

Volleyball Study Guide!

- A ball is hit with great force into the opponent's court it is called a spike.
- If a ball is not hit on a block, a team may contact the ball 3 times before it must go over the net.
- A player continues to serve until the server and his or her team makes a mistake.
- In a volleyball game, your team rotates in a volleyball game after the other team serves and you win the point.
- In a regulation game, there are 6 players are on the court.
- A player is allowed to hit the ball twice in row if the first hit is a block.
- To win a GAME in a volleyball match, the team must win by 2.
- The server steps on or over the end line when serving it is called a foot fault.
- If a serve hits the top of the net, but continues over the net, it is a playable ball.
- Proper ready position includes having your feet shoulder width apart, standing on the balls of your feet and having your knees bent.
- The correct order of hits made on a side is bump, set, spike.
- To perform a proper set you should be using the finger pads on your fingers for a light touch.
- A carry is a ball which is lifted/carried and not hit, including any underhand contact using an open palm.
- Touching the net with your hand is illegal. You cannot touch the net at any point.
- A team may hit the ball up to three times before it has to go over the net.
- A ball that lands on the line is in-bounds.
- When the score of the game is 25-24, the game is NOT over, because you must win by 2!
- It is proper etiquette to roll the ball under the net when returning the ball to the other team after a rally.
- When bumping the volleyball, you should use your wrist, not your fist.
- Both teams can earn points when not serving, when they win the point they win the serve.