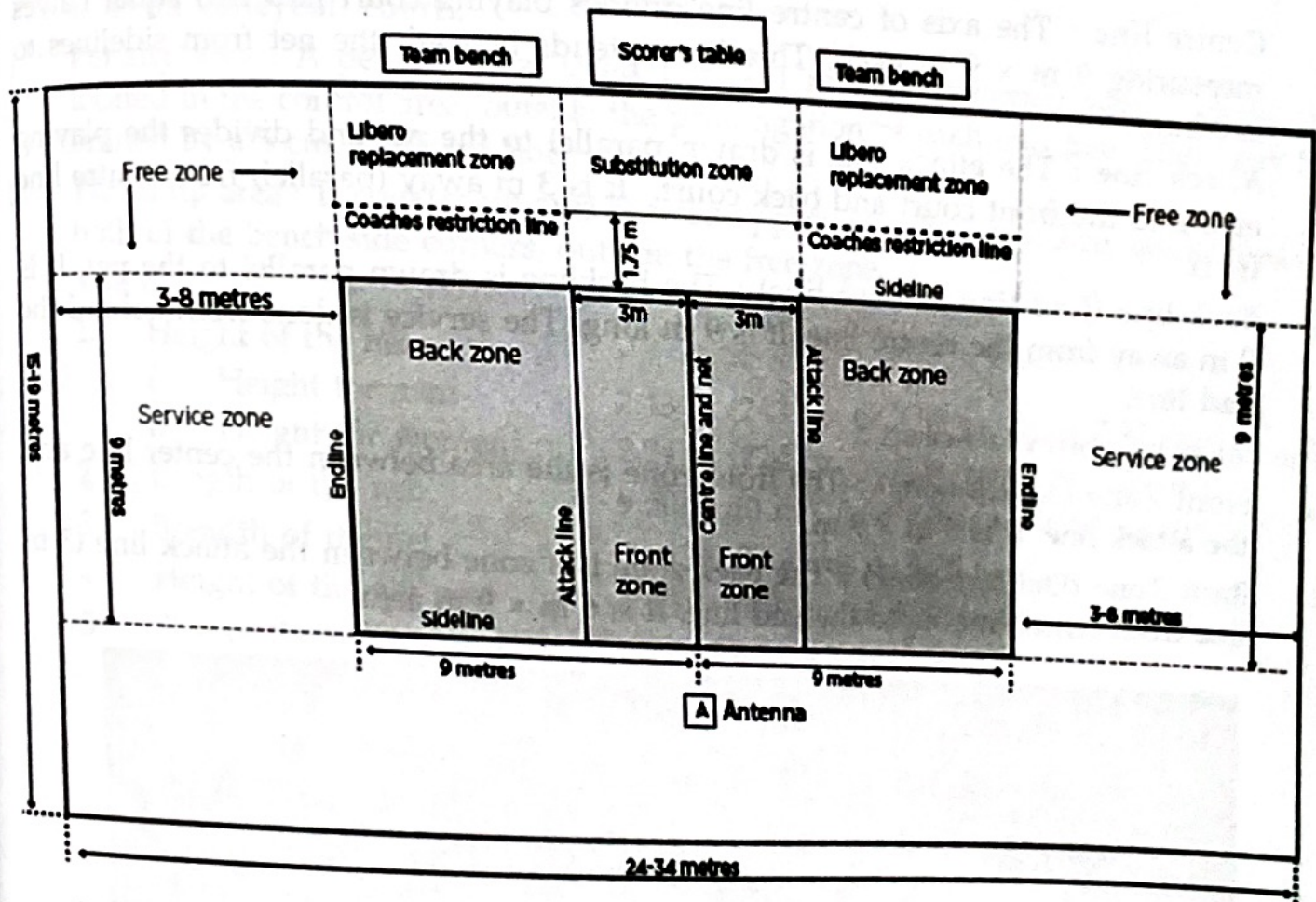


# Volleyball (Mintonette)

**Knowledge of the game :** Volleyball game played by two teams, usually of six players on a side, in which the players use their hands to bat a ball back and forth over a high net, trying to make the ball touch the court within the opponents' playing area before it can be returned.

In 1895, William G. Morgan, an instructor at the Young Men's Christian Association (YMCA) invented the game.

