

## Vocabulary for Volleyball:

**Ace** = A serve that hits the ground and cannot be returned.

**Block** = A skill used to stop a spike.

**Dead Ball** = A ball temporarily out of play.

**Dig** = A skill used in defense against a spike.

**Foot Fault** = When server steps on or over the service line before contact with the ball.

**Forearm Pass/Bump** = A skill used when receiving a serve, arms are straight out in front with contact being made at your wrists, also known as a bump.

**Holding** = A player lifts, scoops, shoves, or rests the ball momentarily in their hands.

**Kill** = A spike that hits the floor and cannot be returned.

**Match** = A team winning 2 out of 3 games at the junior high and high school level.

**Rally Scoring** = Every time the ball hits the floor someone is getting a point whether their team served or not. This is the type of scoring we use for PE Class.

**Rotation** = The shifting of players in a clockwise direction when using two lines (front row & back row)

**Set** = A skill performed above your forehead with your finger pads contacting ball only, usually the second hit on the side.

**Side-Out** = The serving team fails to play the ball legally; the opposing team shall gain possession of the ball to serve.

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## Serving Rules:

<u>Illegal Serves: A ball that...</u>	<u>Legal Serves: A ball that...</u>
<ul style="list-style-type: none"><li>• is not definitely hit</li><li>• An overhand serve made with a fist in PE</li><li>• Hits an overhead object over the court</li><li>• A foot fault serve</li><li>• is assisted by a player on the serve over the net</li><li>• goes into the net</li></ul>	<ul style="list-style-type: none"><li>• crosses over the net unassisted</li><li>• touches the top of the net &amp; falls into the opponent's court</li><li>• is served from the right back position (in PE) without a "foot-fault"</li></ul>

\*For a win, the team must win the game by 2 points or it is considered a tie.

\*5 serves in a row max from the same person, then it is turned over to the other team.

\*When an Ace occurs, the receiving team must do 5 pushups.

## Rules for Lincoln Middle School P.E. Class:

- All players must be inside the court when the serve is made.
- After a team has reached 15 points by 2 points, the teams switch sides.
- After the serving team loses their first serve of the game, the defensive team does not rotate when they receive possession of the ball.
- The ideal order for the three volleyball hits are bump, set, spike. A maximum number of hits per side is 3.
- If players of the same team contact the ball simultaneously, it shall be considered one hit and either player involved in the play may hit the ball again.
- The same player may not contact the ball twice in a row before it crosses the net.
- A **block does not count as one of the three hits**. The ball may not be contacted more than three times before it is hit over the net. (If you block it and it comes back down on your side, the same person is allowed to hit it)
- A ball may be recovered from the net, provided the player does not touch the net and the team still has a hit left on their side. Players may not touch the net or go under the net at anytime during game play.
- A ball touching the boundary lines is considered good.
- If the ball hits the ceiling on the way over the net, it is out of play, either a point is scored or a side-out is awarded.
- If your team hits the ball to your team's ceiling and you still have hits left on your side, you may play the ball off the ceiling.
- The first hit to receive a serve must be a bump. Teams may not block the serve.
- One-handed hits are legal as long as the hand is closed below the waist. Spikes and overhand serves must be done with an open hand.
- It is proper etiquette to roll the ball under the net to the appropriate team or you lose a point for tossing it over the net.
- Only front row players can spike the ball. Other players cannot run up to the front to spike.