

9th Grade Volleyball Study Guide

Origin

In 1895, William J. Morgan invented the game of volleyball at a YMCA in Massachusetts

Terminology

Pass	-	Most common type of hit used to return a serve
Set	-	a hit that requires contact of both hands above the forehead – most accurate type of hit in volleyball but most difficult to master.
Spike	-	a hard downward driven hit of the ball into the opponent's court
Kill	-	a hard downward driven attack that results in a point
Block	-	the first line of defense against a spike at the net
Dig	-	a ball that is playable off of an opponent's attack (spike).
Lift	-	an illegal hit when the ball rests momentarily on any part of the body
Ace	-	point earned directly from the serve hitting the opponent's court
Floater	-	a type of serve that moves in unpredictable directions
Topspin	-	a type of serve that drops very fast after it crosses the net. Toss is the most important aspect in executing a proper serve.
Let serve	-	a serve hits the top of the net and lands in the opponents court
Libero	-	a player who specializes in defense and plays only the back row. this player is identified by a contrasting color jersey.

Scoring

In high school a match consists of two out of three games. The game is rally score to **25** points and the winning team must win by **two**. **Rally scoring** means that which ever team wins the rally is awarded a point. The team that does not serve first in the first game begins serving in the next game.

Rules

1. There are 6 players on a team
2. Teams rotate **clockwise**
3. A game is started by a **coin toss** to see which team gets first serve
4. If a player steps over the service line it is a **foot fault** and a point is awarded to the other team.
5. If the ball touches the net on the serve, it is a **let** serve and is considered legal.
6. A player can never touch the net any time
7. A player may step on but not over the **center line**
8. A block does not count as one of the three hits. It is **illegal** to block a serve.
9. A ball landing **on** the line is considered **in**
10. A ball that hits the ceiling and lands back on the side of the team who hit it can be played if that team still has hits left. A ball that hits the ceiling and lands on the other team's court is considered a loss of rally – point for other team. A ball can never be played off of the wall.
11. A ball can be hit by with any part of the body as long as it is not a lift (i.e. head, shoulder). Kicking a ball is illegal.
12. A player from the back row **can not** spike the ball **in front of the 10 foot line**.
13. If two or more players on the same team contact the ball at the same time, it is considered **one hit** and may be played by either person on the next hit.