## VOLLEYBALL COURT :



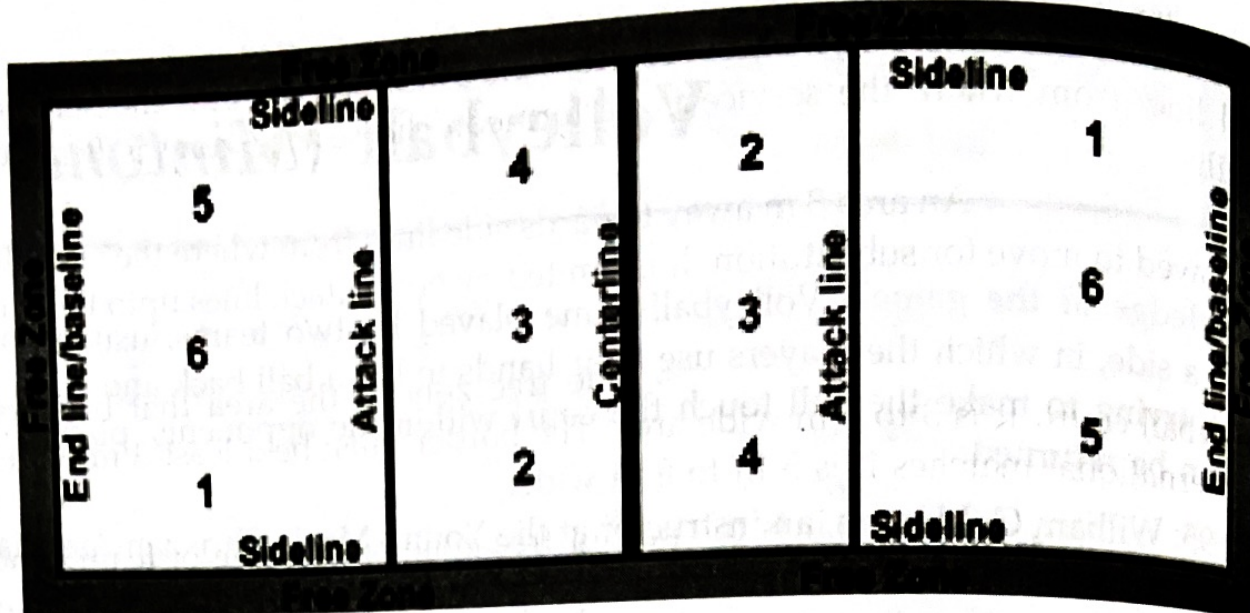
**Dimensions of Volleyball court :** The playing court is a rectangular measuring 9 m × 18 m surrounded by a free zone which is 3 m to 5 m wide on all sides.

**Playing surface :** The surface must be flat, horizontal and uniform. For the official competitions, only a wooden or synthetic surface is allowed. It must be of light colour.

**The lines on volleyball court :** All lines are 5 cm wide. They must be of a light colour.

- Boundary lines :** Two sidelines and two end lines mark the playing court are the boundary lines. They are drawn inside the dimensions of the playing court. The width of boundary lines is 5 cm.

