



# LONGMEADOW HIGH SCHOOL

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## **VOLLEYBALL SPECTATOR'S GUIDE**

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## 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 William G. Morgan, a Physical Director at the Holyoke, Massachusetts YMCA, 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.

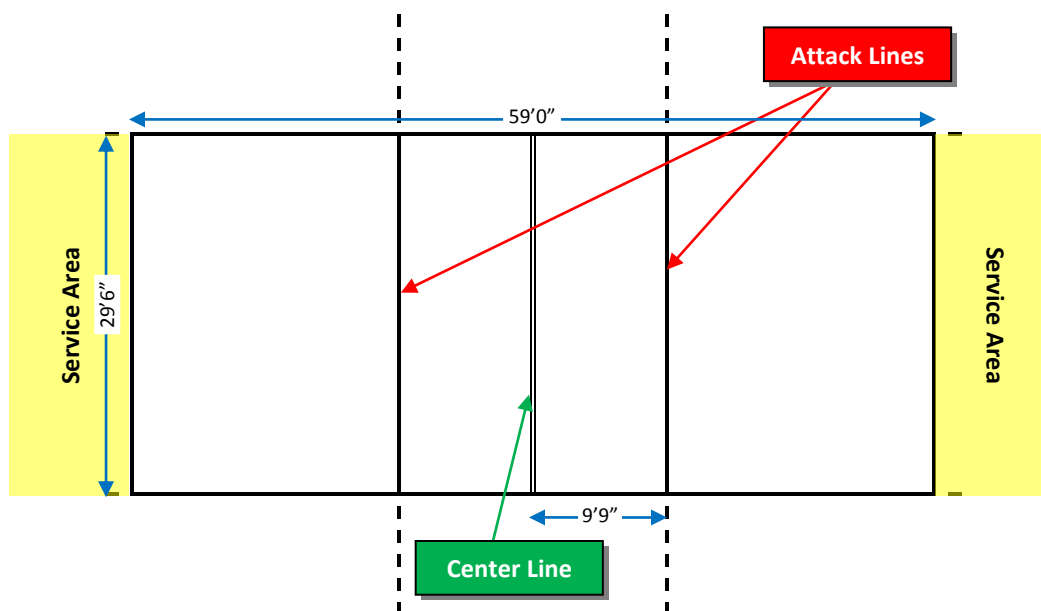
## RULES:

The official rules are governed by the Massachusetts Interscholastic Athletic Association (MIAA) and the Pioneer Valley Interscholastic Athletic Association (PVIAC). The MIAA has adopted the NCAA Women's rules with a few modifications. The PVIAC has adopted the same rules with further modifications. You can download or view the current NCAA Rule Book and NCAA Officials signals referenced in this guide at <http://www.LongmeadowVolleyball.com>.

## THE COURT:

The volleyball court is 29'6" long by 29'6" wide on each side and is outlined with 2 inch lines. The outside edge of the lines are part of the court. Two antennae are attached to the net to mark the sideline boundary in the air (much like a foul pole in baseball).

There are two lines marked 9'9" from the centerline on both sides called attack lines (or 10 foot lines or 3 meter lines) that delineate front row from back row.



## The Game

Play starts when the official blows the whistle and does not end until a whistle is sounded. The game is won by the team who reaches 25 points first with at least a 2 point advantage over the opponent. Rally scoring is used where a point is scored by the team winning the rally regardless of who served.

At the varsity level, the match consists of the best three-of-five games to 25 points. If a deciding fifth game is required, that game is played to 15 points with teams switching sides of the court when one team scores 8 points. On the sub-varsity level, the match consists of three games played to 25 points.

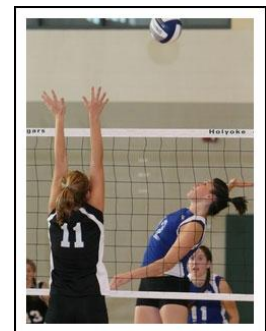
### Basic Rules – Serving

The server must wait for the referee to blow the whistle and signal (signal #16) before serving and has 8 seconds to serve or delay of serve will be called (signal #18). The server must contact the ball while between the service lines (anywhere behind the back line) and may not step into the court (the endline is part of the court) or foot fault is called (signal #10). The ball must cross the net between the two antennae to be good. The ball is allowed to touch the net on the way over. The server is allowed only one toss of the ball or the referee will signal a violation (signal #17) and the server loses the chance to serve and a point and the ball are awarded to the other team.



### Basic Rules – 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 as long as the blocker does not initiate contact while over 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 that is directed towards his or her court. If the blocker interferes with the opponent's right to play the ball, interference is called (signal #23). As long as some part of the blockers body is above the height of the net, the block does not count as one of the teams 3 hits. So, once a ball hits a blocker's hands, the teams still have 3 offensive contacts with the ball in order to get it over the net.

