

# Volleyball Terms

**Block-** is the receiving teams defense against the spike.

**Body Foul-** is when the ball touches any part of the player below the waist.

**Bump-** is a pass executed with the forearms, also called forearm pass.

**Court-** the playing area is 30X60 ft. or any adaptable area.

**Dead ball-** is all balls that land outside the area of play.

**Dink-** is softly hitting the ball with a closed fist or the open hand.

**Foot Fault-** is when the server steps over the end line on the serve or stepping on the centerline.

**Game-** a game consists of 15 points or 8 minutes of actual playing time whichever occurs first. Winning team must win by 2 points.

**Interchange-** is the changing of positions by players after the serve, for an advantage.

**Match-** is the best two out of three games.

**Net-** the net is mesh material 32 ft. in length and 3 ft. in width and is stretched across the court.

**Pass-** motion used to direct the ball to a teammate.

**Point-** is awarded the serving team when the receiving team commits a foul.

**Rotation-** is the clockwise shifting of players when awarded a side-out.

**Serve-** the serve is the act of putting the ball into play from behind the end line. There are 2 basic types of serves, overhand, and underhand.

**Serving Order-** order in which players must serve. Must be maintained throughout the game.

**Set-** a set is a high pass to a teammate who generally spikes the ball.

**Side-out-** A decision following the infringement of a rule or unsuccessfully keeping the ball in play by the serving team. Side-out means there is a loss of serve by the serving team.

**Spike-** a ball hit forcefully downward from a height greater than the top of the net. The spike is the most powerful hit in volleyball.

**Time out** called for rest or injury.

# Volleyball

Volleyball is a year round sport, suitable for all ages. The game was invented in 1895 by William G. Morgan of the YMCA in Holyoke, Mass. A rope was stretched across the gym, and the bladder of a basketball was hit with the fists back and forth across the rope. In later years the hands replaced the fists and the ball, as we know it today replaced the bladder.

Servers always serve from the right back position behind the serving line. Serves are made underhand or overhand with an open hand from behind the end-line. Following the serve each team may hit the ball up to 3 times before sending it back over the net. The serving team scores a point if the receiving team fails to return the ball or if they hit it out of bounds. If the serving team fails to return the ball, they lose the serve this is called side-out. A winning score is 15 points, with at least a 2 pt. lead.

Other rules include: The server must say the score, their score first. The ball should be rolled under the net to the other team for a side-out. If the ball hits the line it is considered inbounds. If the ball hits the pole it is out of bounds. The ball may not touch the net on the serve. No player shall touch the net. Only the serving team can make a point. Back row players may not spike.