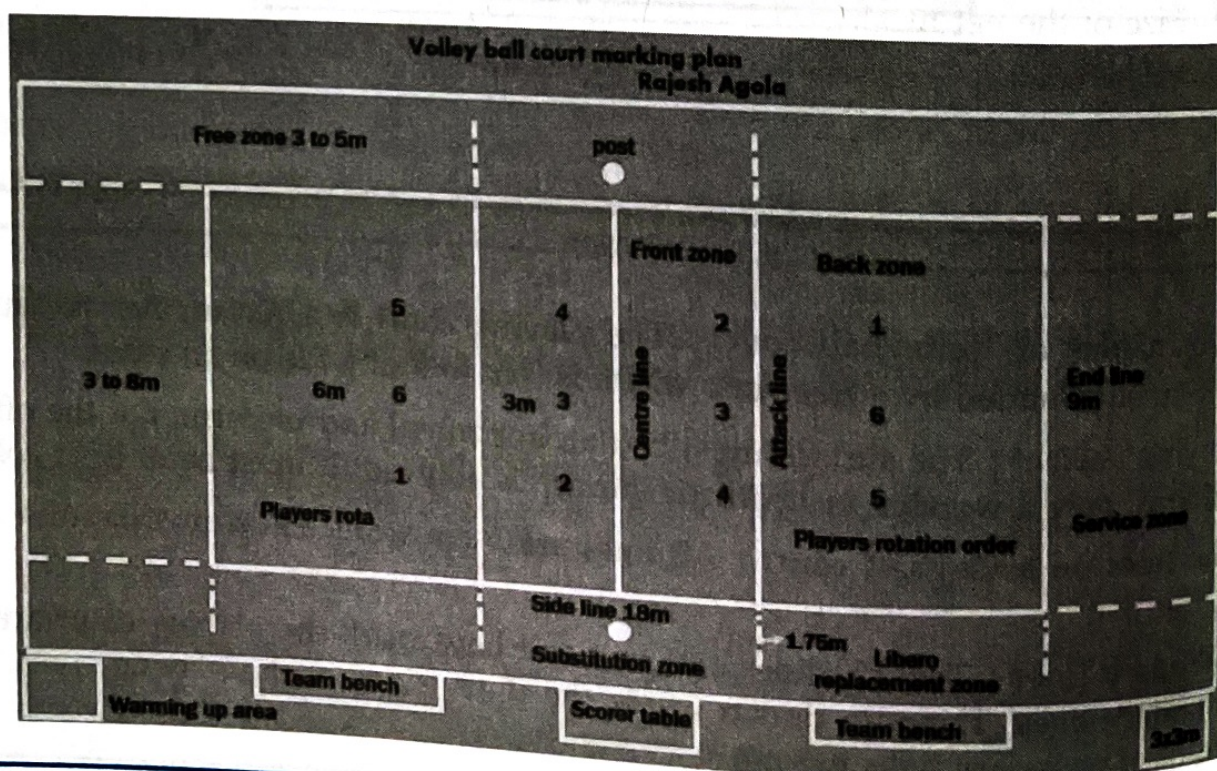




2. **Centre line** : The axis of centre line divides playing court into two equal halves measuring  $9\text{ m} \times 9\text{ m}$  each. This line extends beneath the net from sidelines to sidelines.
3. **Attack line** : The attack line is drawn parallel to the net and divides the playing area into the front court and back court. It is  $3\text{ m}$  away (parallel) from centre line (net).
4. **Back line (End line or base line)** : The backline is drawn parallel to the net. It is  $9\text{ m}$  away from the centre line. It is  $9\text{ m}$  long. The service is done from behind the end line.

#### The zones on volleyball court :

1. **Front Zone (Attack zone)** : The front zone is the area between the center line and the attack line. It is  $3\text{ m} \times 9\text{ m}$ .
2. **Back Zone (Defence zone)** : The back zone is a zone between the attack line ( $3\text{ m}$  line from center line) upto the end line. It is  $6\text{ m} \times 9\text{ m}$  area.





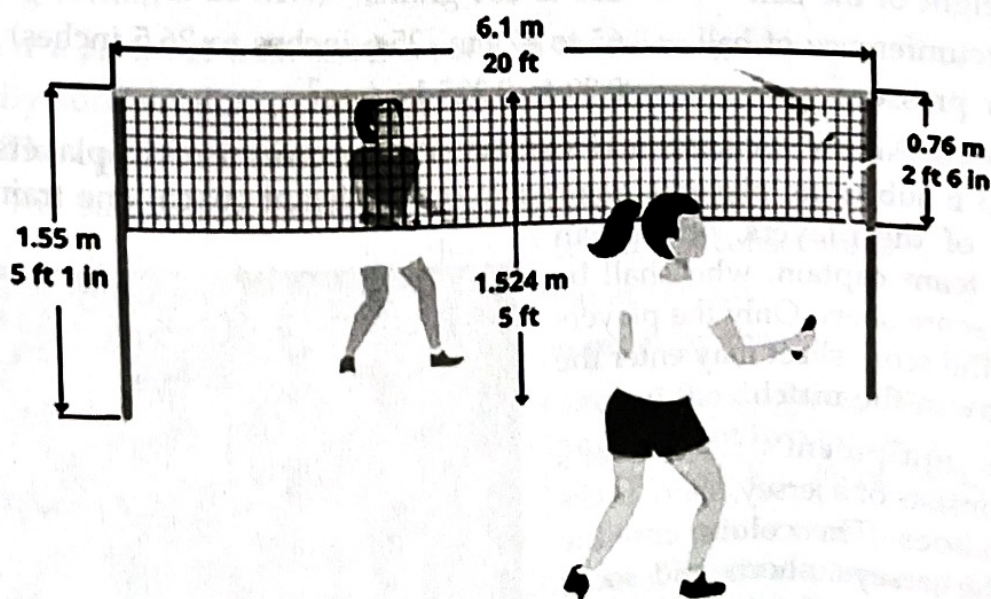
3. **Service zone (Service area) :** The service zone is an area behind the service line (end line) from where the service is performed. The service zone is 9 meters in width.
4. **Substitution zone :** An area 3 m away towards side lines from where the substitution is allowed to move for substitution. It is limited by both attack lines upto the scorer's table.
5. **Free Zone (Area around the court) :** The free zone is the area that borders the volleyball court. It is 3 to 5 m wide area. The border must be a least 3 m wide and in international matches it is 5 m to 8 m wide.
6. **Libero replacement zone :** It is the part of free zone on the side of team benches, limited by the extension of the attack line up to the end line. Libero must enter within the libero replacement zone.

