

VOLLEYBALL

1. THE GAME

- indoor game: 6 players; beach vol.: 2 players
- points are scored by successfully landing the ball in the court of the opponents without its being returned successfully
- net, inflated ball

2. RULES

- server tosses the ball behind the endline and strikes it with the hand or fist – only one attempt
- play is continued until one team fails to keep the ball in play – in air, or until a rule violation is committed
- the ball must be returned after no more than 3 hits, no player may hit the ball twice in succession
- the return must be done without catching, holding, carrying the ball, without player's touching the net or entering the area of the opponent
- a point is scored only by the team that is serving
- a player continues to serve as long as his team is scoring, then the privilege shifts to the opponent
- on a service shift, all members of the new serving team rotate
- the first team to score 15 points wins the game, provided the margin of victory is at least 2 points
- indoor match consists of best two out of three or three out of five games; beach v. – one game
- officials: a referee, scorer, umpire, line judges

3. STRATEGY

- spike (smash) – player must jump high and hit the ball powerfully so that it is difficult to return
- set – a ball, placed near the net for a teammate to spike it
- tip (dump) – lightly hit ball to surprise blockers when they anticipate a spike
- blocks – defense – front players jump with hands and arms up, in front of a spiker