

# 7<sup>th</sup> Grade Volleyball- Study Sheet

**Objective of the game** is to try to hit the ball to the opponent's side in such a manner as to prevent the opponent from returning the ball.

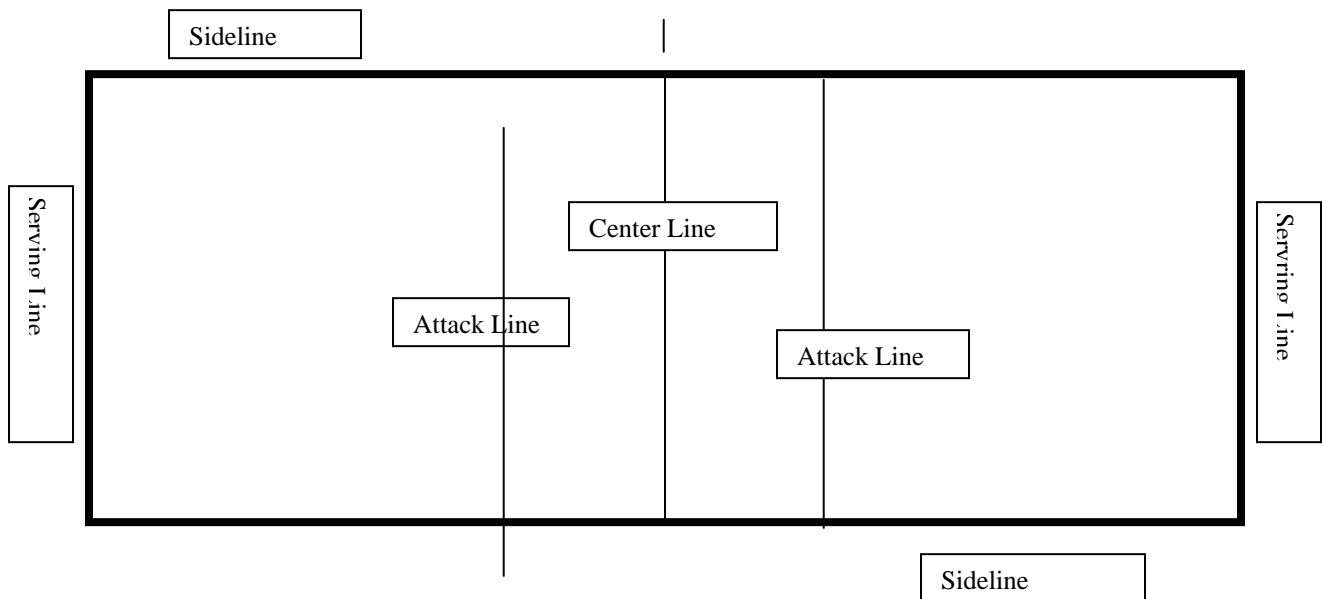
## Vocabulary

1. **Contact** - a contact is any touch of the ball by any part of a player (except loose hair).
2. **Double hit** - a double hit occurs when a player contacts a ball two consecutive times.
3. **Fault** - a fault is an error that results in a loss of serve or a point awarded to the other team.
4. **Free ball** - A free ball is a ball returned by a pass rather than a spike or tip.
5. **Lift** - a lift is an illegal contact in which the ball is held momentarily in the hand or hands.
6. **Rotation** - rotation involves moving one position clockwise each time the serve is gained.
7. **Side-out** - a side-out results when the right to serve the ball goes to the other team because the serving team did not score.

## Court and Boundary Lines

### 1. Lines

- a. **Attack Line** - The attack line is 10 feet from the net and separates each side of the court into front and back zones. This line is often called the 10-foot line.
- b. **Center line** - The center line divides the court into two areas. The net is placed above the center line.
- c. **End line** - The end line indicates the back boundary at each end of the court.
- d. **Sideline** - The sideline indicates the side boundary at each side of the court.



## Positions

1. Six players per team are on the court.
2. Three players in front row are positioned in the left front, center front, right front.
3. Three players in back row are positioned in the left back, center back, right back.
4. Players call for ("mind") and attempt to get to the ball in their area as soon as possible.

# Rules

## 1. Server

- a. right back player.
- b. serves from anywhere behind the end line.
- c. each member of the team shall serve in turn and may have one try to get the ball over the net.

## 2. Serving the ball

- a. When a team gains the serve, its players rotate one position clockwise.
- b. Before the ball is served, each player must be in his or her position.
- c. Service is lost if:
  - (1) the ball hits the net, ceiling or other obstruction on a serve.
  - (2) the ball does not land in the opponent's playing area (i.e., it lands out-of bounds) on a serve.
  - (3) the server touches or goes over the end line when serving.
  - (4) another player on the serving team touches the ball before the serve goes over the net.
- d. The server has 5 seconds to serve the ball.
- e. The line up at the beginning of the game determines the service order throughout the game.
- f. A server must stand behind the end line and must not step on or over the endline until after the serve has been hit.
- g. The server can only use one hand to serve.
- h. The serve can touch the net. (Let Serve) The let serve shall be allowed, and play shall continue provided net contact is entirely within the net antennas.
- i. If a bad toss is made, the server may catch it or let the ball drop to the floor and then begin again, an additional 5 seconds is allowed. Only one additional reserve is allowed per player during a team term of service.
- j. A player continues to serve until a fault is committed by the either team.
- k. The serve must pass between the antennas

## 3. Playing the ball

- a. Each team has 3 contacts to return the ball.
- b. a player may not contact the ball two successive times.
- c. a ball landing on a sideline or end line is in bounds.
- d. a player may go out of the court to play a ball.
- e. a ball may touch the net and still be in play.
- f. a ball that hits the ceiling:
  - (1) may still be played by the team that hit the ball into the ceiling if it falls back on their side of the net.
  - (2) is a fault if it lands on the opponent's side of the net.
- g. a player may legally contact the ball with any body part above and including the waist, as long as the ball does not come to rest or have prolonged contact.
- h. a player may not touch the net.
- i. a block does not count as a contact.
- j. once the ball is served, players may move to any position within their side of the court.
- k. back-row players cannot spike the ball in front of the attack line or block the ball.
- l. A player's hands or arms may cross over the net if ball contact was made on his/her side of the net or within the net's plane.
- m. a blocker may contact the ball above and beyond the plane of the net but may not interfere with an opponent's play.
- o. A player may not touch the floor in the opponents court with a body part (e.g., foot, hand) if that body part is completely over the center line.
- p. When teammates contact the ball at the same time it is considered one hit. Both are allowed to make a next hit.

## **Scoring**

- a. Points are scored by either the serving or receiving team.
- b. One point is scored when:
  - (1) The serving team or receiving team hits the ball to the floor on the opponent's side,  
or
  - (2) Either team faults or fails to return the ball.
    - (3) Teams do not need to be serving to score a point.
- c. The first team to score 25 point wins the game; however, a team must win by two points.
- d. An official match is usually the best of five games.

## **Etiquette**

1. Never kick a volleyball.
2. Do not touch or grab the net.
3. Roll the ball under the net to the serving team.
4. Call out "mind" to play the ball.
5. Be a team player; i.e., don't "hog" the ball.
6. Call out the score before serving.