#### The areas on volleyball court :

1. **Penalty area :** A penalty area, sized 1 m  $\times$  1 m and equipped with 2 chairs, is located in the control area, outside the prolongation of each end line. They may be limited by a 5 cm. wide red line.
2. **Warm up area :** The warm up area is sized approximately 3 m  $\times$  3 m, are located in both of the bench-side corners, outside the free zone.

#### The net :

1. Height of the net :
  - i. Height for men : 2.43 m (243 cm or 2.65 yards or 7.97 feet)
  - ii. Height for women : 2.24 m (224 cm or 2.44 yards or 7.34 feet)
2. Length of the net : 9.50 to 10 m (10.38 yards to 10.93 yards)
3. Breadth of the net : 1 m (1.09 yards or 3.28 feet)
4. Height of the net post : 2.55 m (255 cm or 2.78 yards or 8.36 feet)
5. Size of the net mesh : 10 cm<sup>2</sup> (0.1 m  $\times$  0.1 m)





**Structure of net :** The net is placed vertically over the center line and divide the playing area into two parts. It is 1 m wide and 9.50 m to 10 m long, made of 10 cm<sup>2</sup> black mesh. At the top of the net, there is a horizontal band (0.05 m wide), made of two-fold white canvas, is sewn along its full length. Each extreme end of the band has a hole, through which passes a cord, fastening the band to the posts for keeping its top tight. At the bottom of net there is another horizontal band (0.05 m wide), similar to the top band, through which is a rope is threaded. This rope fastens the net to the posts and keeps its lower part tight.

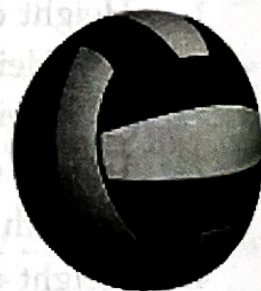
**Side bands :** Two white bands are fastened vertically to the net and placed directly above each sidelines. They are 5 cm wide and 1m long, and are considered as a part of the net.

**Antenna :** An antenna is a flexible rod, 1.80 m long and 10 mm in diameter, made of fiberglass or similar material. It is fixed on the opposite sides of the net to mark the side boundaries to see the ball crosses the net within the prescribed width of the court. The top of each antenna (80 cm) extends above the net and is marked with 10 cm stripes of red and white colour. A ball touching the antenna during the game is considered foul.

**Posts :** The posts are rounded and smooth, fixed to the ground. The posts supporting the net are placed at a distance of 0.50 m to 1m outside the sidelines. They are 2.55 m high.

#### The ball :

1. Shape of the ball : Spherical.
2. Material of the ball : Synthetic leather case with a bladder inside made of rubber.
3. Colour of the ball : Uniform bright colour (orange, yellow), or a combination of colours.
4. Weight of the ball : 260 to 280 grams (9.17 oz to 9.87 oz)
5. Circumference of ball : 65 to 67 cm (25.6 inches to 26.5 inches)
6. Air pressure : 0.30 to 0.325 kg/cm<sup>2</sup>



**Team composition :** A team may consist of a maximum of 12 players (6 playing members and 6 substitute players), one coach, one assistant coach, one trainer and one doctor. One of the players, other than libero is the team captain, who shall be indicated on score sheet. Only the players recorded on the score sheet may enter the court and play in the match.

**Player's equipment's :** A player's equipment consists of a jersey, short, socks and sports shoes. The colour and the design for the jerseys, shorts and socks must be uniform for the team (except





libero). The shoes must be light with rubber or leather soles. Player's jerseys must be numbered from 1 to 20. It is forbidden to play barefoot. The players can use protective equipment's like knee pad, elbow pad. The numbers on jersey should be 15 to 20 cm in height.

**Forbidden objects :** It is forbidden to wear objects which may cause injury or give an artificial advantage to the player such as jewelry, and bracelets. Players may wear glasses at their own risk.

#### **Team leaders :**

##### **I. The Captain :** *The duties of the captain :*

1. He represents his team in the toss.
2. He decides the team and their positions.
3. He should be able to create unity between the players.
4. Be able to control all his player's discipline.

##### **II. The Coach :** *Duties of the coach :*

1. The coach writes the names and numbers of his/her player on score sheet.
2. He writes the positions of the players on score sheet and signs it.
3. He may direct warm-up sessions of his players on the playing court prior to the match.
4. He requests time outs, the substitutions.

##### **III. Assistant coach :** *Duties of Assistant coach :*

1. He assist the Head Coach to train volley ball team.
2. Organize and manage an effective volleyball program in association with Head Coach.
3. Develop and implement strategies to develop physical fitness of the players.
4. He facilitates spirit of sportsmanship, and social development in the players.

