Volleyball is a game played with two teams of six players each. The object of the game is to use skills such as the forearm pass, set, spike and block to gain an advantage on the opponent by sending the ball to the floor on their side of the court. A game is played to 25 points, however, the winning team must win by two points. A high school volleyball match consists of winning two out of three games.

**Etiquette and Safety**
1. Players must be aware of hazards in the playing area. Volleyball standards/poles, teammates, walls, and balls all pose the possibility of serious injury.
2. Players should roll the ball under the net, rather than throw it over the net to the other team.
3. Players should attempt to alert other players when a ball has rolled onto another court so that a player does not accidentally land or step on the ball.
4. Players should avoid net violations or crossing the centerline as this can cause injury.
5. Players should announce his/her team’s score and then the opponent’s score clearly and loudly before each serve. In the absence of an official, players should call the ball “in” or “out,” and call net violations in the interest of fair play.
6. Place volleyballs back in the bin/holder at the end of the game.

**Care of Equipment**
1. Players should never kick or sit on the volleyballs.
2. The volleyball nets should not be pulled on and players should not stand on the supporting poles.

**Rules, Regulations and Scoring**

**Team Composition**
1. A team is comprised of six players:
   - Position #1 is the right back
   - Position #2 is the right front
   - Position #3 is the middle front
   - Position #4 is the left front
   - Position #5 is the left back
   - Position #6 is the middle back

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2. Rotation is clockwise and is made prior to the turn of service, including at the start of the game.
3. After a coin toss, the team that wins the call may elect to choose to serve or may select the side of the court on which they will play.
4. Substitutions are made when the ball is dead.
5. A team that does not have the first serve will rotate out of their starting position before their first server.
6. A “libero” player is utilized in competitive high school volleyball. This player is a designated defensive player who can only play in the back row. The libero can serve for one position. This player wears a different color jersey than the team does in order to identify themselves as the libero.

**Point or Side Out**
1. Rally scoring allows for a point to be won by either team regardless of which team is serving.
2. If players on the serving team commit any of the following, a side-out will be awarded to the other team. A point will be awarded to the opposing team if a player on the other team commits any of the following:
   a. contacts the ball more than once in succession
   b. makes contact with the ball for a fourth time on their side
   c. touches the net with any part of the body
   d. catches, holds, or double hits the ball
   e. causes the ball to go out of bounds
   f. reaches over the net to contact the ball
   g. stands outside of the side boundaries, or touches the endline on the serve
   h. steps over the center line
3. Replay – a replay will be called when two opponents commit a violation simultaneously. No point is scored and the ball is re-served.

**Game and Match**
1. A game is won when one team has scored 25 points, as long as they have a two point advantage. A match is won by the team who wins two out of three games.
2. Teams change courts at the end of each game.
3. Teams flip a coin to determine who will serve first for the first game. The second team will have the serve in the second game.
4. If teams are tied at one game each, there will be another coin toss to determine the server for the third game.

**Skills and Techniques**

**Forearm Pass**
**Goal:** Consistent placement of the volleyball to a teammate at the net.
**Hand Position:** thumbs side-by-side and pointed down to the floor.
**Arm Swing:** relaxed, slow and in the direction of the intended target.
**Body Position:** knees bent throughout the entire motion. One foot is slightly in front of the other and steps toward the intended target just before the contact.
**Purpose:** Move ball to the front line.
**Serving (Overhand)**

**Goal:** Placement of the serving ball consistently into the court of the opponent.

**Verbal Cues:** toss-step forward-swing

**Body Position:** staggered stance. Left foot is slightly in front of the right for a right-hander. Just before contact, step forward with the left foot in the direction of the intended target. Reverse for a left-handed player.

**Arm Position:** left hand is the tossing hand and lifts the ball into the air slightly toward the right side of the body so that the striking arm can contact the ball when it is fully extended. Reverse for a left-handed player.

**Hand Position:** hand is open with the fingers slightly tensed. Contact is made with the palm of the hand, not the fingers. The wrist should snap down on contact with the ball.

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**Set (overhead volley)**

**Goal:** Placement of the ball in a high arc to a teammate who then hits it over the net.

**Body Position:** back is straight, body leans forward slightly, right foot is forward of the left, knees are slightly bent.

**Arm Position:** elbows are bent, pointing out.

**Hand Position:** hands are drawn to the forehead and are in the shape of the ball. Hands form a triangle with the index fingers and the thumbs. This “triangle” is behind the ball so that the thumbs point to the hairline of the head. The remaining fingers contact the sides of the ball.

**Contact Position and Follow-through:** hands and arms are drawn up to the forehead as the ball begins to drop. As the ball contacts the hands at forehead height, the body, as a whole, extends up and forward toward the intended target. This extension begins in the legs and continues into the arms and hands.

