

Volleyball

Object of the game:

- Games are played to 25 points, with the highest score winning. A match is the best of two of three games. After each game teams switch sides.
- To start the game team must volley to see who will serve first; the volleyball must go over the net three times before it is live play. The team who does not returns the volley does not serve. Or ROCK, PAPER OR SCISSORS elects to serve or receive or selects the end of the court on which a team will begin the game.

Things you are not allowed and allowed to do (Rules):

- Serve must behind the back line of the court. Both feet must be behind the back line.
- Server may be anywhere behind the back line.
- Serve may hit the net but must go over to count as a good serve.
- They may clasp their hands together and strike the ball underhand, overhand, and with either an open hand or closed fist.
- Both serving team and receiving may score a point. This called a rally scoring.
- The team-receiving stops it opponents from scoring, they are awarded the serve and point
- A point is scored when:
 1. The ball lands in bounds on the opponent's' court
 2. The opponents are unable to return the serve with in three hits
 3. The opponents hit the ball out of bounds
 4. The opponents commit a fault or foul
- The ball is in when it touches any portion of the court, including the boundary lines.
- The ball is out when it touches the floor completely outside the boundary lines and touches a person or object outside the boundary lines (Note: if a player, in pursuing an opponent's serve, goes out of bounds before hitting the ball, the ball is still in play.)
- Players may not touch the net, go under or over the net. This is net violation.
- The team that scores 25 points in a game and has a 2-point advantage wins the game. Matches are the best of three.

Cues for VOLLEYBALL SKILLS

Volleyball Ready Position:

- Weight equally distributed on the ball of the feet
- Maintain feet shoulder width apart
- Keep knees slightly bent
- Arms slightly bent and in front of the body
- Keep the head up and eyes on the ball

The Bump Pass: (Forearm pass)

- Make a flat surface with arms by placing back of one hand in the palm of the other
- Move feet to get under the ball
- One foot in the front of the other with knees bent
- Extend arms. Body and knees to the ball
- DO NOT swing your arms, meet the ball with your arms
- Aim your arms towards the top of the net and not to the ceiling

The Set Pass:

- Elbows high
- Make a diamond shape with your hands using your thumbs and index fingers
- Bend knees
- Quick "catch" and push with your fingers
- Extend your arms and wrist

Underhand Serve:

- Face your target
- Hold the ball in medium space with your non-striking hand
- Use a bowling motion (step with the opposite foot and bring your striking hand back)
- DO NOT toss the ball in the air during the striking motion
- Follow through toward your target