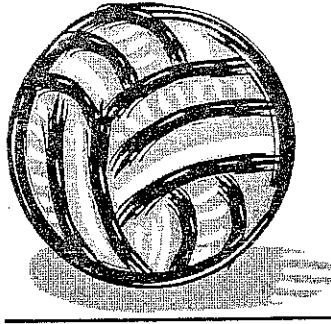


Volleyball



Basics

- The basic objective of the game is to keep the ball, which is served over the net, from contacting the floor on your side of the net and return it so that it contacts the floor on the opponents' side before they can return it.
- Offensive play involves using the three allowable contacts to pass, set, and attack the ball. Opponents attempt to block the ball at the net before it crosses, dig it if the ball gets by the block, or pass a nonforcefully returned ball.
- There are five basic skills: attack (spike), block, forearm pass (bump), overhand pass (set), and serve.

Rules

- 6 players on each team; three players in the front row and three players in the back row.
- Players all rotate one position clockwise following a rally in which they win the right to serve.
- Each team is allowed a maximum of three contacts before the ball is returned across the net.
- A player may not play the ball two times in a row.
- The player in the right back position serves.
- A player may not make contact with any part of the net

Terminology

- Spike – a ball hit with a strong downward force into the opponents' court.
- Block – the process of intercepting the ball just before or as it crosses the net.
- Bump – a pass made off the forearms. Used to play served balls, hard-driven spikes, or any low ball.
- Set – the placement of the ball near the net to assist spiking
- Serve – the method of putting the ball in play over the net by striking it with the hand from the service area.
- Dig – an emergency pass, usually used to defend a hard-driven attack
- Rally scoring – a point is awarded to whoever wins each rally.

The Court

The court is divided into equal halves separated by a center line and net. Each half has a front court area, which restricts back row players from spiking or blocking in that area. The boundary lines are considered a part of the court; thus, a ball landing on these lines is considered inbounds.

