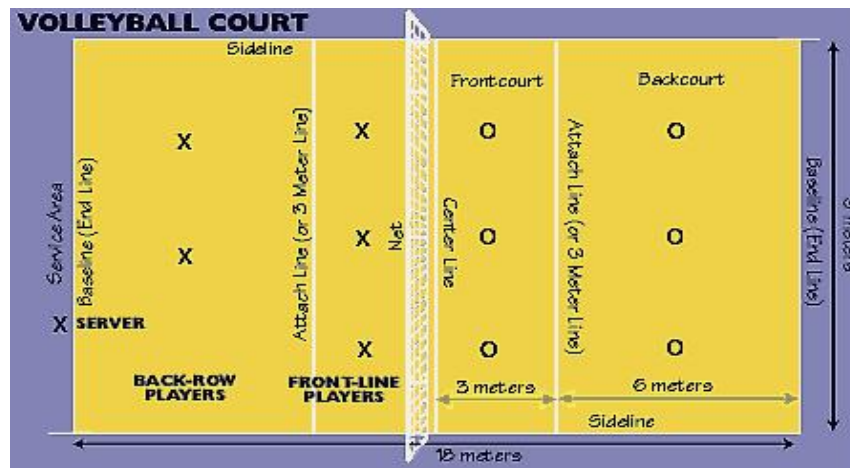


## VOLLEYBALL THE COURT

The playing area (18 x 9 m.) includes the playing court and the free zone. The attack line is 3 meters from the center line (net line). It is important as it is the divider between the front row and back row players and restrictions are applied to the back row players during game play. The net height varies depending on gender and age groups of players involved in the game. (2,43 m. for men and 2,24 m. for women)



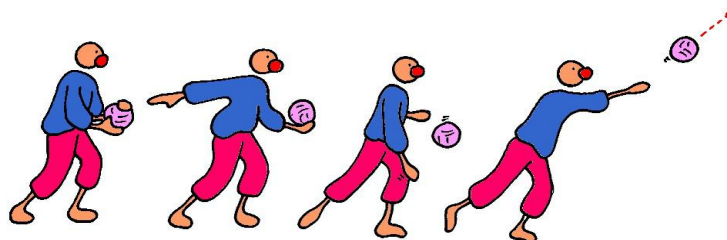
### BASIC HITS IN VOLLEYBALL

#### THE SERVE

This is the hit used to start the game. We will see two different types:

#### BASIC SERVING OR UNDERHAND SERVE

- Stand at the back of the court. Put your left foot slightly forward, don't step on the line. Legs slightly flexed.
- Hold the ball with your left hand waist height.
- Stretch back your right hand.
- Swing your right hand forward and hit the ball underneath using your palm, not fingers.
- After hitting the ball, your arm must follow the ball's direction.

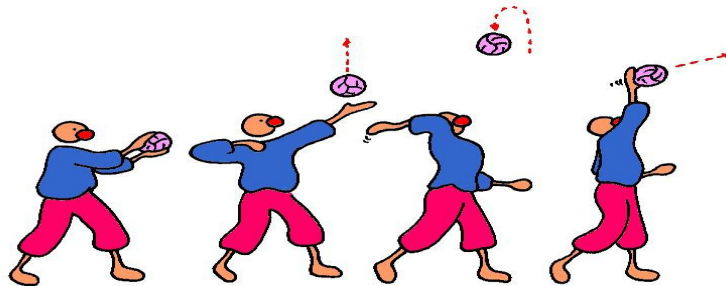


#### TENNIS SERVE

- Stand at the back of the court. Put your left foot slightly forward, don't step on the line. Legs slightly flexed.
- Throw the ball with your left hand.
- While the ball is in the air, take your right hand behind your head

and bend all your body backwards.

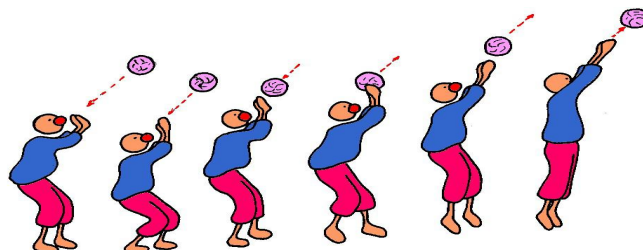
- Stretch all your body when hitting the ball. Hit the ball with your hands stiff.



### OVERHEAD PASS / "SET"

The aim of this hit is to pass the ball to another member of your team and to prepare the ball for a spike or attack. For a correct technique follow these instructions:

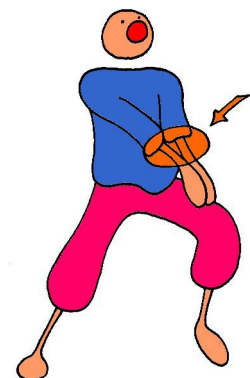
- Stay back and under the ball.
- Put your feet in the direction you want to send the ball into.
- Bend your elbows, your hands in front of your forehead. Your palms upwards and fingers open wide.
- The thumbs and forefingers of both hands form a triangle.
- You touch the ball with your fingers never your palms.
- Stretch out legs and arms sending the ball upwards.



