History
Volleyball was first developed in the United States by William G. Morgan in Holyoke, Massachusetts, 1895 at the YMCA. It was created for businessmen who required a game that involved less physical contact than basketball. In 1928, the YMCA published the official rules of the game of volleyball and created the United States Volleyball Association (which recently was renamed to USA Volleyball) to enforce the rules of the game.

Rules of the Game

• A regulation team consists of six players
• Rally scoring is used: the team that wins the rally scores the point and serves next.
• A regulation set (game) is played to 25 points and must be won by 2 points.
• Players rotate clockwise every time their team wins the serve from the other team.
• A ball that lands on the line is considered in bounds.
• Each team is allowed 3 hits on their side of the net.
• Each player is only allowed 1 consecutive hit of the ball.
• A ball that hits the net and goes over is legal, and play continues.
• A player may NOT contact the net at any time.

Players/Position
RB-Right back
MB-Middle back
LB-Left back
LF-Left front
MF-Middle front
RF-Right front

Faults-results in a point for the non offending team and a side-out (the other team gets the serve)

• A player holds or throws the ball (CARRY)
• A player touches the net with any part of the body or hands
• A player does not clearly hit the ball or allows the ball to come to rest on any part or parts of the body (LIFT)
• A player hits the ball out of bounds
• You may not touch the net at any time
• During a volley a player may not hit the ball twice in succession
• You can not attack or spike a ball that is just being served
• A players fails to make a good serve
SKILLS OF THE GAME:

**FOREARM PASS** – is the most frequently used skill in the game of volleyball. Used when the ball is below the player's head. The forearm pass is often used to receive the other team's serve and to pass the ball to the setter.

**SETTING** – is generally an overhead pass that is directed to the point where the attacker can best hit a spike. Setting is a very accurate way of passing the ball. Usually you have the front middle person try and be the setter.

**SPIKING** – “Attack” is the last hit made by the offensive team. Usually the attack is made on the third contact, but may be hit on any contact **BUT** the serve. The spike is the most exciting part of a volleyball game.

**SERVING** – is an integral part of a volleyball match. A highly effective serve will score an outright winner – an ace. **ACE**, when a team is unable to play the ball after the first contact of the serve. There are two types of serves: overhand serve or underhand serve. This is used to put the ball into play.

**Hitting sequence for volleyball** – When the ball comes over the net, **Bump-Set-Spike** is the sequence that you want to try to use to get the ball back over the net.