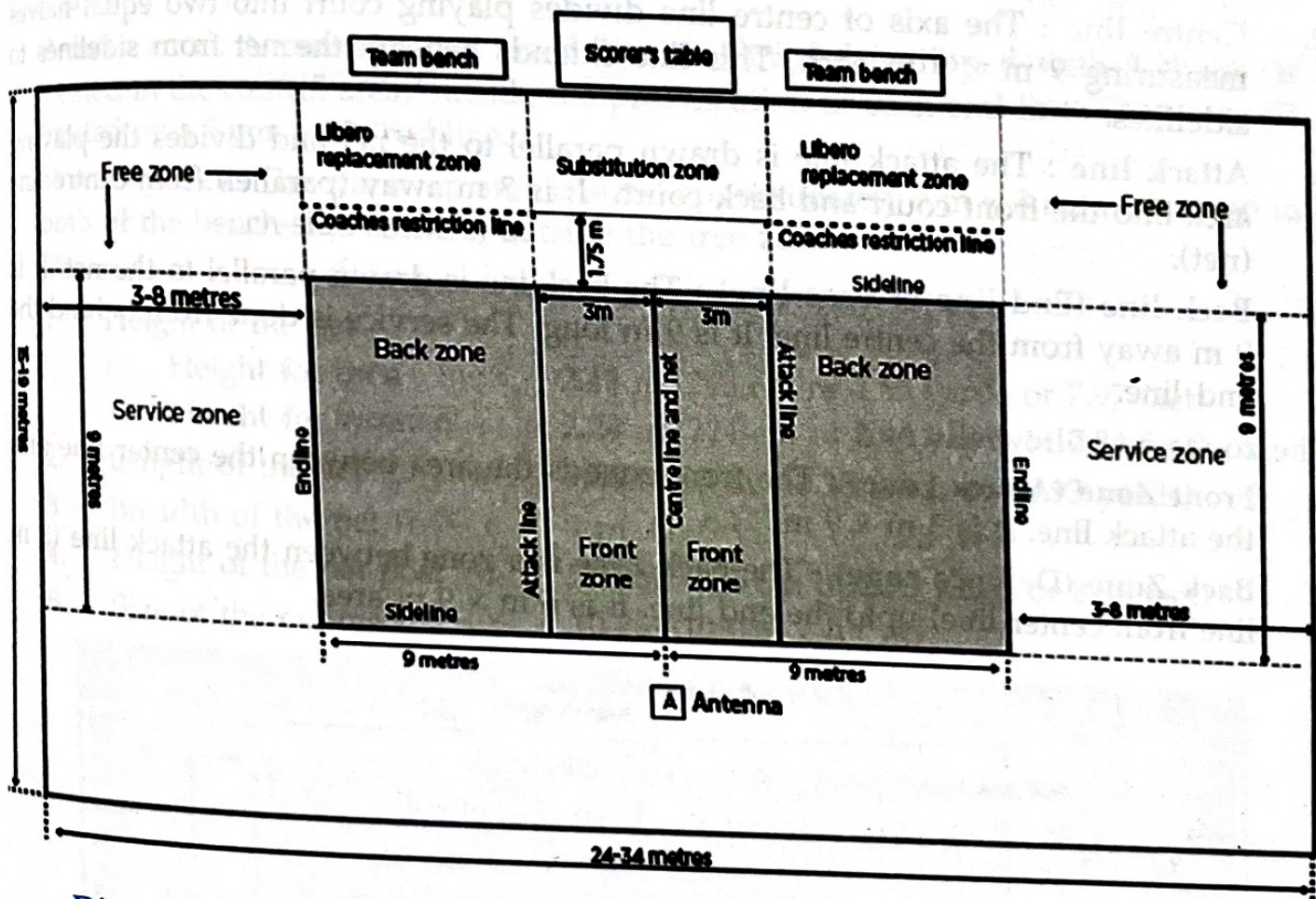


# Volleyball (*Mintonette*)

**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 x 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.

### *Request for regular game interruptions:*

1. Regular game interruptions may be requested by a coach or captain only.
2. Substitution before the start of a set is permitted, and should be recorded as a regular substitution in that set.
2. Exceptional game interruption (Prolonged game interruption): The prolonged interruptions are those if unforeseen circumstances interrupt the match i.e one or several interruptions occur due to outside interference, injuries, bad weather, after having been instructed to resume the game, requesting an illegal substitution, repeating an improper request, delaying the game by a team member.

### *Types of exceptional game interruptions :*

- i. **Injury/illness** : If a serious accident occur while the ball is in play, the referee must stop the game immediately and permit medical assistance to enter the court. The rally is replayed. If an injured player cannot be substituted legally or exceptionally, the player is given 3-minutes recovery time. If the player does not recover, his team is declared incomplete.
- ii. **External interference** : If there is any external interference during the game, the play has to be stopped and the rally is replayed.

