



VOLLEYBALL

Departamento de Educación Física
Colegio San Francisco De Asís

TODAY...

WE WILL LEARN

ABOUT....

VOLEYBALL AND ITS RULES!

RULES

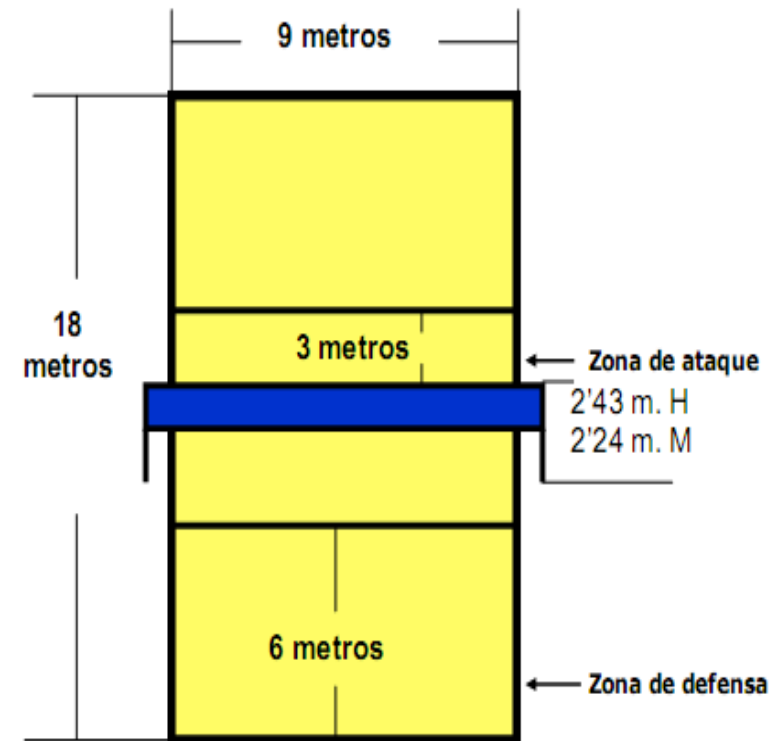
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THE COURT

- It is a rectangle of 18 x 9 m divided down the middle by a net 2,24 metres high for men and 2,24 metres high for women.
- A line divides the court.

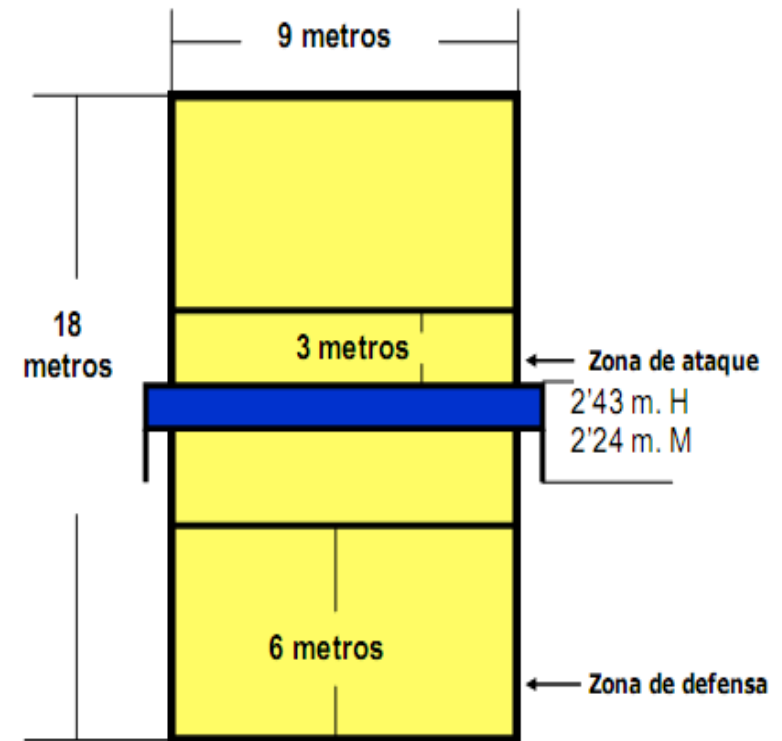


THE COURT

Different areas:

