

Volleyball 101 for Parents

White Bear Junior Olympic Volleyball 2012

TERMINOLOGY

Ace: A serve that is not returned by the opponent.

Assist: A set or a pass to a player that gets a kill.

Attack (Hit): A ball that a player hits overhand in an attempt to hit the floor.

Attacker (Hitter): A player who hits the ball.

Base: Defensive positions that the players on the team always return to.

Block: A defensive play in which a player contacts the ball with their hands above their head at the plane of the net to stop or slow down their opponents hit.

Dig: A defensive play used to keep the opponent from getting a kill.

Down Ball: An overhand attack where the player does not leave their feet.

Dump: An attack, typically performed by the setter, that sends the ball over on the second contact to an open area of the court.

Free Ball: A ball that comes slowly (usually off a pass) over the net. The offensive team wants to take advantage of this and make an attack.

Kill: A hit that results in an immediate point (can be off some passes and sets occasionally).

Match: A volleyball contest, consisting of individual sets.

Pass: A way to deliver the ball to a teammate by using their forearms.

Rally: When the volleyball goes back and forth on both sides of the net.

Serve: The way to start each point. A player contacts (underhand or overhand) the ball from behind the end line.

Set (Game): Three sets make up a match in club volleyball.

Set (Over-hand pass): An overhead two handed pass used to deliver the ball to the hitter.

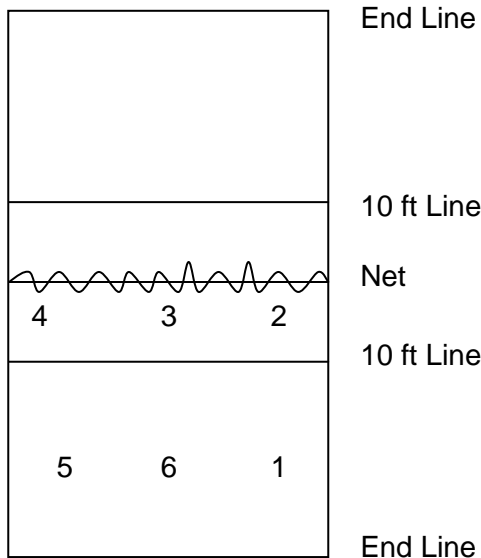
Setter: The person that delivers the ball to the hitters (typically the second ball).

Side-out: When the team that was receiving the ball wins a rally and then gets to be the serving team.

Substitution: When one player replaces another player on the court. There is a limit per game.

BASIC RULES

- A volleyball competition is called a Match. Each match consists of sets. In club ball, each match has three sets.
- Sets are usually played to 25 points. A deciding set (3rd set) is usually played to 15 points.
- Rally-Scoring is used – a team earns points both on their own errors as well as their opponent's errors).
- Must win by two points.
- Rally always starts with a serve.
- There are six players on each side of the court.
- Each side gets three contacts.
- No player can hit the ball two times in a row.
- Players can move to play a pre-determined position. The three front row players must stay in the front row and the back row players must stay in the back row.
- After each side-out, the serving team must rotate so there is a new server. (Rotate 1-6 and then start over)



OFFICIAL'S SIGNALS

Foot Fault: When the server steps over the end line prior to contacting the ball.

Signal: Line judge waves arm/flag to notify Ref

In: When the ball lands on or inside the court lines.

Signal: Line Judge holds both hands down towards the ground

Out: When the ball lands outside the court lines.

Signal: Line Judge holds both hands upwards towards face

Touch: When the ball touches a player prior to going out of bounds.

Signal: Line Judge holds one arm upwards towards face and swipes other hand upward towards ceiling

Double Hit: When one player contacts the ball twice in a row. This often is called during an attempt to set when it bobbles from one hand to the other.

Signal: Ref holds up two fingers (peace sign)

Four Hits: When a team uses more than 3 contacts to send the ball over the net.

Signal: Ref holds up four fingers

POSITIONS

Outside Hitter: Plays the left front position. Hits and defends. Helps the middle, blocks the opposing team's rightside and middle.

Middle Blocker: Plays in the middle front position. Middle is a key defensive player. Blocking is important for this position as they block all positions on the opposing team. This player often runs quick hits off the setter.

Rightside Hitter: Plays the right front position. Hits and defends. Helps the middle out with blocking the opposing teams outside. Back up to the setter if the setter takes the first ball.

Setter: Similar to the quarterback in football. Gets the second ball and sets it to a hitter for an attack.

Defensive Specialist: A player that specializes in defense. Plays in the back row and defends attacks from the opposing team.

Libero: A defensive specialist who cannot attack or set the ball in front of the 10 foot line. This player wears a different color jersey and does not count for substitutions.