**Volleyball Review Sheet**

* The first volleyball game was played at Springfield College in Springfield, Massachusetts.
* The inventor of volleyball was William Morgan in 1895.
* The game of volleyball was originally called mintonette.
* The court dimensions are 18m x 10 m or 59’ x 29’6”. The attack line is 3m from the net (9’10”).
* The net height of women’s volleyball is 7’4 ⅛” and men’s is 7’11 ⅝ “.
* Six people will play per team on the court at a time. If a team has seven players on it, the seventh player will rotate into the service position.
* Games are played to 25 points and the winning team must win by 2 points.
* Rally scoring is different from traditional scoring in the fact that either team has the opportunity to score a point regardless of who served.
* A team is allowed 3 hits per side. The 3rd hit must go over the net. Failure to do so results in a point for the other team. A serve that hits the net and goes into the opponent’s court is good.
* One must serve the ball underhand or overhand and make contact with the ball behind the baseline. One may not block or attack the serve.
* A ball that hits a boundary line is considered in bounds and good.
* A ball that is out of bounds and does not hit the floor is playable.
* A player may not hit the ball twice in a row.
* There are three basic hits in volleyball, bump (forearm pass),set, spike.
* A overhead set is a high pass. One will use the fingertips of both hands to direct the ball close to the net to allow teammate to attack the ball.
* A set must be contacted simultaneously with both hands. If the ball spins out of control it is considered a double hit and illegal.
* An attack, also known as a spike, is a downward hit at the opponent’s court.
* A blocker uses hands to prevent an attack at the net. A block doesn’t count as a hit.
* A player may not touch the net with his/her body or use their feet.
* An offensive player may only reach over the net on the follow through of a spike but can not touch the net.
* A defensive player may not legally reach over the net to block a ball prior to the offense hitting the ball.
* The ball may not legally rest on one’s hands or palms. This is called a carry.