#### **Playing format :**

*To score a point : A team scores a point in the following ways :*

1. By successfully grounding the ball on the opponent's court.
2. The opponent team has played the ball more than three times consecutively.
3. The ball is held or pushed by opponent player.
4. Opponent player touches the ball two times consecutively.
5. The opponent team is out of position at service.
6. Service is performed out of rotation order by the opponent team.

**To win a Set (Volleyball game) :** A set (except the deciding, 5th set) is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a 2-point lead is achieved. e.g. 26-24, 27-25.

**To win the Match (Volleyball Match) :** The match is won by the team that wins three sets. In the case of a 2-2 tie, the deciding set (5th set) is played of 15 points with a minimum lead of 2 points.



## THE STRUCTURE OF PLAY :

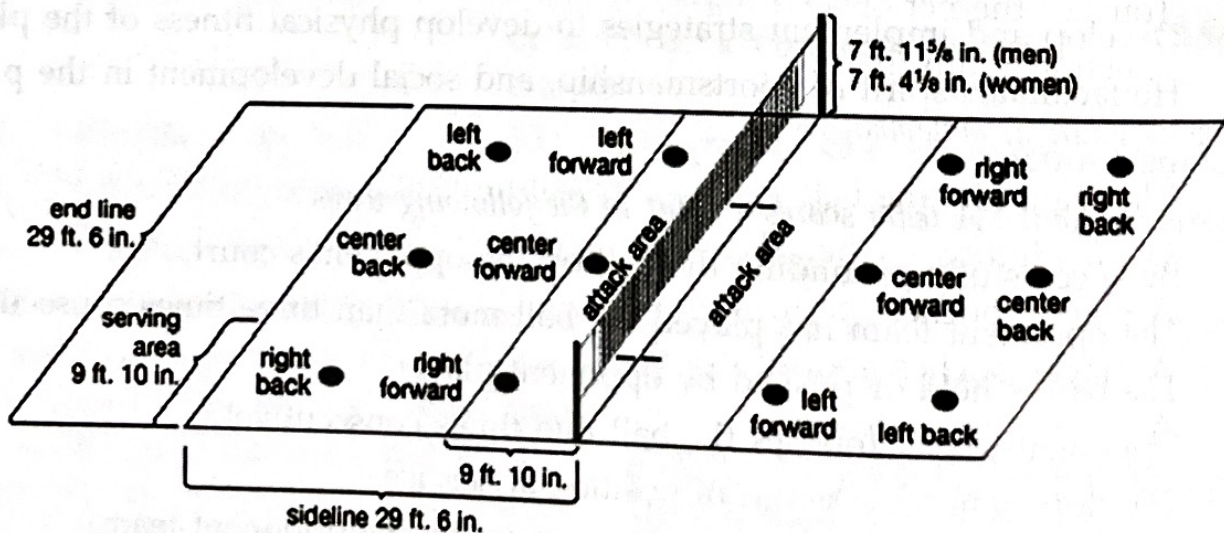
**The toss (How to start a game) :** Before entering the playing court the 1<sup>st</sup> referee carries out a toss in the presence of two team captains. The winner of the toss chooses: either the right to serve or the side of the court in the first set. If the deciding set to be played, a new toss will be carried out. The match begins with service. The ball may be served by hitting it with arm or hand.

**Official warm up session :** Prior to the match each team will have 3 to 5 min. warm up session at the net. Both teams shall have five minutes together to warm up on their respective side of the net for stretching, ball handling, passing, etc.

**Team starting line-up :** There must be six players per team in play. The teams starting line-up indicates the rotational order of the players on the court. This order must be maintained throughout the set. Before the start of each set, the coach has to present the starting line-up of his team on a line-up sheet. The sheet is submitted, duly filled in and signed, to the scorer.

**Faults in volleyball :** *Following are the faults in Volleyball :*

1. Positional fault
  2. Rotational faults
  3. Service fault
  4. Foot fault
  5. Penetration fault
1. **Positions :** At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order. The positions of the player are as follows:
1. (back right)
  2. (Front right)
  3. (Front center)
  4. (Front left)
  5. (Back left)
  6. (Back center).



**Positional Fault :** The players of a team commit a fault if they are not in their regulation position at the moment the ball is hit by the server.

*The positional fault leads to the following consequences :*

1. The team is sanctioned with a point and service to the opponent.
2. The player's positions are rectified.



2. **Rotation :** When the team receiving the serve wins the rally or the opponent commits a fault, it wins the right to serve and its players must rotate one position clockwise. The rotational order is recorded on the score-sheet at the beginning of each set.

**Rotational fault :** A fault in rotation is committed when the service is not made according to the rotational order. The rotational fault leads to the following consequences:

1. The team is sanctioned with a point and service to the opponent.
2. The player's positions are rectified.
3. **Foot fault :** A foot fault is committed when the server put his foot over the back line while serving or when a player puts his foot over the center line into the opposition side of the court.
4. **Penetration fault :** A penetration means the movement of a back-court player into the front court in order to perform a set.

