**Volleyball**

History:

* Volleyball was invented in 1895, by William G. Morgan, in a YMCA gym.
* Volleyball is now ranked beside soccer as one of the largest participation sports in the world.

Basic Positions:

* Power – blocks and attacks on the outside
* Middle – blocks and attacks in the middle
* Setter – sets the ball
* Libero – a back-row-only player that is a defensive specialist

Scoring:

* To win a match, you must win **3 out of 5** sets. To win a set, you need **25** points, “win by 2.”

If you need to play the 5th set, you need **15** points, “win by 2.”

* All games are played with a **Rally Point** system.

This means that a point is awarded to the team that wins each rally regardless of whether that team served the ball or not.

Other Info You Need To Know:

* Each team is allowed a maximum of **3** contacts to return the ball. A block is not considered a contact.

A player cannot contact the ball twice in a row.

* 6 players on the court at a time.
* Once a team regains possession of the serve, they must rotate one position clockwise.
* Front row players may spike the ball from anywhere.

Back row players may spike the ball but must jump from behind the 3- metre line.

* A ball that hits the line is “**in**.”
* You are **allowed** to:

Serve from anywhere behind the end line.

Play the ball after it hits the net, even off of a serve. Spike, or Volley the ball off of a serve.

Hit the ball with any part of the body.

Double contact the first ball that comes over the net.

Reach over the net to block, as long as it is the 3rd hit for the other team.

* You are **not allowed** to: Block the serve.

Touch the net.

Cross the center line and interfere with play. Scoop or carry” the ball.

Double contact the ball (see above).

Play the ball when it’s on the opponent’s side of the net (see above)

Block, if you are a back row player.

Volleyball “Language:”

* To get a point by hitting the ball, is called a “**kill**.”
* To get down low, or dive to save a ball, is called a “**dig**.”
* To regain possession of the serve, is called a “**side-out**.”
* A ball that is bumped or volleyed over to the other side is called a “**free ball**.”