

VOLLEYBALL

History

Volleyball was developed in 1895 by William G. Morgan, a YMCA physical education instructor in Holyoke, Mass. It was intended as an activity for older players seeking a less strenuous sport than basketball. The original game had some baseball-like rules including innings and outs with nine players on a side. As a net game, it differed from tennis as it was a team sport and played without rackets.

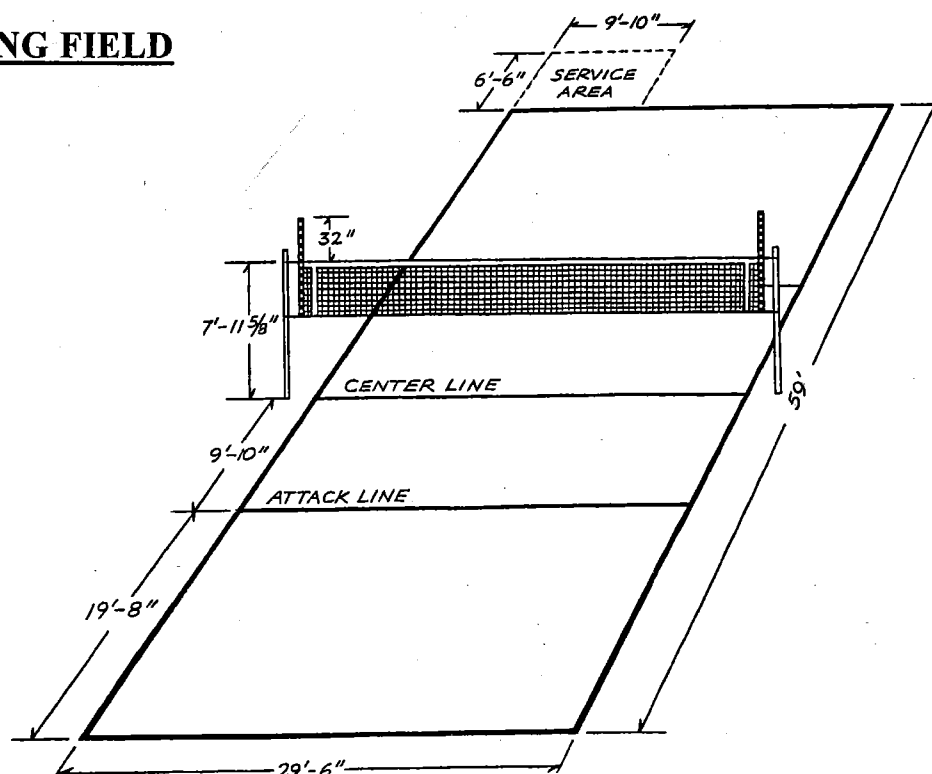
American missionaries took the game to the Far East and US troops helped internationalize the game during WW I & WW II. The Federation Internationale de Volleyball reports that 250 million people, age 15-50 years old are taking part in official tournaments and that worldwide, over 800 million play for recreation. Men's and women's volleyball became an Olympic sport in 1964.

In 1928, the US Volleyball Association became the governing body for the sport in this country. Today, 35 million Americans participate, including almost 12 million beach volleyball players. There are more than 45,000 YMCA teams. The key to volleyball's popularity is that it is based on a simple concept, does not require expensive equipment and can be played indoors or out by men and women of all ages and skills.

OBJECT OF THE GAME

Two teams of six players try to score points by hitting a ball over a net so that the opposing team cannot return the ball or stop it from hitting the ground in its court. The game (set) winner is decided by the point total (25, the 5th game is played to 15 points). A match is won by the team that wins the most sets (the best out of 5).

PLAYING FIELD



EQUIPMENT

The ball has a leather-like cover and has no laces. It measures 25-27 inches in circumference, weighs 9-10 ounces, and has 4.5-6 pounds of air pressure per square inch. The net is made of square mesh. It is a minimum of 32 feet long and 39 inches wide with a 2-inch canvas band at the top. For men, the net is 7 feet, 11 5/8 inches high. For women, it is 7 feet, 4 1/8 inches high. The antennas are flexible uprights, 32 inches in height, attached to the net directly above the side line boundaries.

GENERAL RULES

The winner of a coin toss chooses to serve or receive or select the end of the court in which to begin play. If the winner elects to serve or receive, the loser gets choice of court. The teams change sides, including benches after each game. Timeouts last 30 seconds and each team is permitted 2 per game, when the ball is dead.

Each player is noted by position (such as right front or center back) but does not have to stay in that court area after the serve. The ball can be hit with any part of the body above the waist. Each team may contact the ball 3 times before returning it over the net. No player may touch the ball twice in a row. When 2 players on the same team touch the ball at the same time, it counts as 2 hits. The ball can touch the top of the net and land on the opposite side of the net. A ball landing on the line is in. A player can reach over the net only to block. A new position is the lobar and can rotate into the game without the referee's substitution.

SCORING

Points can be scored by either team. A point is scored when: the ball hits the floor of the opponents' court inbounds, the opponents cannot return the ball in three hits, and the opponents hit the ball out of bounds or commits a foul. When the receiving team wins the rally (exchange of hits over the net), they get the ball and a point.

The first team to score 25 points and lead by 2 points wins the game. Play continues until one team gets a 2 point advantage. There is no cap on how high the score can go. The team that wins the best of 3 or the best of 5 wins the match.

FAULTS

A point is gained if:

- The ball touches the ground
- The ball is played more than 3 times
- The ball hits a player below the waist.
- The ball is held or does not clear the net.
- The ball passes outside the antenna or under the net.
- A player hits the ball twice in a row (except after a block).
- A player touches the net or deliberately touches an opponent.
- A player reaches over the net (except in block) or under the net and contacts the ball.
- A player fully crosses the center line with a foot or touches the opponents' court with any part of the body.
- A rule violation is called; such as for an illegal serve, being out of position on the court, making an illegal substitution, attacking or blocking from the back row or committing a personal penalty.

