



*Bringing volleyball to
the Northern Suburbs*

INTRODUCTORY GUIDE TO VOLLEYBALL

Objective of the Game

To score points by hitting the ball over the net into the opponent's court in such a manner that the opponent is unable to return the ball. Each team gets a maximum of three "contacts" to get the ball over the net. Blocking does not count as a contact. A set is concluded once a team gets to 25 points, but only if they are leading by two or more points at the time. The game is over once a team wins three sets, or if the time limit is reached in the timed format of the game.

Game length

Games can last anywhere between 45min and two hours; generally most games will be between 60-90 minutes.

Please note: Currently Volleyball WA have teams complete referee 'duty' either before or after the games they play; this means that the time commitment on a Sunday can be between 2-3 hours. These referee duties are approximately once every two weeks.

Game Location/s

Games are played at three main locations; Loftus Recreation Centre, Warwick Stadium and Cockburn ARC. Games are very occasionally played at various other locations in the metro area.

Playing Positions

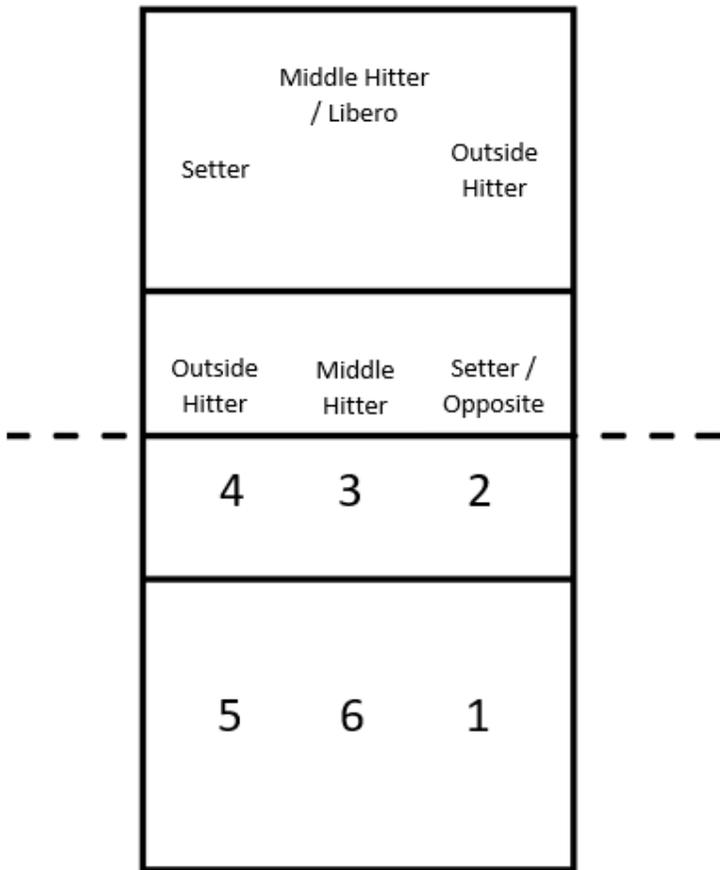
Setter - A specialist position player who usually takes the second contact to set up an attack for a teammate.

Outside hitter/passers - Attacker who spikes the ball over the net from the front left position. Also blocks spikes from the other team. Most players tend to be outside hitters/passers.

Middle Hitter/Blocker - A specialist position who attempts to run offensive plays from the middle of court and then assists outside hitters/passers with defence. Often subbed off when on back court for a libero due to the effort required to complete this role.

Opposite Hitter/Passer - Player who plays directly opposite to the setter. Normally an outside hitter who has a specialist role in higher levels of gameplay.

Libero - Back-row defensive specialist. Specializes in receiving serves and attacks by bumping or digging the ball. Wears a different coloured jersey, does not serve or block, and can substitute unlimited times in and out of the back row without waiting for the referee's approval.



The Court

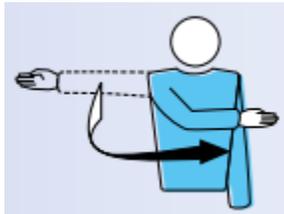
- Players rotate clockwise once they win a point off opposition serve
- Players can be substituted between any two points (3x on per player, 12x per team per set)
- 2x Timeouts are allowed per team per set (coach only)

On-Court Rotation

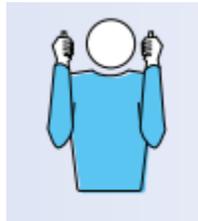
- NSVC Policy on rotation is based on the overall skill level of the team;
- **Beginner;** coaches should strive to give equal court time regardless of player's specialist position/s
 - **Intermediate;** court time is shared as fairly as possible however the coach may make performance and/or strategy-based decisions for more competitive games (e.g. finals)
 - **Advanced;** performance, strategy and results are given priority by the coach when arranging court time.

Refereeing

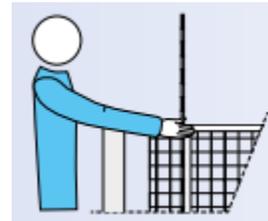
Any game of standard volleyball will have 1x first and 1x second referee, 1x scorer and 1x scoring assistant and 2-4x line judges. There are a total of 26 different hand signals for first/second referees and 5 for line judges. Some common signals include;



Starts the point (8sec timer to serve)



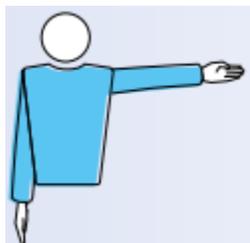
Point Replay (no score)



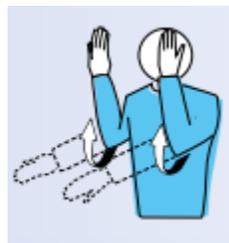
A player has touched the net



Ball has landed in court



Points to the winner of the rally (signalled after any one of these calls)



Ball has landed out



Ball touched before landing out

Glossary of Volleyball Terms

Attack - Any hit into the opposing team's court, other than a serve or block, such as a spike, tip, or dump.

Block - Where the front court players jump and attempt to stop an attack with their hands.

Bump/Dig/Pass - Pass using the forearms, with the hands clasped together and arms locked at the elbows to direct the ball to the setter or attacker. Also known as the forearm or underhand pass.

Dump

A surprise hit, usually by the setter on the second shot, pushed over the net when the opponent would normally expect the ball to be set.

Lifting (Carrying) - Illegal hit, usually during a set or overhead pass, in which the player's hands remains in contact with the ball too long.

Red card (Penalty) - A card given to a player or coach by a referee for behaving in an unsportsmanlike manner. A red card also gives a point to the opposing team.

Serve - Hit used to start every rally. Serves can be either underhand or overhand, and the serve can hit the net as long as it lands on the opponent's side.

Set - Controlled pass using the fingertips to pass the ball to an attacking teammate, who usually spikes the ball.

Spike - An aggressive, one-handed hit meant to ground the ball in the opponent's court. A player is usually in mid-air during a spike.

Switch - Once the ball is in motion from a serve, players return from their designated rotational spots to the optimal spots for their positions.

Tip - A soft hit from a front-row player that goes over the opposing blockers and ideally lands in an open area of the court. The front-row player usually jumps and fakes a spike, then lightly hits the ball over any of the blockers.

Yellow card (Warning) - A card issued by a referee for minor violations; this card has no point penalty associated with it.

Wipe - When the attacker deliberately hits the ball so that it bounces off the blocker's hand and goes out of bounds.