### **The game or match started after a prolonged interruption :** *The game or the match restarted after prolonged interruption as follows:*

- i. **For prolonged interruption not exceeding 4 hours in total** : If the match is resumed on the same playing court, the interrupted set shall continue normally with the same score, player and positions. The sets already played will keep their scores. If the game is resumed on another playing court, the interrupted set is cancelled and replayed with the same team members and the same starting line ups. The sets already played will keep their scores.
- ii. **For prolonged interruption exceeding 4 hours in total** : In this case the whole match shall be replayed.

**Substitution** : It is the act by which the referees authorize a player to leave the court and another player to occupy his position on the court after being recorded by the scorer. Each team is allowed 6 substitutions per set. Each player is allowed an unlimited number of entries.

### **Types of substitution :**

- i. **Legal substitution** : A substitution is the act by which a player, after being recorded by the scorer, enters the game to occupy the position of another player who must leave the court at that moment.
- ii. **Illegal substitution** : A substitution is illegal when it does not fulfill the conditions provided. The request must be refused and a time-out is charged instead, to the team at fault, an exception is a substitution for injured player.
- iii. **Exceptional substitution** : An injured player (except the libero) who cannot continue to play should be legally substituted. It means that any player who is

not on the court, at the time of injury, except the libero or his replacement player may substitute into the game for the injured player.

- vi. **Disqualification substitution (Expulsion substitution)** : An expelled or disqualified player must be substituted immediately through a legal substitution. If this is not possible, the team is declared incomplete.

**When a team is compelled to substitute a player** : A team is compelled to substitute a player in the following cases.

1. An expelled player must be changed through a legal substitution, and if this is not possible the team will be declared incomplete.
2. Injured player who cannot continue to play must be legally substituted, but if team has exhausted its allowable substitution, team must have an exceptionally illegal substitution.

**Substitution procedure :**

1. A substitution must be carried out within the substitution zone.
2. The coach or team captain must request the first or second referee for substitution.
3. At the moment of the substitution request, the substituted player must be ready to enter the court, standing close to the substitution zone.
4. If a team intends to make simultaneously more than one substitution, the number of substitution must be indicated at the time of the request.

**Limitations of substitution** : Six substitutions is the maximum permitted per team per set. One or more players may be substituted at the same time.

A player of the starting line-up may leave the game, but only once in a set, and re-enter, and only to his/her previous position in the lineup.

**Improper requests of substitution** : It is improper to request any regular game interruption during a rally or at the moment of or after the whistle to serve, by a non-authorized team member, for a second substitution by the same team during the same interruption and after having exhausted the authorized no. of time-outs and substitutions.

**Delay** : An improper action of a team that defers resumption of the game is a delay. It may be due to delaying regular game interruptions or improper requests.

**Types of delay :**

1. Delaying regular game interruptions.
2. Prolonged interruption, after having been instructed to resume the game.
3. Requesting an illegal substitution.
4. Repeating an improper request.

**Delay sanctions :**

1. Delay warning and delay penalty are team sanctions and are recorded on the score sheet.
2. The first delay in the match by a team member is sanctioned with a delay warning.

3. The second and subsequent delays of any type by any member of the same team in the same match constitute a fault and are sanctioned with a point and service to the opponent.

**Intervals :** An interval is the time between each set. All the intervals must be 3 minutes. During this period of time, the change of court and line-up registrations of the teams on the score sheet are made. In between 2<sup>nd</sup> and 3<sup>rd</sup> set the interval is extended upto 10 min.

**Time outs :** The coach take time-out to give his team advice in between play. All time out last for 30 second for world and official competitions, during sets 1 to 4. Only two time outs per set per team may be requested.

**Technical time outs :** For FIVB world and official competitions, in set 1-4, two additional 60 seconds Technical Time outs are applied automatically when the leading team reaches the 8th and 16th points. In the deciding (5th) set, there are no technical time outs; only two-time outs of 30 seconds duration may be requested by each team.

**Change of court :** After each set team's changes court, with the exception of deciding set. In the deciding set, once the leading team reaches 8 points, the teams change courts without delay and the players positions remain the same.

**Libero player (Defensive specialist) :** In 1998, the libero player was introduced internationally. He plays a special role in team defence and passing. He can come into the game and replace any player on the back row. He may not serve, block or attempt to block, smash.

**Number of libero players :** One or two.

**Equipments of libero :** The libero player must wear a uniform whose jersey at least must contrast in colour with that of the other members of the team. The libero's uniform may have a different design, but it must be numbered like the rest of the team members.



#### **Rules related to libero player :**

1. The libero plays a special role in team defence.
2. The libero may not serve, block or attempt to block.
3. The libero can be neither team captain nor game captain.
4. The libero player must wear a uniform whose jersey at least must contrast in colour with that of the other members of the team.
5. The libero can replace any back row player and has no right to complete an attack hit when the ball is above the height of the top of the net.

