



## Volleyball Study Guide



### Skills:

1. **Set** – Skill used to hit the ball into the air (when it is above your chin)
2. **Bump** - Skill used to hit the ball when it's below the chin
3. **Dig** - one arm hit, used to hit a “low” ball
4. **Serve** – skill used to hit the ball over the net (underhand, overhand)
  - a. Serving team is determined by a “volley for serve”
  - b. A serve begins the game
  - c. A serve is used after a team rotation

### Scoring:

1. **Rally Scoring** – points are scored on every serve
2. 25 point games
3. A game must be won by 2 points
4. **Ace** – a served ball that is not touched by the opposing players

### Playing the Game:

1. First serve is determined by a volley
2. Team rotates each time they win the serve
3. Maximum of 3 hits per side
4. A player cannot hit the ball 2 consecutive times
5. A ball touching the boundary line is IN
6. Ball can be played off the net during a volley

### Basic Fouls:

1. **Fouls result in a loss of a point and serve**
  - a. Stepping on or over the serving line
  - b. Hitting the ball illegally (carry, palming, throwing, double fist over the head)
  - c. Netting - any part of the body touches the net during play
  - d. Stepping under the net