*A player commits a penetration fault if he :*

1. Touches a ball in the opponent's space before or during the opponent's attack-hit.
2. Interferes with any other ball contact in the opponent's space.
3. Enters into the opponent's court while the ball is in play.
4. Touches the net or an antenna because of his action.
5. Penetrates into the opponent's space, from the beneath the net.

*Playing Fault in volleyball (Faults in playing the ball) :*

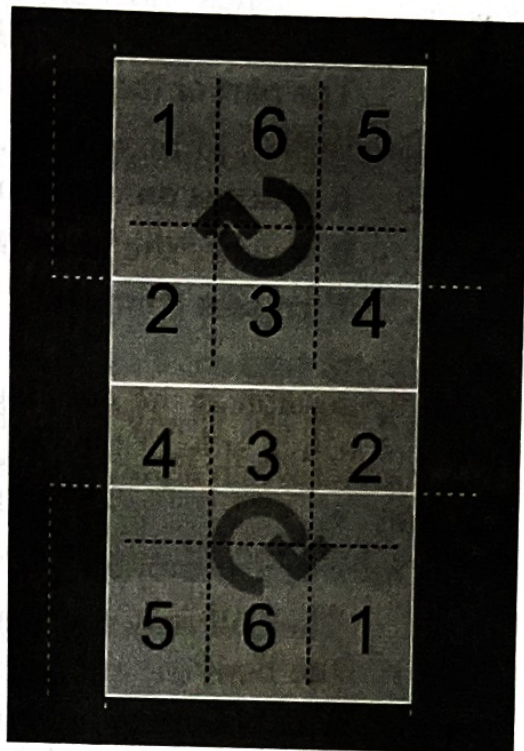
1. The team hits the ball 4 times without returning it back over the net,
2. Double hitting - when the same player hits the ball twice in a row
3. A player touches the net when blocking or attacking.
4. A player catches and throws the ball.
5. A player penetrates in opponent's court while the ball is in play.

*States of play :*

**Ball in play :** The ball is in play from the service hit to the moment the referee blows his whistle.

**Ball out of play :** The ball is out of play at the moment of the fault which is whistled by one the referees. In the absence of a fault, at the moment of the whistle.

**Ball "in" :** The ball "in" when it touches the floor of the playing court including the boundary lines.





**Ball "out" :** The ball is "out" when

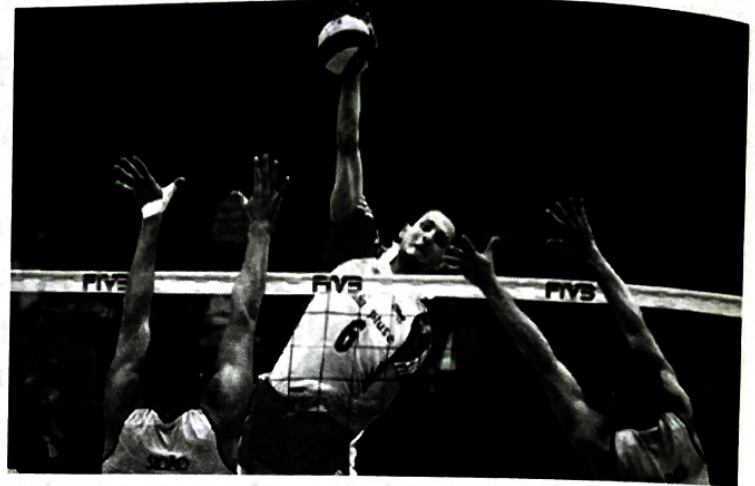
1. The part of the ball which contacts the floor is completely outside the boundary lines.
2. It touches an object outside the court, the ceiling or a person out of play.
3. It touches the antenna, ropes, posts or the net itself outside the side bands.
4. It crosses completely the lower space under the net.

### **Playing the ball :**

1. **Hit :** A Hit is any contact with the ball by a player in a play. Typically the third contact when a player uses one open hand and swings at the ball to send it over the net'

#### ***Characteristics of Hit :***

1. The ball may touch any part of the body.
2. The ball must not be caught or thrown. It can rebound in any direction.
3. The ball may touch various parts of the body, provided that the contacts take place simultaneously.
2. **Attack hit:** All action which directs the ball towards the opponents, with the exception of service and block, are considered as attack hit. An attack hit is completed at the moment the ball completely crosses the vertical plane of the net or is touched by the opponent.