**Designation of libero :** Each team can designate one specialized player as Libero. The libero must be recorded on the score sheet before the match in the special line reserved for this. The number must be recorded on the line-up sheet of the first set. The libero's number must be indicated on the line-up sheet for each set.

**Re-designation of libero :** Each team has two liberoes, when one libero is unable to play so the team cannot redesignate the libero unless the remaining libero is unable to continue the match. In case of re-designation of a libero, the libero's number must be recorded on score sheet and he must remain libero for the remainder of the set.

**Libero replacement procedure :**

1. The libero player can be substituted unlimited times.
2. He should be replaced when the ball is out of play and before the whistle for service.
3. The libero may only enter or leave the court through the libero replacement zone.

**Participant's conduct :**

**1. Sports man like conduct :**

- i. Participants must know the official volleyball rules and abide by them.
- ii. Participant must accept the referee's decision with sportsmanlike conduct.
- iii. Participants must refrain from actions or attitudes aimed at influencing the decision of the referee or covering up faults committed by their team.

**2. Fair play :** Participants must behave respectfully in the spirit of fair play towards the referee, other officials, the opponent, team-mates and spectators.

**Misconduct :** Behavior towards officials, opponents, spectators or team may be incorrect and depending upon the degree of the offence, the misconduct is punished strictly. Misconduct is subject to sanction by the first referee.

**Sanction scale for misconduct :** According to the judgement of the 1st referee the sanctions to be applied and recorded on the score sheet are penalty, expulsion and disqualification.

**Sanction cards :** Sanction cards are used by the first referee :

- i. **Warning :** Stage 1 : Verbal warning, no card and Stage 2 : Yellow card is shown.
- ii. **Penalty :** Red is shown.
- iii. **Expulsion :** Yellow and Red card shown jointly.
- iv. **Disqualification :** Yellow and Red card shown separately.

1. **Warning :** Minor misconduct offenses are not subject to sanctions. It is the first referee's duty to prevent the teams from approaching the sanctioning level by issuing a verbal warning in stage 1 and by showing yellow card in stage 2. It should be given to the team member through the team captain. It is not recorded on the score sheet.

**Cards In Volleyball**



Red Card



Yellow Card

2. **Penalty (Red Card) :** For minor unsporting offenses such as inappropriately addressing opponents, spectators or officials, shouting and disrupting the conduct of the set, a warning is given to the player and shown a red card. It is recorded on the score sheet.
3. **Expulsion (Yellow card and Red card jointly) :** Extremely offensive conduct or repeated rude conduct toward officials, opponents, other team members or spectators results in expulsion (Yellow card and red card jointly) of a team member from the set in which the offense occurred, and is recorded on the score sheet. An expulsion automatically results in a loss of rally and a point for the opponent.
4. **Disqualification (Red card and Yellow card held separately) :** A second expulsion during a match or any attempted physical aggression towards other's will result in the red and yellow cards held apart, disqualification for the remainder of the match. The disqualified player must leave the Competition Control Area.

**Composition of the referee's corps (Officials in the Volleyball match) :** The refereeing corps for a match is composed of the following officials :

The 1<sup>st</sup> referee, the second referee, the scorer, an assistant scorer, and 2 or 4 linesmen.

1. **First referee :** The 1<sup>st</sup> referee carries out his function seated or standing on a referee's stand located at one end of net. His view must be 50cm above the net. His decisions are final.

**Duties or responsibilities of first referee :**

1. He performs the toss with the team captain.
2. Controls the teams warming-up. He checks the net and antennae, boundaries.
3. He decides upon the faults of the server and the positions of the serving team.
4. He decides upon the faults on playing the ball.
5. He decides upon the attack hit faults of the libero.

**Referee's signals :**

1. **Authorization to serve :** Move the hand to indicate the direction of service
2. **Team to serve :** Extend the arm to the side of team that will serve
3. **Warning :** Verbal or hand signal, no card.
4. **Change of court :** Raises the forearms front and back and twist team around the body.
5. **Time out :** The referee place the palm of one hand over the fingers of the other, held vertically (Forming a "T") and then indicate the requesting team.
6. **Substitution :** The referee makes circular motion of the forearms around each other.
7. **Misconduct penalty :** The referee shows yellow card for penalty.
8. **Expulsion :** He shows the yellow and red card jointly for expulsion of the player.
9. **Disqualification :** He show both red and yellow cards separately for disqualification.
10. **End of set or match :** The referee cross the forearms in front of the chest and

hands open for end set or match.

11. **Ball "IN"** : The referee points the arm and fingers towards the floor.
12. **Ball "out"** : The referee raise the forearms vertically, hands open palms towards the ball.
13. **Catch** : The referee slowly lift the forearms, palm facing upward.
14. **Double contact** : The referee raise two fingers spread open.
15. **Four hit** : The referee raise four fingers spread open.
16. **Positional fault (Rotational fault)** : The referee makes a circular motion with 4 fingers.
17. **Screening (Blocking fault)** : The referee raise both arms vertically, palms forward.
18. **Delay in service** : The referee raise eight fingers spread open.
19. **Attack hit fault** : The referee makes a downward motion with the forearm.
20. **Double fault and replay** : The referee raise both the thumbs vertically.
21. **Penetration into the opponent's court** : The referee point to the center line.



