Basic Volleyball Rules

The Serve
- Server must serve from behind the end line until after contact.
- Ball may be served underhand or overhand.
- Ball must be clearly visible to opponents before serve.
- Served ball may graze the net and drop to the other side for point.
- First game serve is determined by a volley, each subsequent game shall be served by the previous game loser.
- Serve must be returned by a pass, no attacking a serve.
- Serve may touch the net, but must land in on the other side.

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

Rotation
- Team will rotate each time they win the serve
- Players shall rotate in a clockwise manner
- There shall be 4-6 players on each side.

Playing the Game
- Maximum of three hits per side
- Player may not hit the ball twice in succession (A block is not considered a hit)
- Ball may be played off the net during a volley and on serve
- A ball touching a boundary line is good
- A legal hit is contact with the ball by a player body above and including the waist which does not allow the ball to visibly come to a rest
- If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play
- A player must not block or attack a serve
- Switching positions will be allowed (after the serve only)

Basic Violations
- Stepping on or over the line on a serve
- Failure to serve the ball over the net successfully
- Hitting the ball illegally (Carrying, Palming, Throwing, etc)
- 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
- Reaching over the net, except under these conditions a) When executing a follow-through b) When blocking a ball which is in the opponents court but is being returned (the blocker must not contact the ball until after the opponent who is attempting to return the ball makes contact). Except to block the third play
- Reaches under the net (if it interferes with the ball or opposing player)
- Failure to serve in the correct order
- Blocks or spikes from a position which is clearly not behind the 10-foot line while in a back row position

<table>
<thead>
<tr>
<th>Volleyball Terminology</th>
<th>Translation</th>
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<tr>
<td>&quot;Ace&quot;</td>
<td>When the ball is served to the other team and no one touches it.</td>
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<tr>
<td>&quot;Sideout&quot;</td>
<td>When the team that served the ball makes a mistake, causing the ball to go to the other team.</td>
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<td>&quot;Roof&quot;</td>
<td>When a player jumps above the height of the net, and blocks the ball.</td>
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<tr>
<td>&quot;Stuff&quot;</td>
<td>When a player jumps about the height of the net, blocks the ball, and the ball goes back at the person who attacked (spiked) the ball.</td>
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<td>&quot;Dig&quot;</td>
<td>When a player makes a save from a very difficult spike.</td>
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<tr>
<td>&quot;Kill&quot;</td>
<td>When a team spikes the ball and it either ends in a point or a sideout.</td>
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Volleyball Positions
Terminology of Volleyball Court Positions

- Volleyball positions on a team consist of 3 front row players and 3 back row players. Players in the front row are attackers, blockers, and maybe a setter. Players in the back row are passers, diggers and also maybe a player setting.
- On a sideout, the players on the team that won the rally rotate positions clockwise around the court. Advanced volleyball teams may run an offense where the same setter sets in every rotation. Also, advanced teams may have back row players attack from the backcourt.

Player Positions - Volleyball Positions

Setter
The setter is the player on the volleyball team that sets the teams attackers. A setter position is similar to a quarterback in football or a point guard in basketball in the sense that the setter runs the team’s offense. Some teams may choose to have multiple setters run the team offense.

Outside Hitter
Teams outside hitters are usually the primary attackers on the team. These hitters attack balls that are set to the left side of the court. Outside hitters may also be referred to as outside blockers.

Weakside Hitter
Team’s weak side hitters hit from the right side of the court and are usually not the primary attackers on the team. Weakside hitters may also be referred to as weakside blockers.

Middle Hitter
Team’s middle hitters hit balls set at the net in the middle of the court. Middle hitters are sometimes the primary attackers on the team. Middle hitters are commonly used as a decoy to freeze or confuse the opposing team’s blockers.
A middle hitter is also referred to as a middle blocker or just middle. Middle blockers are often in charge of front row players to coordinate team blocking strategy.

Libero
The libero plays a special role in team defense and passing. The libero is the player on the volleyball team that can come into the game and replace any player on the back row. The libero is sometimes called a defensive specialist or DS. The libero may be put in the game to pass for a weaker passer or to help cover the court by making great defensive plays. The libero may also serve in one rotation.

Court Positions - Volleyball Positions

Right Back
The player that is right back is in the rotation position in the backcourt on right side of the court. At the start of the rally, this is the player that starts in Zone 1. When a team rotates, it's the player rotating to the right back position that goes back to serve.

Right Front
The player that is right front is in the rotation position at the net on right side of the court. At the start of the rally, this is the player that starts in Zone 2.

Middle Front
The player that is middle front is in the rotation position at the net in the center. At the start of the rally, this is the player that starts in Zone 3.
Left Front
The player that is left front is in the rotation position at the net on left side of the court. At the start of the rally, this is the player that starts in Zone 4.

Left Back
The player that is left back is in the rotation position in the backcourt on the left side of the court. At the start of the rally, this is the player that starts in Zone 5.

Middle Back
The player that is middle back is in the rotation position in the backcourt in the middle. At the start of the rally, this is the player that starts in Zone 6.

Volleyball History

Volleyball originated in the United States in 1895 as a blend of basketball, baseball, tennis, and handball.

- Today, volleyball has spread to 211 countries around the world, and is recognized as a truly international, widely played, popular sport.
- In 1895, William G. Morgan, an instructor at the Young Men's Christian Association (YMCA) in Holyoke, Mass. Morgan created the game of volleyball, at that time called mintonette.
- In 1896, the first official game of Volleyball was played at Springfield College.
- In the year 1900, Volleyball was popular enough that a new ball was customized for the sport.
- Five years later, Volleyball also spread to Cuba. This international signified the start of the Volleyball era.
- In 1907, Volleyball was presented at the Playground of America convention as one of the most popular sports. This was the first credit the sport received, and helped to further the sport recognition.
- Over the next five years volleyball spread to Central American countries.
- In 1913, volleyball was held in the Far Eastern Games. This was the first official volleyball competition.
- In 1916, volleyball had arrived in YMCA Brazil and South America. The set and spike was first executed in the Philippines. This offensive system altered how the game was played. For the first time the ball was set in a high trajectory and then spiked by a teammate. The Filipinos created the kill, known in United States as bomba. The bomba was named after the attacker called the bomberino.
- Rules and tournaments came about as a result of the formation of the United States Volleyball Association USVBA. The first U.S. Open was staged, as the field was open to non-YMCA squads. The United States Volleyball Association (USVBA) was formed in 1928 and recognized as the rules-making, governing body in the United States.
- Since 1928, the USVBA, now known as USA Volleyball (USA), has put on national men's and senior men's (age 35 and older) volleyball championships every year except during 1944 and 1945.
- Women's USVBA divisions started in 1949 and have been growing ever since.
- In the late 1940s, some European national federations began discussing the need for creating an international governing body for the sport of volleyball.
- The FIVB was founded in Paris, France in 1947. Initial discussions eventually lead to the installment of a Constitutive Congress in 1947. Fourteen national federations representing five different continents attended meetings where the organization was officially formed.
- One of the main goals of the 1947 Congress was achieved two years later with the establishment of the first international major volleyball event, the World Championship.
- In 1952, a woman played in FIVB tournaments for the first time in volleyball history.