

8th Grade Volleyball Notes

History

- Volleyball was developed in 1895 by William G. Morgan at the YMCA in Holyoke, Massachusetts.
- Volleyball was originally played using a tennis net that was hung above the floor.
- The first Volleyball game was played on July 7, 1896 at Springfield College.
- The official Ball that is used in Volleyball was designed in 1900.

Terms

- **Bump:** forearm pass
- **Set:** an overhead pass that you execute to place the ball in position for the attack
- **Spike:** jumping into the air and sharply hitting a ball over the net so that it lands in the court
- **Serve:** skill used to put the ball into play. Performed by the player in the **right back (RB)** position.
- **Block:** defensive play by one or more players. Used to intercept a spiked ball in an attempt to rebound it back into the opponent's court. It does not count as one of the three hits allowed by a team.
- **Side out:** when the receiving team wins the point and regains the serve.

Scoring

- A game is played to 25 points.
- A match is 2 out of 3 games in Middle School.
- A match is 3 out of 5 games in High School.
- A team must win by 2 points.
- Every time a ball is served a team will score.
- If a ball touches the line when it hits the ground, it will be determined to be in bounds.

Fouls

- A player holds or throws the ball
- A player lifts the ball with an open hand
- A player touches the net with any part of the body
- A player reaches over the net
- A player sets up out of position before the ball is served.
- A player steps on the **Endline** while serving.

Errors:

- A player hits the ball out of bounds
- A player allows the ball to hit the floor
- A player hits the ball off of the wall
- A player hits the ball into anything above the court, and the ball goes over the net
- A player touches the ball twice in a row.
- A player fails to make a legal serve.

Players/Rotaion/Rules

- Volleyball is played by 2 teams of 6 players divided by a net.
- The ball is put into play by a serve.
- One player keeps serving until there is a side out.
- Each server is allowed 1 attempt to get the ball over the net and into play.
- A ball that is served, hits the net, and goes over is playable.
- A team has up to 3 hits on their side to get the ball over the net.
- The volley continues until the ball hits the ground, the ball goes out of bounds, or a team fails to return the ball.
- Front row players are the only players that can spike the ball from in front of the **Attack Line**.
- Players are allowed to move freely around the court after the ball has been served.
- When a team regains the serve, they rotate clockwise to a new position.

Officials Calls and Responsibilities

- In Volleyball there are usually 2 officials. One stands on the official's stand at the net. The other stands on the floor opposite of the stand.
- A whistle is blown to put the ball into play
- A whistle is blown to end play
- The official will signal the call, and then say which team gets the point and the serve
- The official must keep track of the score at all times
- There are also two officials called line judges. They stand on the corners of the court opposite of each other. The line judges help the officials call the ball in and out of bounds.