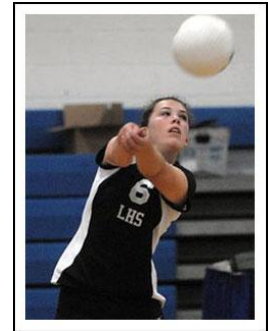


**Example 1:** If team A spikes the ball on their third hit and it touches a blocker on the way over the net, team B will be allowed to make three more contacts to get the ball over the net, since a block is not counted as one of the teams three hits.

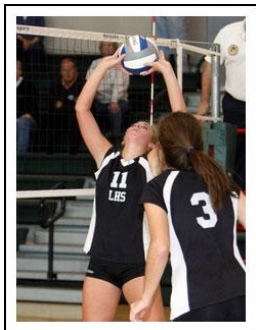
**Example 2:** If team A spikes the ball on their third hit and the blocker prevents the ball from crossing the net, team A now has an additional 3 contacts to get the ball over the net.

### Basic Rules - Ball Handling

Of all the rules in volleyball, this area is probably the most misunderstood. The ball is allowed to touch any part of a player's body. 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 overhead 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 her forearms quickly and it remains in contact too long, the referee will call an illegal hit (signal #11).



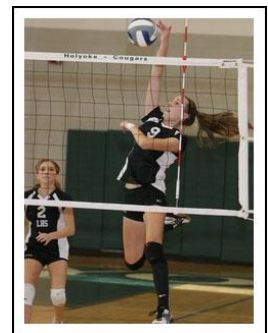
2. Setting is the technique of letting the ball momentarily touch the pads of the fingertips and reverse the direction so it is set back into the air for another player to hit. If the setter allows the ball to come to rest too long, an illegal hit (signal #11) will be called. The ball must be set in 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 (signal #12) with the exception of 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 middle of the hand and the finger tips almost simultaneously.

4. Dinking or tipping 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 (signal #11).

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 overhead finger action.



7. Volleyball is in a state of transition regarding ball handling judgment. In the interest of keeping the rally alive, the game has changed to allow more lenient ball handling decisions in some situations, particularly when an *especially athletic play* occurs, a directional block on an overpass from the opponent, a setter dump, and a net recovery.

### Basic Rules - Center Line Violation

There is a two inch line under the net that separates one side of the court from the other. Encroachment into the opponent's court with any part of the body is permitted, provided some part of the body remains either in contact with or directly above the center line and there is no interference with opponents.

### Basic Rules - Net Violations

Contact with the net by a player is not a fault, unless it is made during an action of playing the ball, or it interferes with play. If the ball is driven into the net with such force that it causes the net or antenna to contact a player, no fault is committed. Insignificant contact of the net by a player not playing the ball should be ignored. Any contact of the net by a player's hair is deemed insignificant.

### Basic Rules - Back Row Attack

A back row player may legally attack the ball from anywhere behind the 3 meter attack line. If the back row player is on or in front of the 3 meter attack line, the player may not send the ball over the net if the ball is ENTIRELY above the top of the net at the time of contact (signal #24). The back-row player may compete an attack-hit if, at take-off, the player's feet have neither touched nor crossed the attack line or its indefinite extension; after the attack-hit, the player may land within the front zone.

### Basic Rules - Substitutions

Each team is allowed to substitute players during any dead ball. On the varsity level, each team is allowed a total of 18 subs per game. Sub-varsity matches are allowed unlimited substitutions to maximize playing opportunities. Once a player enters the game for another player, that player may only return to the game in that same position. A coach may substitute as many players as he/she would like during each substitution request.

### Basic Rules – The Libero Player

Why is that player wearing a different color jersey? The libero is a designated back-row player, intended to be used as a ball-control specialist. Designed to add excitement to the game of volleyball and raise the level of play, the libero wears a uniform in distinct contrast to other members of the team. The libero is allowed to replace any player in the back row without counting as a substitution. There is no limit to the number of libero replacements a team is allowed. The libero and the player on the court exchange places between the attack line and the end line. No referee action is required. This replacement can only take place at the end of a rally before the whistle for the next service. The libero is allowed to serve.





### **Officials Duties – First Official**

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

### **Officials Duties – Second Official**

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

### **Officials Duties – Line Judges**

Line judges are used during playoff matches and are responsible for indicating whether the ball is in or out of the court (any part of 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.

### **Officials Duties – Scorekeeper / Libero Tracker**

The scorekeeper and libero tracker are responsible for keeping the official score and rotations for the match. They follow the instructions of the officials and must see and understand their hand signals. The libero trackers sole responsibility is to record when each team's libero enters and leaves the playing area.

### **Sportsmanship**

Longmeadow High School and the Lancers volleyball team is committed to the principles of good sportsmanship. We believe all student athletes, coaches and spectators should strive to represent the very best spirit and tradition of high school athletics. We request your cooperation by supporting the participants and officials in a positive manner.

