

KELLY 7th/8th Grade Volleyball- Study Guide

Object of the game: to send the ball over the net with a legal hit in order to ground it on the opponent's court and to prevent the same effort by the opponent.

Vocabulary

1. **Ace** - an ace is a serve that results directly in a point.
2. **Assist** - an assist occurs when a player passes or sets the ball to a teammate who spikes or tips the ball for a kill.
3. **Block** - a block occurs when one or more players stop a ball before, or just after, it crosses the net.
4. **Contact** - a contact is any touch of the ball by any part of a player (except loose hair).
5. **Double hit** - a double hit occurs when a player contacts a ball two consecutive times.
6. **Fault** - a fault is an error that results in a loss of serve or a point awarded to the other team.
7. **Free ball** - A free ball is a ball returned by a pass rather than a spike or tip.
8. **Kill** - a kill is a spike that results in an immediate point or side out.
9. **Lift** - a lift is an illegal contact in which the ball is held momentarily in the hand or hands.
10. **Rotation** - rotation involves moving one position clockwise each time the serve is gained.
11. **Side-out** - a side-out results when the right to serve the ball goes to the other team because the serving team did not score.
12. **Tip or dink** - a tip or dink occurs when a ball is passed over the net with an overhead pass.

Court

1. **Center line** - The center line divides the court into two areas. The net is placed above the center line.
2. **End line** - The end line indicates the back boundary at each end of the court.
3. **Sideline** - The sideline indicates the side boundary at each side of the court.
4. **Attack Line** - The attack line is 10 feet from the net and separates each side of the court into a front and back zone. This line is often called the 10-foot line.
5. **Net** - 7' 4" high and 3' wide
6. **Antenna** - vertical markers attached to net to mark sidelines at net height.

Positions

1. Six players per team are on the court. (Rotational order - 1 - 6)
2. Three players in the front row are positioned in the "left front", "center front" & "right front".
3. Three players in the back row are positioned in the "left back", "center back" & "right back".
4. Players call for ("mine") or ("I got it") and attempt to get to the ball in their area as soon as possible.

Rules

1. Server

- a. Player in "Right back" position.
- b. Serves from anywhere behind the end line.
- c. Each member of the team serves in turn and has only one try to get the ball over the net. (Rotational Order)

2. Serving the ball

- a. When a team gains the serve, (Side-Out) its players rotate one position clockwise.
- b. Before the ball is served, each player must be in his or her position (Rotational Order).
- c. Service is lost if:
 - (1) the ball hits an obstruction other than the net, such as the ceiling or antenna.
 - (2) the ball does not land in the opponent's playing area (i.e., it lands out-of-bounds) on a serve.
 - (3) the server touches or goes over the end line when serving (Foot-Fault).
 - (4) another player on the serving team touches the ball before the serve goes over the net.

d. The server has 5 seconds to serve the ball.

e. The line up at the beginning of the game determines the service order throughout the game.

f. The server can only use one hand to serve.

g. The serve can touch the net as it goes over, within the net antenna.

- i. If a bad toss is made, the server has to let the ball drop to the floor and then begin again, an additional 5 seconds is allowed. Only one additional re-serve is allowed per player during a team term of service.
- j. A player continues to serve until a fault is committed by either team.
- k. The serve must pass between the antennas, over the net & land inbounds.

3. Playing the ball

- a. Each team has 3 contacts to return the ball.
- b. A player may not contact the ball two successive times.
- c. A ball landing on a sideline or end line is inbounds.
- d. A player may go out-of-bounds to play a ball.
- e. A ball may touch the net and still be in play.
- f. A ball that hits the ceiling:
 - (1) may still be played by the team that hit the ball into the ceiling if it falls back on their side of the net.
 - (2) is a fault if it lands on the opponent's side of the net.
- g. A player may legally contact the ball with any body part above and including the waist, as long as the ball doesn't come to rest or have prolonged contact. i.e. no lifting, carrying.
- h. A player may not touch the net or go under the net.
- i. A block does not count as a contact.
- j. Once the ball is served, players may move to any position within their side of the court.
- k. Back-row players cannot spike the ball in front of the attack line or block the ball.
- l. A player's hands or arms may cross over the net if ball contact was made on his/her side of the net or within the net's plane.
- m. A blocker may contact the ball above and beyond the plane of the net but may not interfere with an opponent's play.
- n. A player may not touch the floor in the opponent's court with a body part (e.g. foot, hand) if that body part is completely over the center line.
- o. When teammates contact the ball at the same time it is considered one hit. Both may make the next hit.

4. Scoring

- a. RALLY-POINT SCORING (Points are scored by either the serving or receiving team every rally)
- b. One point is scored when:
 - (1) The serving team or receiving team hits the ball inbounds to the floor on the opponent's side.
 - (2) Either team faults or fails to return the ball.
 - (3) Teams do not need to be serving to score a point.
- c. The first team to score 25 point wins the game; however, a team must win by two points.
- d. An official match is the best of five games in Olympics and college and some HS leagues; 3 games for middle school and some HS leagues.

