

Volleyball Study Guide

Volleyball is a Competitive Sport

Competition taps latent strengths. It exhibits the best of ability, spirit, creativity and aesthetics. The rules are structured to allow all of these qualities. With a few exceptions, volleyball allows all players to operate both at the net (in attack) and in the back of the court (to defend or serve).

William Morgan, the game's creator, would still recognize it because volleyball has retained certain distinctive and essential elements over the years. Some of these it shares with other net/ball/racquet games:

- Service
- Rotation
- Attack
- Defense

Volleyball is, however, unique among net games in insisting that the ball is in constant flight – a “flying ball” and by allowing each team a degree of internal passing before the ball must be returned to the opponents.

The introduction of a specialist defensive player – the Libero – has moved the game forward in terms of rally length and multi-phase play. Modifications to the service rule have changed the act of service from simply a means of putting the ball in play to an offensive weapon.

The concept of rotation is entrenched to allow for all-around athletes. The rules on player positions must permit teams to have flexibility and to create interesting developments in tactics. Competitors use this framework to contest techniques, tactics and power. The framework also allows players a freedom of expression to enthuse spectators and viewers.

And the image of volleyball is increasingly a good one. As the game evolves, there is no doubt that it will change – even better, stronger and faster.

GAME CHARACTERISTICS

Volleyball is a sport played by two teams on a playing court divided by a net. There are different versions available for specific circumstances in order to offer the versatility of the game to everyone.

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 (in addition to the block contact).

The ball is put in 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.

In Volleyball, the team winning a rally scores a point (Rally Point System). When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.



TEAM COMPOSITION

A maximum of 12 players and four coach/staff personnel are allowed.

One of the players, other than the Libero, is the team captain, who shall be indicated on the scoresheet.

Only the players recorded on the scoresheet may enter the court and play in the match. Once the coach and the team captain have signed the scoresheet, the recorded players cannot be changed.

TEAM STARTING LINE-UP

There must always be six players per team in play. The team's starting line-up indicates the rotational order of the players on the court. This order must be maintained throughout the set.

ROTATION

Rotational order is determined by the team's starting line-up, and controlled with service order, and players' positions, throughout the set.

When the receiving team has gained the right to serve, its players rotate one position clockwise: the player in position 2 rotates to position 1 to serve, the player in position 1 rotates to position 6, etc.

TO SCORE A POINT, TO WIN A SET AND THE MATCH

To Score a Point

Point – A team scores a point:

- By successfully grounding the ball on the opponent's court;
- When the opponent team commits a fault;
- When the opponent team receives a penalty

Fault – A team commits a fault by making a playing action contrary to the rules (or by violating them in some other way). The referees judge the faults and determine the consequences according to the Rules:

- If two or more faults are committed successively, only the first one is counted
- If two or more faults are committed by opponents simultaneously, a **DOUBLE FAULT** is called and the rally is replayed

Consequences of winning a rally – A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play.

- If the serving team wins a rally, it scores a point and continues to serve;
- If the receiving team wins a rally, it scores a point and it must serve next.

To Win a Set

A set (except the deciding, 5th set) is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24; 27-25;...).

To Win the Match

The match is won by the team that wins three sets.

In the case of a 2-2 tie, the deciding set (the 5th) is played to 15 points with a minimum lead of 2 points.

DEFAULT AND INCOMPLETE TEAM

If a team refuses to play after being summoned to do so, it is declared in default and forfeits the match with the result 0-3 for the match and 0-25 for each set.

A team that, without justifiable reason, does not appear on the playing court on time is declared in default with the same result as in the rule above.

A team that is declared **INCOMPLETE** for the set or for the match loses the set or the match. The opponent team is given the points, or the points and the sets, needed to win the set or the match. The incomplete team keeps its points and sets.