2. **Second referee (Assistant Referee)** : The second referee performs his functions standing outside the playing court near the post, on the opposite side facing the first referee.

*Duties or responsibilities of second referee* : During the match the second referee decides, whistles and signals:

1. Penetration into the opponent's court and the space under the net.
2. Positional faults of the receiving team.
3. The faulty contact of the player with the net.
4. When the net violation occurs.
5. At the end of the match, he/she signs the score sheet.

3. **Scorer** : He performs his functions seated at the scorer table on the opposite of the court facing the first referee. He keeps the score sheet according to the rules, co-signals to the referees. He uses a buzzer or other sound device to give

*Duties of Scorer* :

1. The scorer registers the data of the match and teams, including the name and number of the libero player, and obtains the signatures of the captains and the coaches.
  2. The scorer records the starting line-up of each team from the line-up sheet.
  3. The scorer records the point scored.
  4. The scorer controls the serving order of each team.
  5. The scorer indicates any error to the referee immediately after the service hit.
  6. The scorer records misconduct, warning, sanctions and improper request.
4. **Assistant scorer** : He performs his function seated beside the scorer at the scorer's table.

*Duties of assistant scorer* :

1. Prepares the libero control sheet.
  2. Prepares the reserve score sheet.
  3. Records the details of the libero replacements.
  4. Operates the manual score board on the scorer's table.
  5. Notifies the referee of any fault of the libero replacement, by using a buzzer.
5. **Linesmen (Lines judges)** : There are four lines men for FIVB competitions. They stand in the free zone between 1 m to 3 m from each corner of the court on the imaginary extension of the line they control.

*Duties of linesman* :

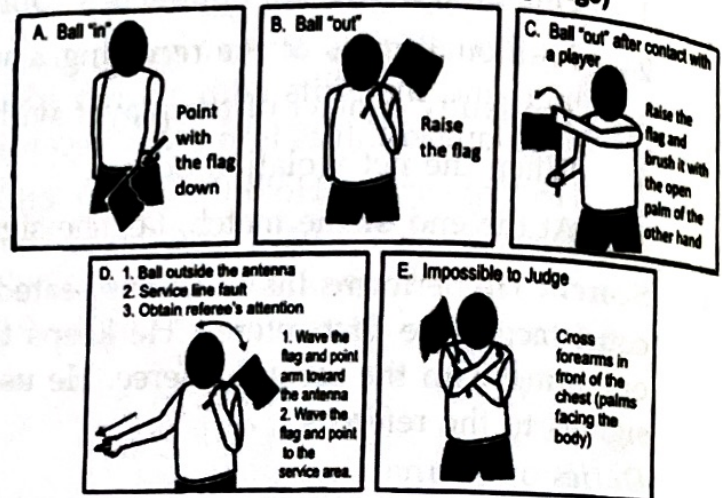
1. They signal the 'ball in' or 'ball out' whenever the ball lands near their line.
2. They signal when ball touches the antenna.

3. They signal when the ball crosses the net outside the crossing space.
4. They signal if the server moves outside of the service position in violation of the rules.
5. They check the foot fault by any player during service.

#### **Linesman's signals :**

1. **Ball "in"** : He points down the flag.
2. **Ball "out"** : He raises the flag vertically.
3. **Ball touched** : He raises flag and touch the top with the palm of the free hand.
4. **Foot fault by any player during service** : He waves the flag over head and point to the antenna or the respective line.

#### **LINE JUDGE SIGNALS (using flags)**



5. **Judgement impossible** : He raises and cross both arms and hands in front of the chest.

**Punishable acts (The Acts of breach) :** The following acts of breach will be punished by the referee :

1. To talk again and again to the officials concerning their decisions
2. To make uncivil remarks to the official
3. To act in an uncivil manner so as to influence the decisions of officials.
4. To make uncivil or personal remarks to the players of the opposite team.
5. To give coaching during the game to a players by anyone outside the court.
6. Clapping or crying by the player particularly at service, when the ball is touched.

**Fundamental skills in volleyball :** The passes, the service, the setup, the attack, the block, the net recovery.

1. **Service** : Service is the act of putting the ball into play by the player behind the base-line (end line), by hitting the ball over the net and into the opponent's court with one hand or with the forearm. A person (server) may serve from anywhere along the end line. An unsuccessful service gives the opposition a point and the service. A service may not be blocked.

**Types of service :** Under hand service, Over hand service, Top spin service, Floating service, Jump Serve.

- i. **Under hand service (Under arm service)** : The ball is held on the extended hand at waist height in front of the right shoulder. One foot is kept in front of other foot. The ball is tossed a few inches into the air by the hand. As the hitting arm swing through, the body weight should be transferred from the back foot

to the front foot. The ball can be contacted with the heel of the hand, or the wrist.

