

D. Spectators

It is the spectators' responsibility to enjoy the game within the bounds of good sportsmanship. It is fun and exciting to watch any competitive sport and natural to cheer for your team to win. Good fans also recognize good play and hard work from either side. Remember that each person on the court or the bench is someone's son or daughter who wants and deserves our admiration and respect for what they are working so hard to do.

VI Sportsmanship

It is everyone's responsibility to exhibit good sportsmanship during a match. Some of the tournaments are officiated with paid trained professional officials. USA Volleyball is unique in the fact that the participating teams are required to provide a trained officiating team for most of the tournaments. Each team is required to attend a clinic to learn how to become a scorekeeper and referee. Many of the officials are young and still learning. Spectators, coaches and players need to keep this in mind. This does not excuse a team from not knowing and understanding the rules. Teams that consistently do a poor job of officiating should be reported to the person with in their USA Region responsible for Junoir officials.

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GATEWAY

Region Of



USA Volleyball

Volleyball Spectator Guide

2004-05

VOLLEYBALL SPECTATOR GUIDE

USA Volleyball 2004-05

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Purpose: Promote the game of volleyball through educated spectators.

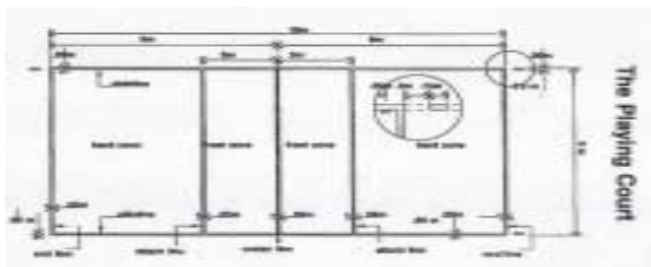
Background: Volleyball does not receive the wide spread media coverage that other sports enjoy, therefore many spectators are unfamiliar with the rules. Volleyball has been around for 100+ years, since W. G. Morgan, a YMCA Physical Director developed the game in 1895. Volleyball, originally called "mintonette", as a sport is constantly evolving and many rule changes are made each year. This booklet is an effort to provide the new fan with enough information to enjoy and appreciate the game. This booklet will not answer every question that might come up but hopefully will serve as a useful introduction to an exciting, fast moving sport that ranks only behind soccer world wide in participation.

Rules: There is no universal set of rules that are used in the sport of volleyball. USA Volleyball (Club) is controlled by rules developed by USA Volleyball, Colorado Springs, CO. (These are the rules discussed in this booklet.) Although USAV, High School, College, International, and Beach Volleyball all have their own rules, there are enough similarities that this guide will help the new spectator enjoy and understand the game.

I. The Court (Indoor)

The playing court measures 18m x 9m (59' x 29'6") and is divided by a center line that is directly under the net. The outside edge of the lines are a part of the court. All lines are 5cm (2") wide and any part of the line is considered inbounds. An antenna is attached to each end of the net to mark the boundary line in the air much like a foul pole in baseball.

There are two attack lines marked 3m (9'10") from the center line, and an area behind each court called the service zone.



B. Second Referee

The second referee is the official located opposite the referee at the base of the net. The second referee is mainly responsible for player entry during substitution, alignment violations on the receiving team, net and foot violations. The second referee concentrates on the activity that occurs primarily between the two 3m attack lines and does not follow the flight of the ball.

C. Line Judges

Line judges are responsible for indicating whether the ball is in or out of the court (a ball touching the line is in); whether the ball crosses the net between the antennas; and if a player touches a ball before it goes out of bounds. They also help determine the position of the ball when the pursuit rules is being used.

D. Scorekeeper / Timer

The scorekeeper and timer are responsible for keeping the official score and time for the SET.

V Responsibilities

A. Players

It is the players' responsibility to do the best they can do and be proud of what they have worked for and accomplished. Volleyball is a team sport that allows each player to provide his or her uniqueness to the sport. The more competitive the level of play, the harder it is to remember that having fun is an important part of the game.

