

Roosevelt Volleyball Study Guide

The bump is the most basic skill; it is the act of directing the ball to the setter with the forearms when the ball is at waist level (usually the first it off of the opponent's serve).

The set is contacted above the head using your fingertips.

The three basic hits in volleyball are bump, set and spike

A team wins once they reach 25 points (a team must win by two points).

In a regulation game there are 6 players on each team.

The only time a team rotates is when they gain control of the serve and they must rotate in a clockwise position.

A team can hit the ball a maximum of three times before sending it back over the net.

Rally scoring is used (A point and the serve is awarded to the team who wins the rally regardless of which team served the ball).

On a serve, the ball is considered playable if it hits the net and falls to the opponent's side.

The server is in the back right position on the court.

When the team losses the serve it is called side-out.

The serve begins each point. If the serve is not returnable it is an ace.

The serve should be hit with the heel of your hand.

No player may hit the ball two times in a row.

If a player hits the ball with an open palm it is called a carry.