- ii. *Over hand service (Tennis service or Overhead serve)* : The player stands facing the net with his left foot little forward. The ball is tossed in air by the server and hit it by swinging the hand with open palm. It requires more coordination, timing, and strength.
- iii. *Top spin service* : It is an overhand service in which the player tosses the ball high and then hits with a wrist span, providing it topspin which makes it to drop quickly. It is important because it results in greater ball control.
- iv. *Floating service* : Hold the ball in left hand or right hand, the other hand is kept ready to hit the ball. Toss the ball to a comfortable height. Hit at the center of the ball with an open hand or with a fist. The last movement of the wrist is directed towards the flight of the ball. The ball is hit hard and it makes steep landing in opponent's court.
- v. *Jump float serve* : It is an overhand service in which the ball is tossed high enough that the player may jump before hitting it. This serve requires coordination, power and lots of practice.
- vi. *Jump Serve* : A serve that is started by the server tossing the ball into the air and jumping into and hitting the ball in its downward motion. The extra motion generated in a jump serve allows the server to put additional power on the ball and this can make the serve very difficult to handle for the receiving team.

2. **Passing** : Receiving a serve or the first contact of the ball with the intent to control the ball to another player is called as pass. It can be performed by one or both hands.

*Types of passes : Over hand pass, Under arm pass, One arm pass, Fore arm pass.*

- i. *Over hand pass (Upper head pass)* : In this pass the feet should be placed parallel to each other at shoulder width. The elbows are also bent and positioned between the chest and with open fingers facing upwards palms and fingers make a basket shape. The ball is pushed upward.
- ii. *Under arm pass (Under hand pass)* : When the ball falls too close to the net making the execution of upper hand in that situation the under hand pass with one or both hand is used. In this both arms work together. This pass is used to raise the ball upward.
- iii. *One arm pass* : The ball is played underneath by sweeping the arm forward and upwards. It involves stretching the body as far as possible towards the ball and running to the side of the ball.
- iv. *Fore arm pass (Bump pass)* : Contacting the ball with the forearms in order to deliver the ball to the setter in an underhanded manner, join your arms from the elbows to the wrists and strike the ball with the fleshy part of your forearms in an underhand motion.

3. **The set up (Set) :** The pass that is placed high above and close to the net for a front-line player to smash across the net is called as a set up.

**Setter (Booster) :** A player specialized to lift the ball for the smash. It is performed over the coming ball from own team mate.

**Types of set up :** Bump set, Overhead set, Back set, Trap set, Quick set, Two set.



i. **Bump set (Underhand set) :** Bump set is defined as a set in which a player uses his forearms to set the ball for a teammate to spike the ball over the net.

ii. **Overhead set :** It is defined as a set-in which setters use their fingertips to push the ball high into the air so that an attacker can spike it over the net.

iii. **Back set :** A set delivered behind the setter's back, which is subsequently hit by an attacker is called as back set. It is used to set the ball to the player that's attacking from behind the setter.

iv. **Trap set :** The set closer to the net that gives the blocker the advantage. This move ensures the attacker can plant and jump straight up to avoid drifting into or landing under the net.

v. **Quick set :** An extremely low vertical set used to beat the opponent's block. It can be set at any position on the net. This type of set requires great accuracy and timing between the setter and the hitter.

vi. **Two set :** A vertical set that travels from 3 to 5 feet above the net. Usually set for the middle hitter.

4. **Attack (smash or Spike) :** A ball contacted with force by a player of the offensive team who intends to terminate the ball on the opponent's floor or off the opponent's blocker. The ball set by the setter (booster) is put into the opponent's court by the smasher by jumping over the net.

**Attacker (Spiker, Smasher or Hitter) :** The team member who tries for a team point by hitting or spiking the ball.

**Types of attack :** Line and cross court attack, Quick hit, Slide and double quick hit, Off speed hit, Block abuse.

i. **Line and cross-court shot (Cut shot) :** In a line and cross court shot the player spikes the ball at an extreme angle across the court that makes it nearly parallel with the net.



- ii. **Quick hit** : It is defined as an attack where the approach and jump begin before the setter touches the ball. The ball is placed above the net and the ball is smashed by the hitter almost instantly after leaving the setters hand.
- iii. **Slide and double quick hit** : It is alteration of quick hit in which two smashers, jump at the same time to deliver a quick hit. It can be effective in deceiving the opposite blockers.
- iv. **Off speed hit** : In off speed hit a player does not hit the ball hard but reduce the speed of the ball and thus confusing the defense of opponent.
- v. **Block abuse** : In this the player does not try to make a hard spike, but hits the ball so that it touches the opponent's block and then bounces off-court.

5. **Blocking** : A defensive play by one or more players meant to deflect a spiked ball back to the hitter's court. It may be a combination of one, two or three players jumping in front of the opposing smasher and contacting the ball with the hands. It is used to prevent the opponent from a successful attack hit and to deflect the ball coming from an attacker.



