

Tute 01

Health & Physical Education Grade 10

Volley ball Rules

1. Team composition

- A team may include 12 players, one coach, two assistant coaches, one physio therapist and one doctor.

- Out of these 12 players one player should be the captain except the libero player.

2. Ball in play and not in play

- With the permission of the first referee for the service, the time that hit the ball is considered as ball in play.

- If for some fault the referee blows his whistle, the ball should be stopped from being played.

3. Ball in the court

- The ball striking on the lines or within the border lines of the court.

4. The Ball out.

- The ball striking completely outside the border lines

- The ball touching the objects outside.

- The ball touching like net, antenna, posts or marking materials. away from side lines

- A part of the ball or the entire ball going outside across the vertical plane of the limits of the net.

- The entire ball going to the opposite side from below the net.

Changing space

Below space

External space

External space

Incorrect

Correct

5. Ball in play

- whatever a contact makes with the ball is considered as an attack
- A player cannot hit the ball twice successively
- Two players or three players can strike the ball at the same time and such an attack is considered as two or three attacks.
- Unless in the instance of blocking, a team can hit the ball for a maximum of three times and send the ball to the opposing side.

6. Special characteristics of attack

- The ball can be touched by any part of the body.

7. The Ball striking the Net

- The ball striking the net as it moves across the net is not a fault.

8. Moving across the vertical plane of the Net

- While a player can extend towards the opposite side for the purpose of blocking one cannot touch the ball when the opponent is striking or before striking the ball
- While the hand of a player can be extended over the net towards the opposite side after the attack, the ball can be struck only on one's own side.

9. Moving to the opposing side below the net

- While it is not an offence for a player to move to the opposite side from under the net it should not obstruct the playing of the opposite team
- It is not a fault the foot (both feet) or hand (both hands) moves across the centre line of

the vertical plane.

10 Touching the Net

- it is not an offence touch the net. except , in the instance of a player striking the ball or completing the gesture of striking the ball or is joining the game
- Once a player has struck the ball, he can touch the posts to which the net is attached or any other marking only if such action does not affect the game.
- It is not considered a fault if the net touches a player on the opposite side as result of the ball striking the net,

11. The Rule Regarding Service

- The back row player sending the ball from the service zone in order to commence the game is ‘ serving”

First Service

- In the first set and the deciding set(5th) the team winning the toss chooses the services receiving or side.
- In other rounds the team who did not get the service in the previous round gets the service.
- Points to be kept in score after the first service in a match
- If the team that made the service wins that point the player who made the earlier service should be given the service/chance again.
- Should the team receiving the service win that point the player should do one place change. The player on the front right place should move to the back right row and serve.

Things that should be done in serving.

- After throwing or releasing the ball with hand or hands it should be struck with the hand or part of the arm.
- Permission is to throw the ball up or release it is provided only once

- It is not an offence to bounce the ball several times on the ground change it from hand to hand.
- The serve should not touch either the border lines or the area outside the service zone when leaping up to serve.
- If a service is done before the referee's whistle that service is cancelled and another service is given.

Mistakes in service

- If the serve makes the following mistakes even if the opposing team is not in their order, the service will be given to them.
- The service is made in incorrect order.
- When the service is not made according to the conditions of serving
- Rules regarding attacking
- Every action employed to send the ball to the opposing side except service and blocking is considered as an attack.
- While an attack the clear use of all five fingers to send the ball is acceptable; catching or throwing the ball is completely forbidden.
- Limitations of attacking hit -
- Front player can perform an attacking hit to the ball when it is at any height and the player should be in their own playing area.
- Back player can perform an attacking hit from the back zone to the ball when it is at any height
- But, back player should not touch or exceed the attack line when performing an attacking hit.
- Landing in the front zone after the above attacking hit is not a fault.
- Back player can attack the ball from the front zone if the ball is completely below the attack line.

the net when the ball is being attacked.

- Mistakes of attacking hit -
- Attack to the opponents ball
- Ball goes out after the attack
- Back player attack to the ball from front zone and the ball is completely above the net when the ball is being attacked.
- Send the servicing ball back to the opponent's court of once by a attacking hit from the front zone when the ball is completely above the net.
- Libero player attack the ball when the ball is completely the net.
- The player attack the ball which the ball set by the libero from the front zone as a volley pass.
- Rule regarding the blocking -
- The players block the ball which comes above the net from the opponents is known as the block . Only front players can complete a block.
- Touch the ball when blocking -
- The ball touches repeatedly on an one player or several players (quickly and continuously) is considered as a touch of an one posture.
- Block in opponent's court -
- Players can send their hands or arms in to the opponent's side through above the net and attempt to block even though they can complete the block after the attacking hit of an opponent the block should not obstruct the opponents.

Attacking after Blocking

- The touching involved in blocking is not considered as attack and after blocking a team can strike the ball three times and send it to the opposing side
- The first hit after the blocking can be made by any player including the blocker.

Mistakes of blocking

- Touch the ball when opponent is striking or before strike on their ball
- A back row player or the libero player cannot participate in the blocking
- Blocking the service coming from the opposing team is a fault.
- The ball going out of the court after blocking is a fault ' serving