#### ***Characteristics of attack hit :***

1. All actions which direct the ball towards the opponent, with the exception of service and block, are considered as attack hits.
2. During an attack hit, tipping is permitted only if the ball is cleanly hit.
3. An attack hit is completed at the moment the ball completely crosses the vertical plane of the net or is touched by an opponent.

#### ***Restrictions on attack hit :***

1. A front row player may complete an attack hit at any height, provided that the contact with the ball has been made within the player's playing court.
2. A back-row player may complete an attack hit at any height from the back zone.
3. No player is permitted to complete an attack hit on the opponent's service.
4. A back row player may complete an attack hit at any height from back zone.

#### ***Faults on attack hit :***

1. A player hits the ball within the playing space of the opposing team.
2. A player hits the ball "out".



3. A back-row player completes an attack hit from the front zone.
4. A player completes an attack hit on the opponent's service, when the ball is in front zone and entirely higher than the top of the net.
5. A libero completes an attack hit if at the moment of the hit the ball is entirely higher than the top of the net.
6. The attacker is called for a center line violation, or illegal contact (lift, double hit).

**Number of contacts :** Each team is entitled to a maximum of 3 contacts (in addition to block) to return the ball over the net to the opponent's court. Each time a player touches the ball, it counts as a contact for the team. Except a blocker, a player may not touch the ball two times consecutively.

***The faults committed by a player at the time of playing the ball :***

1. **Team hits (Four hits) :** The team is entitled to a maximum of three hits for returning the ball. If more are used, the team commits the fault of four hits.
2. **Assisted hit :** Within the playing area, a player is not permitted to take support from a team mate or any structure/object in order to hit the ball. It is a fault.
3. **A catch :** The ball is caught and or thrown; it does not rebound from the hit. It is a fault.
4. **Carry :** It means the control over the ball by a player is too long to be legal.
5. **Double contact (Double hit or Double touch) :** A player hits the ball twice in succession or the ball contacts various parts of his/her body in succession is called as double hit. It is a fault.
6. **Held ball (Consecutive contacts) :** If visibly a player contacts the ball more than once in succession without any other having touched in between these contacts, is called as held ball. He commits a fault.
7. **Double fault (Illegal contact) :** If the ball hit by two opponents simultaneously over the net lead to a catch, a double fault is called by the referee and the rally is replayed.
8. **Simultaneous contact :** Two or three players may touch the ball at the same moment. When two or three teammates touch the ball simultaneously, it is counted as one contact.

**The ball at the net :**

1. **Ball crossing the net :** The ball sent to opponent's court must go over the net within the crossing space. The crossing space is the part of the vertical plane of the net limited by below the top of the net, at the sides by the antennae and their imaginary extension and above by the ceiling.
2. **Ball touching the net :** While crossing the net, the ball may touch the net.
3. **Ball in the net (Other than service ball or the net recovery) :** A ball driven in the net may be recovered within the limits of the three team hits, provided it does not touch the floor nor is contacted the fourth time. If the ball rips the mesh of the net or tears it down, the rally is cancelled and replayed.



## Players at the net :

### 1. Reaching beyond the net :

- i. In blocking, a blocker may touch the ball beyond the net, provided that he does not interfere with the opponent's play.
- ii. After an attack hit, a player is permitted to pass his hand beyond the net, provided that the contact has been made within his own playing space.

### 2. Penetration under the net :

It is permitted to penetrate into the opponent's space under the net, provided that this does not interfere with the opponent's play. The penetration into opponent's court, beyond the center line to touch the opponent's court with a foot is permitted, provided that some part of the foot remains either in contact with or directly above the center line.

### 3. Contact with a net :

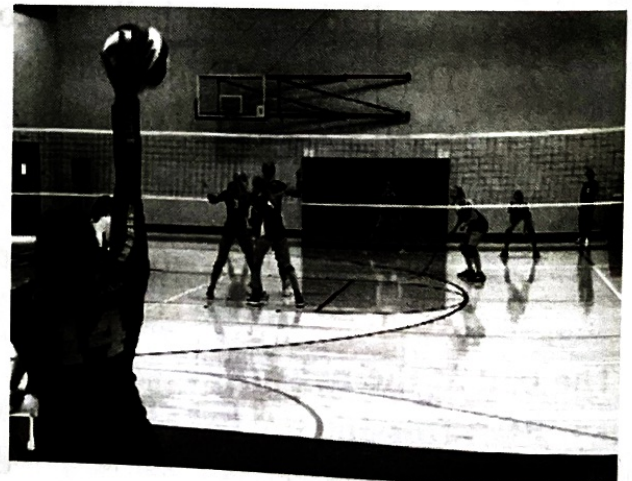
Contact with a net by a player between the antennae, during the action of playing the ball is a fault. Players may touch the post, ropes, or any other object outside the antennae, including the net itself, provided that it does not interfere with play. When the ball is driven into the net, causing it to touch an opponent, no fault is committed.

