

# VOLLEYBALL STUDY SHEET

## RULES

In an official volleyball game, each team has 6 players on the court

All players must be on the court when a serve takes place

The players are not allowed to touch the net at any time. **If they do, a point is awarded to the other team.**

A ball that **HITS THE COURT LINE** is considered **IN**

Teams must rotate in a **CLOCKWISE** formation. **This rotation determines the serving order.**

## HITTING

A player cannot hit the ball 2 times in a row

A team is allowed **no more than 3 hits** to get the ball over the net, unless a legal block takes place.

A player cannot carry the ball (grasp it and throw it) over the net

**The most important aspect before hitting a pass is getting your body underneath the ball in a ready position.**

A player **CANNOT SPIKE** the ball or block the ball at the net **when receiving a serve**

## SERVING

A **serve** that hits the floor to score a point without the other team touching it is called an **ACE**

On a serve the ball cannot touch the ceiling

On a serve, the **ball can touch the net** as long as it goes over

The server must stay **BEHIND THE BACK LINE** until the ball is served

A serve can be **OVERHAND OR UNDERHAND**

The same person serves the ball until they lose a point

## SCORING

**RALLY SCORING is when either team can score a point.** It does not matter who served the ball.

Traditional scoring is when a team can only score a point when they are serving

Official games are played to 25 points

Must win by 2 points

## SPORTSMANSHIP

**HONESTY** and **ENCOURAGEMENT** are important components of when keeping your own score

When giving the ball to the opposite team **ROLL** the ball under the net so no one gets hit