B. Coaches

It is the coach's responsibility to provide a learning, supportive environment for her or his players and to provide the atmosphere where each player can develop his or her potential. Coaches can play a key roll in establishing the attitude of players and spectators by their actions.

C. Officials

It is the officials' responsibility to continue to study the game so they keep up with the rule changes. Players, coaches and fans expect and deserve the officials to be knowledgeable, fair, impartial, consistent and attentive.

H. Libero

The libero is a specialized defensive player that may enter the **SET** for any back row player. The libero may not serve; attack a ball that is above the height of the net, block, or overhand set the ball to an attacker while in front of the 3m line. Once designated as the libero a team may not have a different libero until the next **SET**. The libero and the person they are replacing must make their exchange during a dead ball between the 3m line and the serving line (not thru the end line). This exchange is not considered a team substitution (NCAA rules now allow the libero to serve in one position)

I. Pursuit

This is a new rule for USA Volleyball in 2005. If the first pass goes towards the opponents side of the court outside the antenna, a player may go beyond the center line (outside the poles) and play the ball back to their side of the court as long as the ball passes outside the antenna on its return flight. If the third hit then crosses the net between the antennas, play continues. In order for the pursuit rule to be used, the facility must have a minimum of 2 meters clearance from the equipment to the sideline.

J. Jewelry

It is forbidden to wear hats or any jewelry during warm up or during a **SET**. Earrings, necklaces, bracelets, and rings are forbidden no matter what they are made of. (Flat wedding bands are an exception.) Religious or medical medallions maybe taped to the person's body. Taping earrings is not acceptable.

IV Officials Duties

A. Referee

The referee is located on the stand and is the head official. The referee follows the flight of the ball and makes the calls based on how, where, and by whom the ball is contacted. The referee relies on the second referee and line judges to help by making calls in their areas of responsibility. The referee also has general supervision of other officials and makes the final decision when it is apparent another official made an error. The referee shall administer any yellow or red cards as needed for unsportsmanlike conduct.

II. The Game (USAV now calls an individual game a SET)

Volleyball is a game played by 2 teams of 6 players each on a rectangular court separated into 2 areas by a net. One team serves the ball over the net, trying to make it land within the opponent's playing area. The receiving team tries to return the ball back over the net and make it land within the opponent's playing area. Each team is allowed 3 offensive contacts with the ball before it must pass over the net. One player may hit the ball twice as long as the hits are not consecutive. If a team hits the ball four times, play is stopped and the other team is awarded a point. (A block does not count as one of the teams three hits) USA Volleyball uses rally scoring, where a point is scored by the team winning the rally regardless of who served. A point is awarded to the other team when the opponent violates a rule, the ball is hit out of bounds or the ball lands in their playing area. If the serving team violates a rule or the ball lands in their playing area a point is earned by the receiving team and the ball is awarded to that team as well. Play starts with the official blowing the whistle and does not end until a whistle is sounded. The **SET** (game) is won by the team who reaches 25 points first with at least a 2 point advantage over the opponent. The match will consist of the best two-out-of-three **SETS** to 25. If a third **SET** is required to break a tie, that **SET** is played to 15 points and the teams will switch sides when 8 points are scored by one of the teams. (Scoring is sometimes modified for tournament play.)

III Basic Rules

A. Serving

The server must wait for the referee to blow the whistle and signal before serving and has 8 seconds to serve or delay of serve will be called. (Exception: 14 and Under and lower are allowed two tosses and have a 5 second time limit.) The server must stand between the service lines (anywhere behind the back line) and may not step into the court or foot fault is called. The ball must be released from the servers hand and then hit under hand or over hand over the net.

