with knees bent, hands up and fingers cupped. All the fingers and the two thumbs contact the ball, but the ball does not touch the palm of the hand.

**SPIKE:** The spike is one of the most difficult plays in volleyball. A player has to run, jump and hit the ball to a specific spot on the other side of the net. It is the best offensive move in volleyball. An open hand usually strikes the ball. Proper timing is required to successfully strike a spike correctly.