

Game :- Volley Ball

Session 2023-24-25

Class - IX and X

Physical Education

Q1 Who invented game VolleyBall and in which year?
Volleyball was invented by a physical director named William Morgan, YMCA, in 1895 in USA.

Q2 When was Federation of India formed?
The Volleyball Federation of India was formed in 1950.

Q3 How many point are there in 1 set of game Volleyball?
25 points are there in 1 set.

Q4 What is the length and width of Volleyball court?
Length = 18 mts Height = minimum 7mts from playing surface
Width = 9 mts

Q5 What is the width and colour of court?
All lines are 5 cm wide. They must be of a light colour which is different from the colour of the floor and from any other lines.

Q6 Define the terms :-

1) Boundary lines : Two side lines and two end lines mark the playing court. Both side lines and end lines are drawn inside the dimensions of the playing court.

2) Centre line : Centre line is a line which divides the court in two equal halves.

3) Attack line :- An Attack line, whose rear edge is drawn 3mts back from the axis of centre line, marks the front zone.

4) Front zone :- The front zone is considered to extend beyond

the side lines to the end of the free zone.

The front zone is limited by the axis of the centre line and the rear edge of the attack line.

- 5) Service Zone :- The service zone is a 9mts wide area behind each end line.
- 6) Substitution zone :- The substitution is limited by the extension of both attack lines up to the scorer's table.
- 7) Libero replacement zone :- The libero replacement zone is part of the free zone on the side of the team benches, limited by the extension of the attack line up to the end line.

Q7 What is the height of the net for men and women?

Men - 2.43 mts

Women - 2.24 mts

Q8 Explain structure of Net?

9.50 mts to 10 mts - Long (25 to 50 cm)

1 mt - wide

made up of 10 cm square black mesh

Top Horizontal band - 7cm

Bottom Horizontal band - 5cm

Q9 Define the terms :-

- 1) Side Bands :- Two white bands are fastened vertically to the net and placed directly above each side line. They are 5cm wide and 1 m long.

- 2) Antenna : Antenna is a flexible rod, 1.80 m long and 10 mm in diameter, made of fibreglass or similar material. The top 80 cm of each antenna extends above the net and is marked with 10 cm stripes of contrasting colour, (red and white)

Q10) What is height of Posts (Poles)?
2.55 mts high

Q11) Explain the structure of Ball?

Material:- The ball shall be spherical, made of a flexible leather or synthetic leather case with a bladder inside, made of rubber or a similar material.

Colour:- uniform light colour or a combination of colours

Circumference :- 65-67 cm

Weight :- 260-280 g.

Pressure :- 0.30 to 0.325 Kg/cm²

Q12) Write uniformity of Balls?

All balls used in a match must have the same standards regarding circumference, weight, pressure, type, colour etc.

Q13) How many players are there in game Volleyball?

Total players :- 12

Playing players :- 6

Substitution :- 6

Q14) Write player's equipments. Enlist the names.
a jersey, shorts, socks, sports shoes.

Q15) Explain the term Forbidden objects

It is forbidden to wear objects which may cause injury or give an artificial advantage to the player.

Players may wear glasses or lenses at their own risk.

Q16) Enlist the officials needed to conduct the tournament.

1) Scorer

3) Linemen

2) Referee

4) Assistant Referee

Q17) Write duties of Captain?

1) He represents his team in the Toss.

classmate

- 2) He has authority to change the equipments.
- 3) He motivates his team.
- 4) He has authority to check the floor, the net etc.
- 5) He has to verify the positions of the teams.
- 6) He has authority to request time-outs and substitutions in the absence of the coach.
- 7) He signs the scoresheet.

Q18 Write duties of Coach?

- 1) He checks the names and numbers of his players on the scoresheet.
- 2) He requests time-outs and substitutions.
- 3) He motivates his team.
- 4) He gives instruction to the players on the court.
- 5) He signs the scoresheet.

Q19 Define the terms :-

- 1) Service : Service is the act of put the ball into play.
- 2) Four hits :- A team hits the ball three times before returning it. If any team hits fourth time, it is called four hits and it is foul.
- 3) Referee :- Referee conducts the Tournament till end.

Q20 When is the toss conducted and by whom?

Before entering the playing court the first referee carries out a toss up in presence of the two team captains.

Q21 When do the teams change courts?

After each set, the teams change their court, with the exception of the deciding set. Other team members change benches.

Q22 Who requests the referee for a substitution?

The coach or captain requests the referee for a substitution.

- Q23 Define the terms :-
- 1) Rally :- A rally is the sequence of playing actions after service.
 - 2) Rally ^{point} :- The sequence of playing action and any team gains a point is called Rally Point.

Q24 Explain how a set and a match is won by a team?

To win a set :- A 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 two-point lead is achieved (26-24, 27-25)

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

Q25 Define Default team and incomplete team?

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.

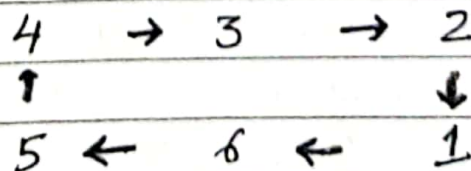
Incomplete team :- Playing with less than 6 players on a team is called incomplete team.

Q26 What is the duration of a warm-up session?

Prior to the match each team will have 6 minutes warm-up session at the net. If both captains ask to warm-up at the same time both teams may be at the net for 6 or 10 minutes.

Q27 Explain the position of the players?

Standing Position



The Three players along the net are Front-row players and occupy positions 4 (Front-Left), 3 (Front-centre), 2 (Front-right)

The other three are back row players occupying positions 5 (back-left), 6 (back-centre) and 1 (back-right)

Q28 Define the terms :-

- 1) Positional Fault :- The team commits a positional fault, if any player is not in his/her correct position at the moment the ball is hit by the server.
- 2) Rotation :- After every change of service, the players of serving side rotate in clockwise. otherwise, it may be a foul.
- 3) Rotational fault :- A rotational fault is committed when the SERVICE is not made according to the rotational order.

Q29 When the ball considered out ?

Ball is considered out when -

- a) The part of the ball which contacts the floor is completely outside the boundary lines.
- b) It touches an object outside the court, the ceiling or a person out of play.
- c) It touches the antenna, ropes, post or the net itself outside the side bands.
- d) It crosses completely the lower space under the net.

Q30 Explain the terms :-

- 1) Consecutive contact :- A player may not hit the ball consecutively.
- 2) Simultaneous contacts :- Two or three players may touch the ball at the same moment.

3) 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.

4) Catch :- The ball is caught and / or thrown it does not rebound from the hit.

5) Double contact :- A player hits the ball twice in succession or the ball contact various parts of his body in succession.

Q31 Write players faults at the net?

- 1) A player touches the ball or an opponent in the opponent's space before or during the opponent's attack hit.
- 2) A player interferes with the opponent's play while penetrating into the opponent's space under the net.
- 3) A player's foot (feet) penetrates completely into the opponent's court.
- 4) A player takes support from the net while playing with ball.
- 5) Making actions which hinder an opponent's legitimate attempt to play the ball.

Q32 Write execution of the service in game VolleyBall? F.

- The ball shall be hit one hand or any part of the arm after being tossed or released from the hands.
- Only one toss or release of the ball is allowed.
- At the moment of the service hit or take-off for a jump service, the server must not touch the court or the floor outside the service zone.
- After the hit, he/she may step or land outside the service zone, or inside the court.
- The server must hit the ball within 8 seconds after the 1st referee whistles for service.
- A service executes before the referee's whistle is cancelled and repeated.