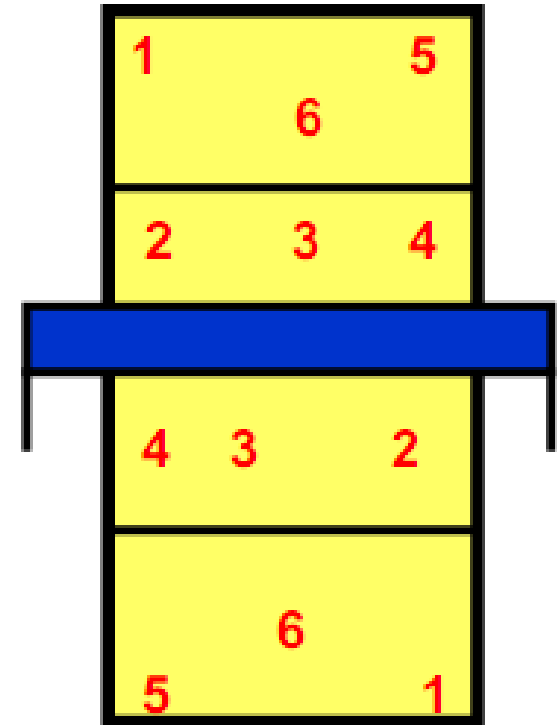
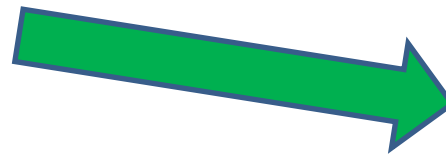
- **Attack area:** It's the area between the net and the half line. This area measure 3 metres.
- **Defensive area:** This area measures 6 metres and it's the area between the half line and the end line.

In some situations, players can touch the ball although they are out of the court. The lines say if the ball bounces inside or outside.



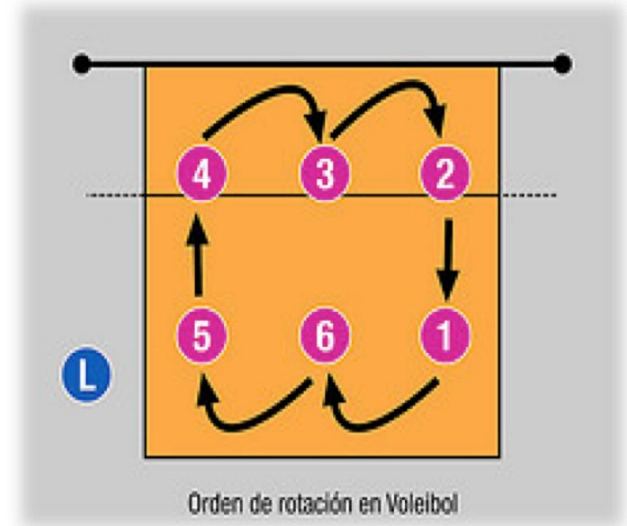
PLAYERS

- The teams are made up of a maximum of 12 players, six of whom are on the court at one time.
- Players can be attackers (2,3 and 4) and the rest are defenders (5, 6 and 1).
- The zones are in order from number 1 such as you can see in this picture.



ROTATION

When a team scores a point when the opposing team has put the ball into play, all of the players rotate one position, moving clockwise.



DURATION/SCORING

The first team to get 3 sets win the match. One team has to get 25 points with a least of 2 points advantage to win the set. If a fifth set is needed to break a draw, the first team to get 15 points with at least a 2 points advantage wins.

The aim of the game is to pass the ball over net to the opposing team's side of the court in such a way that the other team cannot return it.



ACTIONS NOT ALLOWED

- Players cannot stop the ball in their hands, they have to hit it.
- A single player cannot touch the ball two consecutive times.
- Teams can touch the ball up to **three times** (in addition to the block) to send the ball over the net and into their opponents' play area.



ACTIONS NOT ALLOWED

- Players cannot touch the net.
- The receiving team cannot block a served ball
- Players cannot cross the central court line to invade the other team's play area.
- Rotation's order cannot change
- The above infractions are penalized by a point for the opposing team and loss of possession of the ball.



ACTIONS ALLOWED

- The ball can be touched with any part of the body.
- A team can touch the ball until 3 times before pass the ball to the other team.
- Playing the ball outside of the court.
- The ball can be served from any point behind the end line.



ACTIONS ALLOWED

- If the ball touches the net during service but still goes over and into the other side of the court, the play is valid.
- If the ball falls on the boundary line, it's still considered "IN" and is valid.
- The ball can also touch the net during the game.



TECHNIQUE



Finger
passes



The
serve



The
spike

TECHNIQUE



Reception



The
block



Floor
receptioin



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