Volleyball Study Guide

* Typically there are 6 players on the court
* **Rally:** A rally is the time between the serve and the end of the play.
* **Volley:** A volley is keeping the ball in play and returning it to your opponent without committing any playing faults.
* Each rally is started by a serve from behind the service line
* **Side-out:** The term used when the receiving team wins the rally
* When the receiving team wins the rally, the players must rotate and it becomes their turn to serve
* Players must rotate in a clockwise direction one position
* If the serving team wins the rally, the person who served the ball continues to serve
* The server must say the score before serving the ball
* Games are played to 25 points, in PE games are based on a time limit
* **Rally Scoring**: Every rally results in a point being scored, either by the team serving or the team receiving.
* Types of passes:
	+ **The bump:** The type of pass used when the ball is hit below the passer’s chest. It is done by joining your forearms together.
	+ **The set/overhead pass**: The type of passed used when the ball is hit above the passer’s chest. The players hands are above their head and they hit the ball with their finger tips
* **Faults:** When a team ends a rally or volley resulting in a point. These occur:
	+ When the serve does not go over the net
	+ When the server steps over the line while serving the ball
	+ If the server does not say the score before serving the ball
	+ If the ball is hit out of bounds
	+ If the ball hits the ceiling, wall, poles, or basketball goals
	+ If a player touches the net
	+ If a player goes under the net
	+ If one team hits the ball more than 3 times
	+ If one player hits the ball 2 times in a row
	+ If the player hitting the ball lifts or carries it
	+ If the team is out of rotation or does not rotate correctly
	+ If a player kicks the ball
	+ If a player does not roll the ball under the net when giving it back
* If the ball hit the boundary line it is considered in-play
* If both teams cannot agree on a call or play, the teams must re-paly the rally
* Serving tips:
	+ Hold the ball with your non-dominant hand and have your non-dominant leg out in front.
	+ Hold the ball near the inside part of your knee
	+ Lean forwards
	+ Swing your arm straight
	+ Hit the ball with the low part of your palm
	+ Follow through with your arm to the height of the net, keeping your arm straight