

**Volleyball Study Guide**  
**Middle School & High School**

Number of Players on a Competitive Team: 6

Number of “Hits” on a Side to Return the Ball: 3

Types of Serves: Underhand, Side-arm, Overhead

Skills to Master for Successful Play: Bump or forearm pass, set, spike, serve.

Rules for Serving:

1. Players must contact the ball behind the end line.
2. Serves must cross the net without assistance.
3. All players must be on the court and in bounds when the ball is served.
4. Players may serve from any spot behind the end line.
5. If the ball crosses the net on the serve AND touches the net while doing so...it is considered a good serve.

Rules for Returning the Ball Over the Net:

1. No player may contact the net.
2. Teams get a maximum of three hits on a side to return the ball over the net.
3. No player can contact the ball twice in a row other than after a block on a spike. In that case the set or bump after the block is considered the first “hit” on that side.
4. Ball must pass between the net posts.
5. No player may pass under the net on the opposite side of the floor.
6. If a ball hits the net and goes over, it must be played.
7. If a ball hits the ceiling and goes over the net, it is out of play.
8. If a ball hits the ceiling and stays on the same side of the net, it should be played if all three hits have not been used.
9. A ball landing on a line is considered “in”.
10. A ball going out of bounds may be saved by a teammate on the same side of the net if all hits have not been used.
11. A ball going out of bounds from the opposing team should not be touched or caught by the receiving team otherwise a point will be scored.

Scoring:

1. Rally scoring is used which means a point is scored after every serve no matter which team served the ball.
2. If a team commits an error, a point is scored.
3. Games are played to 25 points, and a team must have a two point lead.

Principles of a Good underhand serve:

1. Do not toss the ball; hit it out of your hand.
2. Keep holding the hand fixed at waist height.
3. Step and swing the contact arm at the same time.
4. Step toward the net with the opposite foot.
5. Follow through up and over the net.

Principles of a Good Forearm Pass:

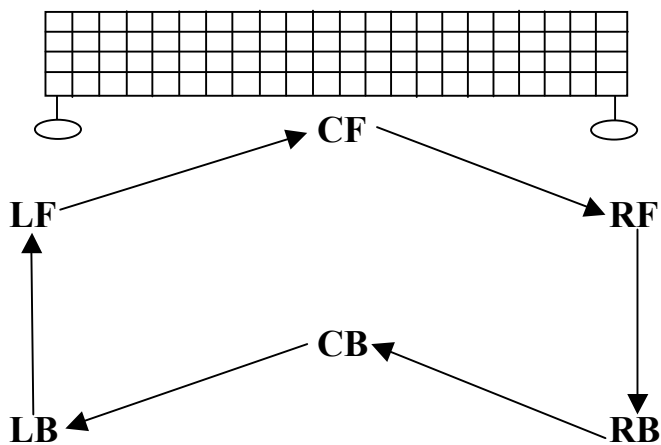
1. Keep hands together (hands must be connected and on top of the other or one wrapped around the other) and arms straight.
2. Bend the knees and 'meet' the ball, do not swing at the ball
3. Contact the ball on the forearms, not the hands.

Principles of a Good Set:

1. Keep the elbows out.
2. Contact the ball with the finger pads.
3. Ball should be contacted at a point above the forehead.
4. Follow through up towards the ceiling.

SERVICE ROTATION:

- Competitive Setting
- 6 players
- Rotate Clockwise



SERVICE ROTATION:

- Recreational Setting
- 8 or more players
- Rotate in a Z

