

**VOLLEYBALL STUDY GUIDE  
PHYSICAL EDUCATION  
SALEM COMMUNITY HIGH SCHOOL**

**HISTORY:**

The sport of volleyball originated in the United States. In 1895, William G. Morgan decided to blend elements of basketball, baseball, tennis, and handball to create a game for all his classes of businessmen who wanted less physical contact than basketball. He created the game of Volleyball (at that time called mintonette). The net originally used was a tennis net and it was raised to 6 feet 6 inches above the floor. During a demonstration game, someone remarked to Morgan that the players seemed to be volleying the ball back and forth over the net, hence the name Volleyball.

**TIMELINE:**

- 1895 - William G. Morgan created the game of volleyball
- 1900 - A special ball was designed for the sport
- 1916 - In the Philippines, and offensive style of passing and striking the ball (the set and spike) were introduced.
- 1917 - The game was changed from 21 to 15 points
- 1920 - Three hits per side and back row attack rules were instituted
- 1930 - The first two-man beach game was played
- 1964 - Volleyball was introduced to the Olympic games in Tokyo
- 1984 - The U.S. won their first medals at the Olympics in LA. The men won gold the women won silver.
- 1995 - The sport of volleyball was 100 years old
- 2003 - The High School Federation began using rally score to 25 and, the net serve became legal.

**RULES:**

Volleyball is a team sport played by two teams on a playing court (30' X 60') divided by a net. The object of the game is for each team to send the ball regularly over the net to ground it (have it hit the floor or ground) on the opponent's court, and to prevent the ball from being grounded on its own court.

The ball is put into play by the right back player, from anywhere behind the end line. The server serves the ball by hitting it over the net into the opponent's court. A serve, which hits the net and goes over, is a legal serve. The only time a player is allowed to hit the ball twice consecutively, is on the first ball over the net (incidentally), or when attempting to block. A ball may be contacted only three times on each side by one team, not including a block.

In volleyball either team may score on a serve. Rotation (in a clockwise direction) ensures that players play both in the front row, at the net, and in the back row of the court. A team wins a game by scoring 25 points with a two-point advantage and wins the match by winning the best two of three games. In the event of a 24-24 tie, the team who has the two-point advantage first, wins the game. There is no point cap.

## **EQUIPMENT:**

The volleyball net shall not be less than 32" long and 3' in width. The height of the net measured from the center of the court is 7'11 5/8" for men and 7'4 1/8" for women.

The ball weight is between 9 and 10 ounces. Ball pressure is between 4.5 and 6.0 pounds.

## **DEFINITIONS:**

**Attacker:** Also "hitter" and "spiker".

**Block:** The combination of one, two or three players jumping in front of the opposing spiker and contacting the spiked ball with the hands.

**Dig:** Slang for the art of retrieving an attacked ball close to the floor.

**Down Ball:** An attacked ball from the opponent that the blockers assesses as not being hit hard enough or being contacted too deep in the opponent's court to require a block

**Forearm Pass:** A ball-handling skill that a player uses to legally contact the ball at a level below the waist using the forearms as the contact surface. Also called a "bump".

**Free Ball:** Any ball that the opponent returns easily, allowing the blockers enough time to get back into their attack-approach positions before the ball crosses the net.

**Hit:** Also "spike" or "attacker." The specific contact in spiking. To put the ball onto the opponent's floor with force.

**Hitter:** Also "spiker" or "attacker". The player responsible for hitting the ball.

**Libero:** defensive specialist. May play back row for any position.

**Mintonette:** The original name of the game of volleyball, created by William Morgan.

**Overhead Pass (Set):** A ball-handling skill using both hands simultaneously to contact the ball above the head and direct it to the intended target.

**Pancake:** A one-handed floor defensive technique where the hand is extended and slid along the floor palm down while the player dives, so that the ball bounces on the back of the hand.

**Rally Score:** The ability to score points on either teams serve.

**Serve:** A skill used to put the ball into play.

**Side-out:** Occurs when the either team successfully puts the ball away against the opposite team, or when the serving team commits an unforced error.

**Stuff:** A ball that is deflected back into the attacking team's floor by the opponent's blockers.