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**Back Set**

**Goal:** Placement of the ball in a high arc to a teammate or over the net.

**Body Position:** same as the forward set.

**Arm Position:** same as in the forward set.

**Hand Position:** same as in the forward set – hands are drawn to the forehead.

**Follow-through:** upper body extends slightly backward along the extension of the legs upward. Arms will also extend slightly backward. An extremely arched back is not necessary.

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**Spiking Skills**

**Goal:** Placement of the ball in a downward angle toward the floor of the opponent.

**Approach Technique for the Right-Hander (reverse for a left-handed player):**

1. Begin 10 feet back from the net for the approach.
2. A right-handed hitter steps forward with his/her right foot.
3. Then, the left foot steps forward.
4. The last steps are a quick right-left, which leads to the takeoff.
“Right-Left-Right-Left” for a right-handed hitter; reverse for a left-handed player:
When the player has finished his/her last step, he/she should be in this position: READY TO JUMP!

1. Two feet away from the net.
2. Left foot a bit closer to the net than the right foot.
3. Arms back – behind the body.
4. Palms and inner arms up toward the ceiling (behind the body).
5. Knees bent at a 45-degree angle.
7. Weight rolls forward from the back of the heels to the balls of the feet.
*Note: for a 3-step approach disregard the first step.

Jumping Position
1. Throw arms down toward the floor and then upward until the body reaches full extension and the feet push up off the floor.
2. Drop the hitting arm down to shoulder height.
3. Drop the spiking hand backward behind the head and then upward to reach for contact.

Contact Position
1. The spiking hand should be open, slightly tensed.
2. Bring the arm forward, fully extended.
3. Contact the ball slightly in front of the forehead, but at full reach, and snap the wrist forward and down.
4. Just before this contact, the opposite arm snaps downward toward the floor to give the body rotation and power for the spike.

Landing
1. Land on both feet keeping the body out of the net. Absorb the landing with the knees.

Blocking Skills

Goal: To stop or intercept the volleyball before the ball crosses the net of the opponent.

Beginning Body Position
1. Stand two feet from the net.
2. The knees should be bent slightly.
3. Hands should be open and up, even with the chin, facing the net.
4. Elbows should be bent.
5. Hands are shoulder width apart.
6. Trunk leans slightly forward.

Jumping Position
Knees should be flexed and then extend upward. Keep the arms up, do not drop the hands below the bottom of the net. This prevents net violations.
**Block Timing Position**
1. Align the body shoulder to shoulder with the angle of the approaching spiker.
2. Just after the spiker jumps, the blocker should jump.
3. Extend the arms straight up and slightly forward toward the ball.

**Arm and hand Position**
1. Arms are stretched upward and slightly forward.
2. Hands are open, slightly tensed, thumbs and pinky fingers form a straight horizontal line. Palms face the net.
3. The hands should be 2 – 3 inches apart so that the ball does not pass through the hands.

**Landing Position**
1. Land evenly on both feet.
2. Flex the knees on contact with the floor to absorb the shock of the landing.
3. Bring the hands and the arms back down to the beginning position.

**Terminology**

**Block** – A block prevents an opponent’s spike from crossing the net.

**Forearm Pass** – Method of moving the ball into the air by contacting it with the forearms.

**Libero** – A designated defensive player who only plays the back row and can sub in freely for any back row player.

**Out of Bounds** – Areas that are out of bounds are the walls, opponent’s ceiling, poles, and any other objects outside the boundary lines. A ball landing on a line is considered in bounds.

**Point** – A point is awarded when a team fails to return the ball legally over the net.

**Rally** – The volleyball is contacted back and forth over the net.

**Rotation** – The method of moving into new positions on the court in a clockwise pattern. A rotation is made each time that the receiving team becomes the serving team, including on the first side out of the game.

**Service** - Method of putting the ball into play. The ball must go over the net and land within the boundary lines. If the ball contacts the net on the serve and it goes over, it is considered to be in play. A serve that touches a line is “good.” The server may stand anywhere behind the base line providing they are within the side boundary lines.

**Set** – The method of sending the ball to a teammate using the pads of the fingers. A set should be high enough and approximately two feet off the net to allow for a teammate to spike the ball over the net.

**Speed Scoring or Rally Scoring** – Scoring a point any time your team wins a rally, not just on a serve.
**Volley** – One contact of the ball by a player. A ball contacted simultaneously by two players is considered one hit. Three hits are allowed on one side of the net and a block does not count as one of the three hits.

**Grading**
See activity unit breakdown, fitness grade breakdown, and final grading scale under NC/SC Grading Policy at the front of the Study Guide.

**Technique Description/Skill Tests**
Specific skills for activity units are taught on a regular basis. In some units, demonstrated knowledge of skills may be obtained through some form of skill testing. This testing is not outcome based.