



## Volleyball – Grade 9 Rules and Game Concepts



William Morgan of Massachusetts invented volleyball in 1895 as an alternative to the popular game of basketball. Volleyball is played on a court, which is equally divided into two parts by a net. The standard court dimensions (9m x 18m), net height (2.24m or 2.43m) and the number of players (6-on-6), can be modified to suit the needs and skills of the participants.

The object of the game is to put the ball into the opponent's court such that it falls to the floor or cannot be returned over the net. The ball may be played a maximum of three times by each team before it is played into the opponent's court.

### Rally Point Scoring

If a ball is incorrectly returned or not at all, it is considered a fault. When a fault is committed, a point is awarded to the opposing team. The current scoring rules allow points to be scored by either team, regardless of who serves the ball.

A set/game is won when a team has scored 25 points and has at least a two-point advantage over the opponent. For example, if the score is tied 24-24 then they continue until a two-point lead is achieved.

The team that wins two out of three sets, or three out of five sets, wins the match. In the case of a tie, (each team has won an equal number of sets), the deciding set is played to 15 points with a maximum of lead of two points needed to win the set.

### General Rules

**Ball Contact:** Maximum of three hits per side, not including a block. A player may not touch the ball on consecutive hits (except in the case of a block).

**Service:** the team winning the toss of the coin shall name their choice of serve or court. The server only receives one chance at a serve, including the toss. The server must serve behind the baseline and must be performed within eight seconds of the referee's whistle. The players must follow the service order recorded on the line-up sheet

**Lose of Serve:** Occurs when the ball touches the net or goes under the net. Also when the ball lands out of bounds on the opposing court and has not been touched.

**Body Contact:** The ball may touch any part of the body

**Double Contact:** If the ball contacts various parts of the body in succession, this is a fault.

**Held Ball:** Includes scooping, lifting, pushing, carrying (ball rests momentarily), this is a fault.

**Substitutions:** can be made at any time and a team is allowed 12 substitutions per game.

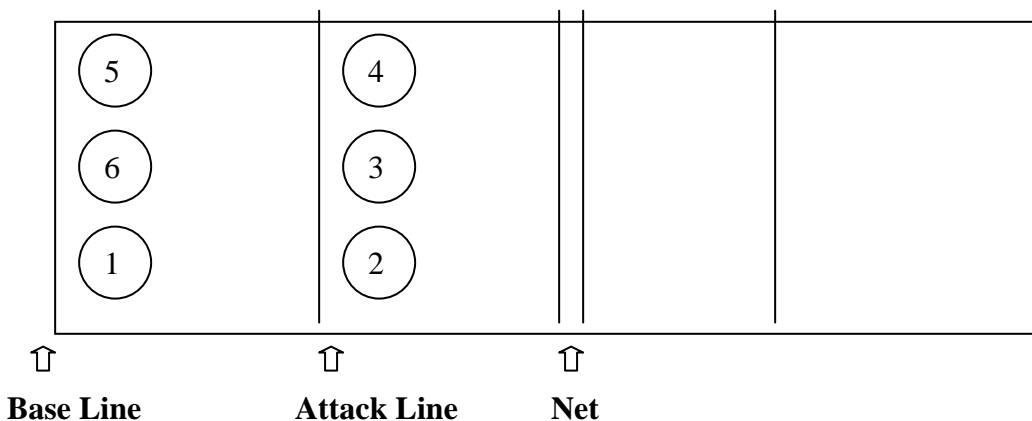
**Blocking:** May be performed by any player in the front row. A player who blocks a ball has the right to a second simultaneous hit. The hand of the blocker may reach over the net but not contact the ball in the opponent's court until the opponent has completed the attack.

**Net:** A ball that touches the net (except in the case of a serve) is good. It is a fault if a player playing the ball touches the net.

**Boundaries:** It is a fault to step over the centre line. A ball landing on a boundary line is considered "in."

**Positions of Players**

The front zone is used primarily for offensive play and the back zone for defensive play. At the time of the serve, there must be three front row and three back row players. The players rotate in a clockwise fashion when they receive the serve. There positions are as follows:



**COMMON VOLLEYBALL TERMINOLOGY**

Volleyball Lingo	Translation
“Ace”	When the ball served to the other team and no one touches it.
“Sideout”	When the team that served the ball makes a mistake, causing the ball to go to the other team.
“Roof”	When a player jumps above the height of the net and blocks the ball.
“Stuff”	When a player jumps about the height of the net, blocks the ball and the ball goes back at the person who attacked (spiked) the ball.
“Dig”	When a player makes a save from a very difficult spike.
“Kill”	When a team spikes the ball and it either ends in a point or a side out.
“Mine”	A word a player uses to call the ball. This lets the team know that he/she has the intention of playing the ball.
“Free ball”	A return of a ball by the opponent that may easily be handled.