**Types of blocking** : *Single block, double block, triple block.*

- i. **Single block** : When only one player takes part in the block is called as single block. It is essential to select a place to make a jump for block. This is usually not effective enough to stop a spike but is more of a way to help the back row pass better.
  - ii. **Double block** : When two players take part in a block the hands of the blockers should be raised at one level. The hands position is in such way that the ball after hitting hands returns to the opponent's court.
  - iii. **Triple block** : When three players take part in a block. The hands of the blockers should be raised at one time and level. This is usually the most effective and powerful since there are more hands to cover more surface area.
6. **Dig** : To dig a volleyball means you contact and intercept the ball, while your team is on defense by deflecting it up in the air with your arms held together. You defend, or dig the volleyball once it crosses into your court after an attack hit by the opposing team, so they don't score a point.

### GAME RELATED TERMINOLOGY :

**Cross court attack (Cross court shot)** : An individual attack directed at an angle from one end of the offensive team's side of the net to the opposite sideline of the defensive team's court. An attack is directed diagonally from the point of attack.

**Back row Attack (Back court attack)** : Backcourt attack is an attack performed by a back row player. In this attack a player have to jump from behind the 3-meter line

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before touching with the ball, but he may land in front of the 3-meter line.

**Side out** : Change of service when a serving team has failed to score a point. When the active ball touches or contacts the floor outside the boundary line is called side out.

**Free Ball** : When a team sends the ball over the net to their opponents with their forearms they are said to be giving a "free ball". The ball will be returned by a pass rather than a spike.

**Joust** : When two opposing players contact the ball simultaneously above the net causing the ball to momentarily come to rest; the point is replayed if this is called by the official.

**Ball down (Down ball)** : It occurs when an attacker hits the ball overhand while standing on the ground, usually off the net. It is similar to a spike, although there are some differences.

**Reading an opponent** : Reading is the use of a defender's visual acuity to predict the opponent's attack and to come to a position on the court which provide him best chance to block or dig the ball.

**Block** : The block is a contact made by a player at the net to prevent the ball from coming over when an opposing player is sending the ball over the net. This move is made with two extended arms with open hands above their head. This contact does not count as one of the three contacts a team is allowed to make.

**Extension roll** : A move to the floor which enables a player to dig the ball spiked ball by the opponent.

**Floater** : A serve with no spin that follows an erratic path. The ball is hit with only a momentary point of contact and very little follow through.

**Block contact** : A block contact is not counted as a team contact. Therefore, after a block, a team is entitled to 3 contacts to return the volleyball. Consecutive contacts with the ball may occur by one or more blockers, provided that the contacts are made during 1 action.

**Block Assist** : A successful attempt by any two or more front row players to intercept the ball near the net that results in the termination of the rally. Any person involved in the block attempt that terminates the rally receives a block assist.

**Overlapping (Out of Alignment)** : Overlapping refers to the positions of the players in the rotation prior to the contact of the ball when serving.

**Closing the block** : The responsibility of the assist blocker is to join the primary blocker to create an impenetrable block. This is called closing the block because the ball can't fit between the two individual blockers.

**Net violation (Tuna or flounder)** : Touching the net by any part of the body while the ball is in play is known as net violation. It is a fault. There is an exception to the rule of net violation, that is if the ball is driven into the net with so much force that it causes the net to contact a player of opposing team then no foul will be called, and the ball will be continue in play.

**A rally (A rally point) :** A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play. The team that wins the rally gets a point and the serve.

**Collective block :** A collective block is executed by two or three front line players close to each other and is completed when one of them touches the ball. The main responsibility of a volleyball blockers is to resist an opponent's attack.

**Ace :** A serve that results directly in a point, usually when the ball hits the floor untouched on the receiving team's side of the court.

**Campfire :** A ball that falls to the floor in an area that's surrounded by two, three or more players.

**Incomplete team :** Playing with less than 6 players in a team is called incomplete team. A team that is declared incomplete for the set or for the match loses the set or the match.

**Default team :** If a team refuses to play after being summoned to do so, it is declared in default and forfeits the match with the result 0-3 for the match and 0-25 for each set.

**Fault :** A fault is any playing action that violates the rules of the game and is judged by the referee to determine the consequences.

**Approach :** The footwork an attacker uses to time the set, gain momentum and jump before contacting the ball to hit it over the net is called an "approach".

**Let serve :** When the serve hits the net and continues over to the receiving team, it is a live ball and called a "let serve".

**Assist :** Passing or setting the ball to an offensive teammate who attacks the ball for a kill.

## **NATIONAL AND INTERNATIONAL GOVERNING BODIES :**

1. **FIVB :** The federation International de volley-ball was formed in 1947 in Paris. It is the global governing body responsible for all forms of volleyball, with currently 221 affiliated national federations and five continental confederations. It is working closely with national federations and private enterprises.

