

Volleyball History

- Volleyball originated in the United States
- In 1895, William G. Morgan decided to blend elements of basketball, baseball, tennis and handball to create a game for his classes of businessmen which would demand less physical contact than basketball.
- In 1964, Volleyball was introduced to the Olympic Games in Tokyo

Volleyball Rules

THE SERVE

- (A) Server must serve from behind the restraining line (end line) until after contact.
- (B) Ball may be served underhand or overhand.
- (C) Ball must be clearly visible to opponents before serve.
- (D) Served ball may graze the net and drop to the other side for point.

SCORING

- A. Rally scoring will be used.
- B. There will be a point scored on every score of the ball.
- C. Offense will score on a defense miss or out of bounds hit.
- D. Defense will score on an offensive miss, out of bounds hit, or serve into the net.
- E. Game will be played to 25 pts.
- F. Must win by 2 points.

ROTATION

- (A) Team will rotate each time they win the serve.
- (B) Players shall rotate in a clockwise manner.

PLAYING THE GAME (VOLLEY)

- (A) Maximum of three hits per side.
- (B) Player may not hit the ball twice in succession (A block is not considered a hit).
- (C) Ball may be played off the net during a volley and on serve.
- (D) A ball touching a boundary line is good.
- (E) A legal hit is contact with the ball by a player's body above and including the waist which does not allow the ball to visibly come to a rest.
- (F) A player must not block or attack a serve.

BASIC VIOLATIONS

(A) Stepping on or over the line on a serve.

(B) Failure to serve the ball over the net successfully.

(C) Hitting the ball illegally (Carrying, Palming, Throwing, etc.).

(D) Touches of the net with any part of the body while the ball is in play. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.

(E) Failure to serve in the correct order.

THE COURT

The court is 29 ft. 6 in wide and 59 ft. long.

Volleyball Lingo	Translation
Ace	When the ball is served to the other team and no one touches it.
Side Out	When the team that served the ball makes a mistake, causing the ball to go to the other team.
Roof	When player jumps above the height of the net, and blocks the ball.
Dig	When a player makes a save from a very difficult spike.
Kill	When a team spikes the ball and it either ends in a point or a side out.