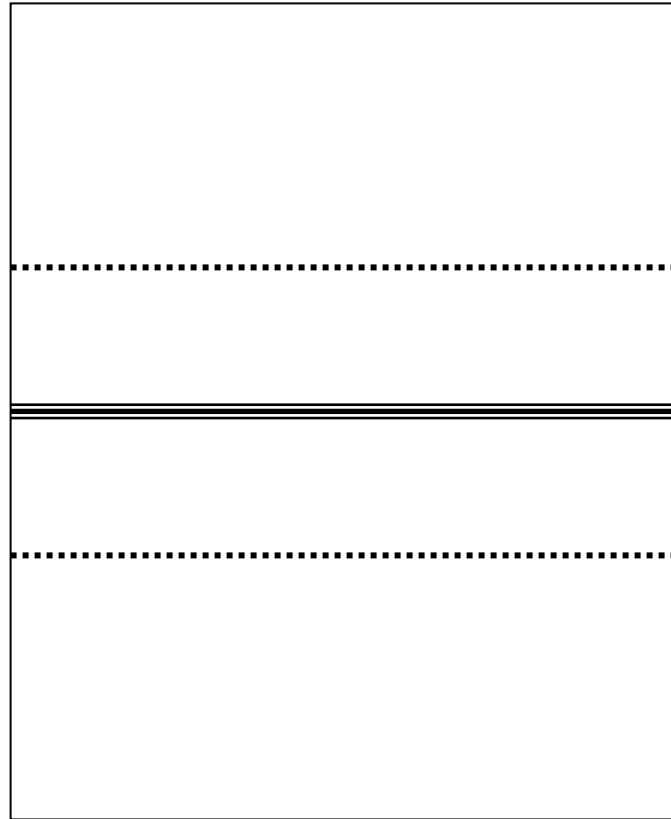


## VOLLEYBALL NOTES

Positions:

- Left Front
- Middle Front
- Right Front
- Left Back
- Middle Back
- Right Back



*Serve Receive*

- Court:
- Baseline
  - Sideline
  - Net
  - 10 foot line

*Serving*

Rules for Serving:



- A served ball must go \_\_\_\_\_ and \_\_\_\_\_.
- A served ball that hits the net and lands in the opposite court is \_\_\_\_\_.
- The two types of serves are:  
\_\_\_\_\_ and \_\_\_\_\_
- The player in the \_\_\_\_\_ position serves the ball.
- You must serve from \_\_\_\_\_
- A “foot fault” means that \_\_\_\_\_



Rules for Rotation:

- \_\_\_\_\_ is when the RECEIVING team wins the point.
- Teams rotate after each \_\_\_\_\_.
- Teams rotate in a \_\_\_\_\_ direction.

Rules for Scoring:

- Rally scoring means that a point is scored on every \_\_\_\_\_.
- Each game consists of \_\_\_\_\_ points.
- A team must win by \_\_\_\_\_ points.
- To win the match, you must win \_\_\_\_\_ games.



Rules for Play:

- A team has \_\_\_\_\_ players on the court.
- Each **TEAM** may contact the ball no more than \_\_\_\_\_ times.
- Each **player** may contact the ball no more than \_\_\_\_\_ in succession.
- A blocked ball \_\_\_\_\_ count as a contact.
- Ceiling: in or out?



If team A hits the ball into the ceiling and it comes back on their side of the court, and \_\_\_\_\_ the ball is in play.

If team A hits the ball into the ceiling and \_\_\_\_\_ the play is over.

- Players \_\_\_\_\_ have to remain on the court to play the ball.
- Players cannot \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ the net during play
- The line is \_\_\_\_\_.
- If your team hits the ball into the net you should \_\_\_\_\_.



Rules for Contacting the ball:

- When passing the ball, it should contact your \_\_\_\_\_.
- A “set” must be contacted \_\_\_\_\_.(in relation to your body)
- When setting, the ball should contact only your \_\_\_\_\_.
- Contacting the ball with an \_\_\_\_\_ hand while your \_\_\_\_\_ is facing upward is called a \_\_\_\_\_.
- You \_\_\_\_\_ contact the ball with your feet.