B. Ball Handling

Of all the rules in volleyball, this area is probably the most misunderstood. In general the ball is allowed to touch any part of a player including the feet. How long can the ball rest when it makes contact? Regardless of the technique used to make contact with the ball, it is the length of time the ball is in contact with the player that determines an illegal hit. The referee on the stand is the official with the responsibility to call ball handling errors. Double contact with the ball is allowed on any first ball over the net (even with finger action) as long as it is one single attempt to hit the ball.

1. Passing is the technique of allowing the ball to bounce off the forearms as though they were a solid board. If the player does not rebound the ball off his or her forearms quickly and it remains in contact too long, the referee will call an illegal hit.

2. Setting is the technique of letting the ball momentarily touch the fleshy part of the fingertips and reverse the direction so it is set back into the air for another player to hit. If the setter allows the ball to come to rest too long, an illegal hit will be called. The ball must be set in one smooth continuous motion and not make contact with the palms. If the ball does not hit both hands simultaneously, it is a double hit violation except for any first ball over the net.

3. Spiking is the technique of forcefully hitting the ball into the opponent's court with one hand. Usually the ball makes contact with the heel of the hand and the finger tips almost simultaneously.

4. Dinking is the technique of softly directing the ball over the net with one hand. The ball must be touching the finger tips only and must be directed in one continuous motion. Any prolonged contact or change of direction will be called an illegal hit.

5. Power Dinking is a technique identical to a dink with the exception that it is done more forcefully.

6. Double contact on any first ball over the net is legal, even with finger action. (Just because it looks ugly does not make it illegal.)

C. Blocking

Blocking is the technique of preventing the opponent's ball from coming on your side of the net. It is legal for a blocker to reach over the net on a block and angle his or her arms so that when the ball hits his or her open hands the ball will be deflected back into the opponent's court. Each team has a right to use all three of their hits before sending the ball over the net. A blocker may always block the third hit or any other ball (1st or 2nd) that is directed towards his or her court. If the blocker interferes with the opponent's right to play the ball, an over the net violation is called. Once a ball hits a blocker's hands, the teams have 3 offensive contacts with the ball in order to get it over the net.

Example 1: If team A spikes the ball on their third hit and it touches a blocker on the way over the net, team B will be allowed to make three more contacts to get the ball over the net, since a block is not counted as one of the team's three hits.

Example 2: If team A spikes the ball on their third hit and the blocker prevents the ball from crossing the net, team A now has an additional 3 contacts to get the ball over the net.

D. Center Line Violation

There is a two inch line that separates one court from the other under the net. A player is allowed to step on or touch this line with his or her hand and even extend over the line. It becomes a center line foul when the player's foot or hand is completely over the line or any other part of their body is touching the floor on the other side of the line. A player may step over the center line extension as long as no contact is made with the opponents playing area and no interference with the opponent occurs. (NCAA rules allow contact of the opponents side under the net as long as there is not interference and any part of the body is in contact with their own side of the court.)

E. Net Violations

A net foul is called if a player touches any part of the net, or the antennas. It is not a foul to touch the net cables or standards. If the player's hair hits the net or if the ball causes the net to hit the player it is not a foul.

F. Back Row Attack

A back row player may legally attack the ball from anywhere behind the 3m attack line. If the back row player is in front of the 3m attack line, the player may not send the ball over the net if the ball is completely above the net at the time of contact. If the libero sets the ball while in front of the 3m line with fingers, and the next ball is attacked by one of his or her team mates, it is considered a back row attack.

G. Substitutions

Each team is allowed to substitute players during any dead ball. Each team is allowed a total of 12 subs per **SET** with no individual limit. A coach does not have to call for a substitution. If a player from the bench enters the substitution zone (area between the net and the 3m line), this is considered a legal request for substitution. If there is a request for multiple substitutions by one team, the substitutes must enter the substitution zone successively to be authorized to enter. Once a player enters the **SET** for another player, that player may only return to the **SET** in that same position. A coach may substitute as many players as he/she would like during each substitution request.