### FOREARM PASS OR BUMP

This hit is used when a ball is nearly touching the ground. It's usually used to defend from the opponents' serve and spike.

- Stay behind the ball.
- Put your feet towards the direction you want the ball to pass.
- Flex your legs and bend your body forward.
- Stretch your arms totally, keeping around 45 degrees in relation to the ground.
- Put the fingers from one hand on the second hand's fingers. Join together both thumbs on top of the rest of your fingers.
- Stretch your legs as if they were springs, and hit the ball with your forearms, while you keep them stretched.
- Try not to hit the ball with your wrists or hands.
- Don't lift your arms upwards and don't bend your elbows.



### **SPIKE OR SMASH**

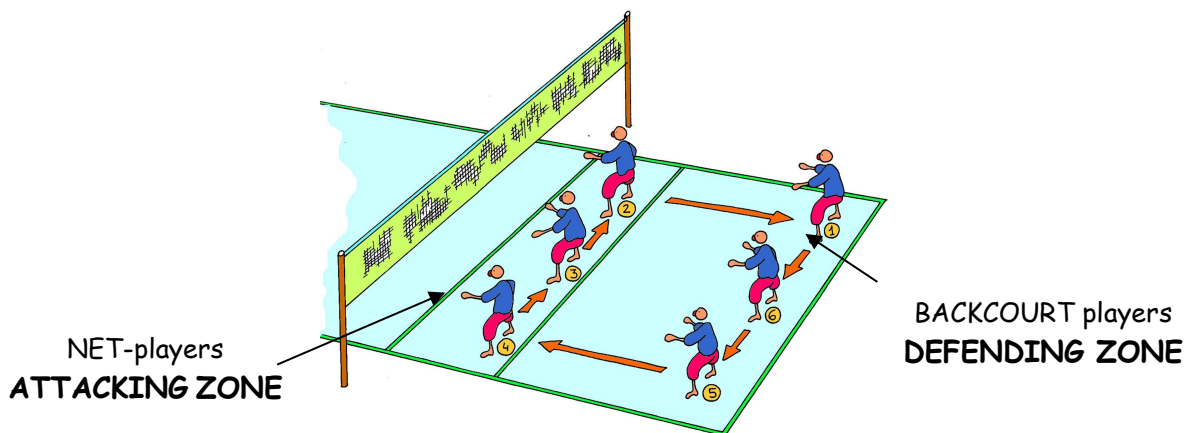
It is used to attack powerfully.

- After a short three-step run jump up. Try to get as high as possible.
- Take your right hand back so that the back of your hand is right next to your ear.
- Extend your hitting hand straight out and hit the ball above you.



### **NUMBER OF PLAYERS AND ROTATION**

There are two teams, one on each side of the net, **six players** on each team. Their aim is to get more sets than the other team. Three players are in front at the net positions and three in the backcourt position. **Each player must move position clockwise every time their team wins back service from opposition** (it is called rotation).



### **LENGTH AND SCORING**

The team which scores 25 points wins the set, a 2-point difference is needed (If there's a draw 24-24, they will have to play to 26). The team which gets three sets wins the match. If it is necessary to play a fifth set, it will be only until 15 points.

## THE MOST IMPORTANT RULES OF THE GAME

- You can hit the ball with any part of your body.
- You must hit the ball; keeping it (sticking) it's considered a fault.
- Each team is allowed as many as three consecutive touches and each player in a team can only hit the ball once in a row.
- Players can't cross the line of the opponents' team's court (invasion) nor touch the net.
- If the ball touches the net is not a fault and you must continue playing.
- The court's lines, inside the court, are considered to be good.
- One team will score a point :
  - By making a *kill, grounding* the ball on the other team's court.
  - When the opponents' team commits a fault.
- You serve the ball from behind the back boundary line of the court.
- When serving, each player must stand at his place, according to the rotation (three net-players and three backcourt players).
- If a team doesn't rotate when needed, it will be a fault and they will lose the point.
- The backcourt player on the right serves. (the one in position 1)
- Possible faults when serving:
  - If another player of the serving team touches the ball.
  - If the ball doesn't pass over the net.
  - If the ball is sent outside the court.
- There's only one serve (there is never a second chance).
- When serving, if the ball gets to the opponents' court after hitting the net, it's OK (you don't need to repeat the serve as in tennis).
- You can't block the serve.
- If you block the ball (the movement to stop a spike *or* attack, over the net), this hit, is not considered one of the three ordinary hits of each team. So after blocking you can hit three more times.
- Backcourt players can't spike in the attacking zone (3 m.).