### 4. Players fault at the net :

- i. A player touches the ball or an opponent in the opponent's space before or during the opponent's attack hit.
- ii. A player interferes with the opponent's play while penetrating into the opponent's space under the net.
- iii. A player's foot penetrates completely into the opponent's court.
- iv. A player interferes with the play by touching the net between the antennae during his action of playing the ball.

**Service :** Service is the act of putting the ball into play by the player behind the end line, by hitting the ball over the net and into the opponent's court with one hand or with the forearm.

**First service in a set :** The first service of a set, as well as that of the deciding set (5<sup>th</sup> set) is executed by the team determined by the toss. The other sets will be started with the service of the team that did not serve first in the previous set.



**Authorization of service :** The first referee authorizes the service after having checked that the two teams are ready to play and that the server is in possession of the ball.

**Service order :** The players must follow the service order recorded on the line up sheet. After the first service in a set, the player to serve is determined as follows:-

- i. When the serving team wins the rally, the player who served before, serves again.



- ii. When the receiving team wins the rally, it gains the right to serve and rotates before actually serving. The player who moves from the front right position to the back-right position will serve.

### **Execution of the service :**

1. The ball shall be hit with one hand after being tossed or released from the hand.
2. Only one toss or release of the ball is allowed.
3. The server must hit the ball within 8 seconds after the 1st referee whistled for service.
4. At the moment of the service, the server must not touch the court (end line). After the hit he may step or land outside the service zone or inside the court.
5. A service executed before the referee's whistle is cancelled.

**Ball sent in opponents court (Ball crossing the net) :** Service is the act to putting the ball into play. The ball must cross the vertical plane of the net within the crossing space is the free space in the vertical plane of the net limited by the upper edge of the net and on the sides by the antennas and their imaginary extension.

**Term of service :** A player may have 5 continuous serves unless a side-out is called. After the 5 legal serves from one player the team will rotate and a new team member will serve.

**Service attempt :** A serve is when a player attempts to serve the ball over the net into the opponent's court.

**Service changed :** When the serving team loses a point, this is called service change, which means that the opposition becomes the serving team and serves the next point.

### **Service fault (Faults made during service) :**

1. When the ball touches the ground outside playing zone.
2. When the ball passes under the net.
3. When the ball touches the antennae.
4. When ball before it reaches the opponent's courts touches some player or some object.
5. When a service executed before the referee's whistle.
6. The server commits a foot fault.

### **Blocking :**

A defensive play by one or more players meant to deflect a spiked ball back to the hitter's court. It is used to prevent the opponent from a successful attack hit. The main responsibility of a volleyball blocker is to resist an opponent's attack.





**Blocking within the opponent's space :** In blocking, the player may place his hands and arms beyond the net provided that this action does not interfere with opponent's play. Thus, it is not permitted to touch the ball beyond the net until an opponent has executed an attack hit.

**Block and team hits :** A block contact is not counted as a team hit. After the block the team is entitled to three hits to return the ball. The first hit after the block may be executed by any player, including the one who has touched the ball during the block.

**Blocking the service :** It is illegal to block a service in volleyball. If a player blocks (hits the ball above the net height) an opponent's serve, he/she commits a fault. As a result, the serving team is automatically awarded the point and continues to serve.

**Blocking fault (Block Error) :**

1. The blocker touches the ball in the opponent's space before the opponent's attack hit.
2. The back row player or a libero completes a block or participates in a completed block.
3. Blocking the opponent's service.
4. The ball is sent "out" off the block.
5. Blocking the ball in the opponent's space from outside the antenna.
6. A libero attempts an individual or collective block.

**Screening :** Screening is when the opposite team is serving and has its hitters, or offensive players, at the net and purposely blocking the other team's view of their server. The players of the serving team must not prevent their opponent, through individual or collective screening from seeing the server or the flight path of the ball.

**Interruption :**

An interruption is the time between one completed rally and the 1st referee's whistle for the next service.

**Types of Interruption :** *There are two types of interruption:*

1. *Regular game interruptions (Legal interruption) :* The legal interruptions of the game are the time outs, technical time outs and the substitutions. They are only granted by the referee when the ball is dead.
2. *Number of regular game interruptions :* Each team may request a maximum of 2 time-outs and 6 substitutions per set.

*Sequence of regular game interruptions :*

1. Request for one or two time-outs and one request for substitution by either team may follow one another, within the same interruption.
2. A team is not authorized to make consecutive requests for substitution during the same interruption. Two or more players may be substituted at the same time.
3. There must be a completed rally between 2 separate substitution requests by same team.