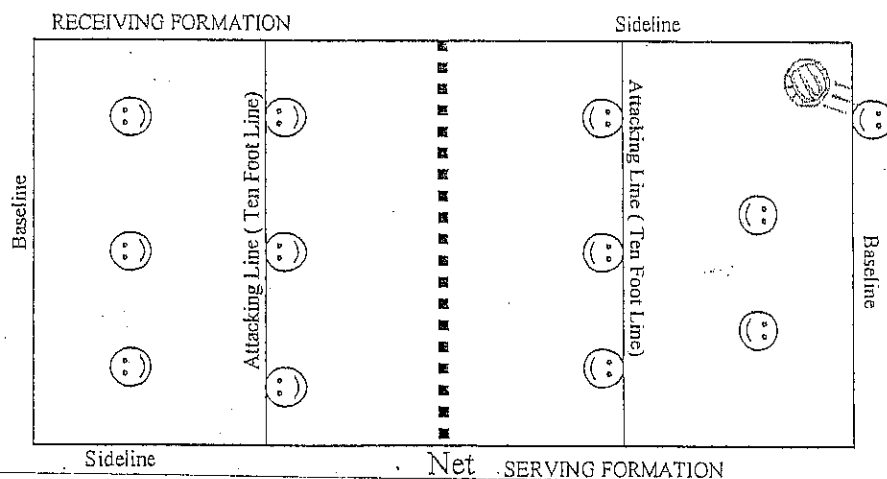


VOLLEYBALL

The Court:



Skills:

Bump: An underhand hit using two hands. Hands are together and ball is hit off of forearms.

Set: Overhead hit. Ball is set using two hands

Spike (Attack): An aggressive overhead hit using one hand to drive the ball to the floor.

Serve: Either overhand or underhand.

Rules:

- Ceiling Rule: If the ball hits the ceiling and comes back on the same side then it is still in play, but if the ball hits the ceiling and goes over the net it is a dead ball and the other team gets a point.
- Each team is allowed three contacts (hits) to get the ball over the net, if they are unsuccessful then the opponent gets a point.
- The server must be behind their baseline when they contact the ball on the serve.
- No player may attack a serve (that means you can not hit the ball overhead with one hand).
- Let Serve: A serve that hits the net and still goes over and lands in bounds. A let serve is a legal serve and should be played out.
- The lines of the volleyball court are inbounds, if the ball touches the line it is good.
- While the ball is in play no player is allowed to touch the net. If a player touches the net while the ball is in play it results in a point for the other team.

Scoring:

Game is played to 25 points, but the winner must win by 2

A full Match is played to best 2 out of 3 games.

Rally Score: a term to describe how the scoring occurs. Each serve will result in a point, either for the serving team or the receiving team.

Referee Motions:

Signaling "IN": The referee will extend their elbows and point to the ground with their hands.

Signaling "OUT": The referee will flex their elbows, and their hands will be by their head.