**Basic Volleyball Rules**

* 6 players on the floor – 3 in the front row and 3 in the back row
* Maximum of 3 hits per side
* The ball may touch any part of the body
* It is illegal to catch, hold or throw the ball
* You may not touch the ball twice in a row, unless you are blocking. A block is NOT considered a hit
* The ball may be played off the net on a serve and during a rally
* A player may not touch the net and your foot cannot cross the line under the net
* The ball is considered out if:
	+ Hits an antennae
	+ Lands outside the court boundary
	+ Hits the roof
	+ Hits the ref stand or pole
* Games go to 25 points and a point is score on every rally
* Games must be won by 2 points (no cap)

**Serving Rules:**

* You are not allowed to step over the service line in **full** court
* On a serve, the ball is allowed to touch the net
* If the ball hits the sideline or bassline, it is considered in
* You must wait for the referees whistle before you can serve
* You have 8 seconds to serve

**Volleyball Court**

Players rotate in a CLOCKWISE direction

Sideline

Net

9 meters

4

3

1

5

6

2

Baseline

3 meter line

**Skills:**

Overhand Pass/Volley

- Knees bent

- Hands up above the forehead

- Fingers should be spread and held curved in the shape of a ball

- Thumbs above you eyes

- Hands in a diamond or triangle shape

- Elbows should be out

- Step towards the ball

- Milliseconds before the ball contacts the fingers, involves an extension of the arms towards to oncoming ball

- At contact the arms continue to extend, but hands are pushed backward by the ball until momentum is absorbed

- Extension of legs occurs simultaneous of the arms action

- Extension of both hands (up and out) in the direction of target

- The ball contacts the pads of the fingers and thumbs

Forearm Pass/Bump

- Knees bent

- Straighten the arms

- Hands gripped together

- Thumbs pointed down

- Flat contact surface from the wrists to the elbow

- Passing action involves a slight swinging of the arms forward and upward

- For faster moving balls the arms will not swing forward, but the pass must allow the arms to absorb some of the ball’s momentum by moving backwards

- Ball contacts both forearms at a point just slightly above the wrists

Ready Position

- Feet are slightly wider than shoulder width apart

- Knees flexed/bent

- Trunk is slightly bent forward

- Arms and shoulders relaxed in front of the body

- Weight on balls of your feet

- Head up

Spiking/Attack

- Start the approach from the attack line

- Right hand hitter’s footwork

 - Left, Right, Together and Jump

- Left hand hitter’s footwork

 - Right, Left, Together and Jump

- Simultaneously both arms swing back during the steps of the approach

- The jump involves a powerful extension of the legs as the arms continue upwards

- Jump upwards and land about the same place you took off from

- Make a hard hand and snap your wrist downwards as you make contact to the ball

- Positions at the net: Left side is power, middle and right side

Underhand Serve

- Feet are slightly narrower than shoulder width apart, parallel or with one foot slightly in front pointed in the direction of the serve

- Hold the ball in opposite hand

- Hold the ball in front of your swinging arm

- Hold the ball below your waist

- Bring your swinging arm straight back and swing forward and up (like a pendulum)

- Keep the hand tight and wrist stiff. No fists

- Contact the ball with the heel, palm or half closed fist

- Take as step with the opposite foot as you are swinging

- Eyes remain focused on the ball during the contact

- The hand should follow through in the direction of the serve

- Do not toss the ball up

Overhand Serve

- Feet are slightly narrower than shoulder width apart

- Hold ball out in front of you

- Hold the ball in the opposite hand

- Toss the ball above head level

- Step with the opposite foot forward

- Toss should land in front of your front foot

- Make a stiff hand

- Contact the ball with hell or palm

- The ball is contacted with the arm at or near a full extension