



# VOLLEYBALL



**Link to Skills** click [HERE](#)

## **Terminology**

Rally = a play in volleyball

Sideout = the team receiving the serve won the rally

Rotate = after a team gets a sideout, each player moves one position

Serve = the skill that starts a rally

## **Basic Rules:**

- Lines are considered in bounds.
- Teams are allowed 3 contacts on a side before hitting it over the net. A player CANNOT hit the ball consecutive times.
- The ball is allowed to hit the net and go over any time during play.
- If the ball hits the ceiling and stays on your side, you can play it. If it hits the ceiling and goes over, it is considered out of bounds (see below)
- Scoring in volleyball is called RALLY SCORING - a point is awarded to whichever team wins the rally.

**Violations:** all of these result in a point for the other team

- A LIFT is when the ball comes to rest or is held by a player
- A NET VIOLATION is when a player comes in contact with the net
- OUT OF BOUNDS is when the ball lands outside of the lines
- FOOT FAULT is when the server steps on or over the end line while serving

## **Court:**

- A net divides the two teams.
- There are 2 sidelines and an end line on each side of the court----each 30 feet.
- The end line is also the service line.