2. **VFI :** The volleyball federation in India was established in 1951. The Volleyball Federation of India is the governing body responsible for all forms of Volleyball on a national level. It is working closely with State Associations. It encourage and promote physical well being for both Men and Women spirit of participation in promotion of the game of Volleyball.

### **I. National tournaments of Volleyball :**

1. **Indian Volleyball league (IVL) :** The Indian Volley League is a professional volleyball league in India. It was launched by the Volleyball Federation of India in 2011. The inaugural edition featured six teams and the top players in the country.

2. **The federation cup :** The Federation Cup was an annual knockout Volleyball tournament in India that started in 1987. The first inter-club Federation Cup

was held at Tirupur, it was active for the first two years. From 2003 the tournament is played annually.

3. **Poornima trophy** : Poornima Trophy is associated with women's national volleyball championship. It has been named after M. S. Poornima, the greatest volleyball woman player of India.
4. **Pro Volleyball League (PVL)** : It is a professional men's indoor volleyball league in India. The inaugural season took place in February 2019. The Pro Volleyball League encompasses six franchises, each representing cities across India. Each team will have 12 players with the provision of a maximum of two reserve players.

## II. International tournaments of Volleyball :

1. **Volleyball World Championship** : It is an international volleyball competition contested by the senior men's national teams of the members of FIVB. Since 1962 they have been awarded every four years. 24 teams, including the automatically qualifying host nation(s), compete in the tournament.
2. **Volleyball World cup** : The FIVB Volleyball World Cup is an international Volleyball competition contested by the senior men's and women's teams of the members of FIVB. Initially the tournament was played in the year following the Olympic Games. Since 1991 World Cup has been awarded in the year preceding the Olympic Games.
3. **Super challenge cup** : The CEV challenge cup is an annual European-wide third-tier level competition for men's volleyball clubs. It started in the 1980-81 season under the name CEV Cup. In 2007 it was renamed CEV challenge cup. The CEV women's challenge cup, is the third official competition for women's volleyball clubs of Europe and takes place every year.

## QUESTIONS :

1. When and by whom was the game volleyball invented?
2. Draw a neat diagram of a volleyball court and mark the following:
  - i. Side line
  - ii. Service line
  - iii. Attack line
  - iv. Front zone
  - v. Back zone
  - vi. Rotation position
  - vii. Height of the net (men) from the ground
  - viii. Size of the net
3. Explain the following terms in Volleyball:
  - i. Center line,
  - ii. Attack line,
  - iii. Back line,
  - iv. Boundary line.
4. Explain the following terms in Volleyball:
  - i. Front zone,
  - ii. Back zone,
  - iii. Service zone,
  - iv. Substitution zone.
5. Explain the following terms in Volleyball:
  - i. Free zone,
  - ii. Libero replacement zone,
  - iii. Penalty area,
  - iv. Warm up area.

6. Answer the following:
  - i. Length and breadth of the field,
  - ii. Height of the net for men and women,
  - iii. Length and breadth of the net,
  - iv. Height of the net post and size of net mesh.
7. Explain the following terms in Volleyball:
  - i. Side bands,
  - ii. Antenna,
  - iii. Net post,
  - iv. Team composition.
8. Define the ball under the following headings:
  - i. Shape,
  - ii. Material,
  - iii. Colour.
9. Define the ball under the following headings:
  - i. Weight,
  - ii. Circumference
  - iii. Air pressure.
10. Explain the following terms in Volleyball:
  - i. Incomplete team,
  - ii. Default team.
11. List down the equipment used by a volleyball player.
12. Enumerate any three duties of each of the following:
  - i. A Captain on the court,
  - ii. Coach.
13. Explain how points are scored in Volleyball match.
14. Explain how a set and a match is won by a team.
15. What is the procedure adopted to start a game?
16. Explain the term official warming up session.
17. Explain the rule of Teams starting line up in Volleyball.
18. Explain the following terms in Volleyball:
  - i. Positions,
  - ii. Positional fault,
  - iii. Rotation,
  - iv. Rotational fault.
19. Draw a diagram showing the Rotation Position of players on the court.
20. Explain the following terms in Volleyball:
  - i. A foot fault,
  - ii. A penetration fault.
21. List any three faults that a player is likely to commit while playing the ball.
22. When is the ball considered in and out of play?
23. When is the ball considered "in"?
24. When is the ball considered "out"?
25. What do you understand by a hit? State any two characteristics of hit
26. What is understood by the term attack hit? State any two characteristics of attack hit
27. State any two restrictions on attack hit.

28. How many contacts are permitted in returning the ball over the net? Explain the procedure.
29. Explain the following terms in Volleyball:
  - i. Team hits,
  - ii. Assisted hit,
  - iii. A catch,
  - iv. Carry.
30. Explain the following terms in Volleyball:
  - i. Double hit,
  - ii. Held ball,
  - iii. Double fault,
  - iv. Simultaneous contact.
31. Explain the following rules in Volleyball:
  - i. Ball crossing the net,
  - ii. Ball touching the net.
32. Explain the following rules:
  - i. The ball sent into the opponent's court
  - ii. The ball in the net.
33. Is hand passing over the net a fault? Explain.
34. Explain the following terms in Volleyball:
  - i. Service,
  - ii. Service attempt,
  - iii. Authorisation of service.
35. When is the service changed during a match?
36. List any six service faults.
37. Explain the following terms in Volleyball:
  - i. Block,
  - ii. Blocking,
  - iii. Block contact,
  - iv. Screening.
38. Explain the following rules in Volleyball:
  - i. Blocking within the opponents space,
  - ii. Block and team hits.
39. List any four Blocking Faults.
40. How many legal interruption are allowed in a game? Who grants the legal interruptions?
41. Mention three types of Delays which prolongs the game.
42. Explain the following terms in Volleyball:
  - i. Intervals,
  - ii. A time out,
  - iii. Technical time out,
  - iv. A substitution.
43. When do the teams change the court?
44. Explain legal and illegal substitution in volleyball.
45. Give any two conditions when a team is compelled to substitute a player.
46. Explain the procedure of substitution during play.
47. What is meant by the term "Libero"?
48. State the maximum number of Libero players a team can include in the team list.
49. Write the equipment's of a libero player.
50. State any three rules related to a 'libero player'.
51. Explain the following rules in Volleyball:

- i. Designation of libero player,
- ii. Re-designation of libero player.
52. Explain the libero replacement procedure.
53. What do you understand by the term misconduct in Volleyball?
54. List the various sanction cards used by the referee along with the offence for which they are used.
55. Explain the following terms in Volleyball:
  - i. Warning,
  - ii. Penalty,
  - iii. Expulsion,
  - iv. Disqualification.
56. List the officials appointed to conduct the match.
57. State the location of following officials on the field:
  - i. First referee,
  - ii. Assistant referee,
  - iii. Scorer,
  - iv. Linesmen.
58. Enumerate the duties of the following officials:
  - i. A First referee,
  - ii. An Assistant referee,
  - iii. Scorer,
  - iv. Linesmen.
59. Give the signals for the following:
  - i. Team to serve,
  - ii. Warning,
  - iii. Change of court,
  - iv. Time out.
60. Give the signals for the following:
  - i. Substitution,
  - ii. Expulsion,
  - iii. Disqualification,
  - iv. End of set of match.
61. Give the signals for the following:
  - i. Ball 'in',
  - ii. Ball 'out',
  - iii. Catch,
  - iv. Four hit.
62. Give the signals for the following:
  - i. Positional fault,
  - ii. Rotational fault,
  - iii. Screening,
  - iv. Double fault and replay.
63. Mention any four acts of breach which are punishable.
64. List three types of service techniques used by volleyball players.
65. Explain the following terms in Volleyball:
  - i. Under hand service,
  - ii. Tennis service,
  - iii. Top spin service,
  - iv. Floating service.
66. Explain the following terms in Volleyball:
  - i. Jump float serve,
  - ii. Jump serve,
  - iii. Passing.
67. List three types of passes used by volleyball players.
68. Explain the following terms in Volleyball:
  - i. Over hand pass,
  - ii. Under arm pass,
  - iii. One arm pass,
  - iv. A set up.

69. List three types of set up techniques used by volleyball players.
70. Explain the term setter in Volleyball.
71. Explain the following terms in Volleyball:
  - i. Bump set,
  - ii. Overhead set,
  - iii. Back set,
  - iv. Trap set.
72. Explain the following terms in Volleyball:
  - i. Quick set,
  - ii. Two set,
  - iii. Attack,
  - iv. Attacker
73. List three types of attack used by volleyball players.
74. Explain the following terms in Volleyball:
  - i. Cut shot,
  - ii. Quick hit,
  - iii. Slide and double quick hit,
  - iv. Off speed hit.
75. Explain the term block abuse in Volleyball.
76. Explain the following terms in Volleyball:
  - i. Blocking,
  - ii. Single block,
  - iii. Double block,
  - iv. Tripple block.
77. Explain the following terms in Volleyball:
  - i. A dig,
  - ii. Cross court attack,
  - iii. Back court attack,
  - iv. Side out.
78. Explain the following terms in Volleyball:
  - i. Free ball,
  - ii. Joust,
  - iii. Ball down,
  - iv. Reading an opponent.
79. Explain the following terms in Volleyball:
  - i. Extension roll,
  - ii. Block assist,
  - iii. Overlapping,
  - iv. Closing the block.
80. Explain the following terms in Volleyball:
  - i. Floater,
  - ii. Net violation,
  - iii. A rally,
  - iv. Collective block.
81. Explain the following terms in Volleyball:
  - i. Ace,
  - ii. Campfire,
  - iii. FIVB,
  - iv. VFI.
82. Write the full form of FIVB and VFI.
83. Name any two national tournaments in Volleyball.
84. Name any two international tournaments in Volleyball.