

VOLLEYBALL

HISTORY

Volleyball is a popular game in the world. It was invented in 1895 in America by William G. Morgan, director of physical education at the YMCA. has the credit to invent volleyball. After America, this game became popular in Canada. YMCA organized the first National volleyball competition in New York in 1922. United States Volleyball Association was formed in 1928. In 1947, the International Volleyball Federation was constituted. In 1949, the first world volleyball championship was held in Prague (Czechoslovakia). Volleyball was included in the Tokyo Olympic Games in 1964. YMCA started volleyball in India. In 1950, the Volleyball Federation of India (VFI) was formed. The First National volleyball championship was held in Madras (Chennai) in 1952. In the year 1958, it was included in the Asian Games in Tokyo.

Important Information Regarding Volleyball

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| 1. Size of the playing field | = 18 m × 9 m |
| 2. Width of boundary line | = 5 cm |
| 3. Size of the net | = Length 9.50 m, Breadth 1 m |
| 4. Size of net mesh | = 10 cm |
| 5. Height of net from the ground (men) | = 2 m 43 cm |
| 6. Height of net from the ground (women) | = 2 m 24 cm |
| 7. Circumference of the ball | = 65 cm to 67 cm |
| 8. Weight of the ball | = 260 gm to 280 gm |
| 9. Number of players in each team | = 6 |
| 10. Number of substitutes | = 6 |
| 11. Size of the marks on
and back and breadth 10 cm min. | = Length 15 cm min. chest |
| 12. Officials | = 5 to 7 (Referee-1, Umpire-1, Scorer-1, Linemen-2 to 4) |
| 13. Length of the antenna | = 1.80 m |
| 14. Colour of the ball | = Multicoloured |
| 15. Length of service area | = 9 m |

10. **Dress:** player wear shorts, a T-shirt and rubber shoes. A player cannot wear any such thing which can harm another player. There should be a 2 cm. wide strip having the height of 8 to 15 cm on t-shirts of players to show numbers thereon.
11. **Officials:** (i) referee-1 (ii) second referee -1 (iii) scorer-1 (iv) linesman -2 or 4 (v) assistants to pick ball (vi) commissioner of match-1 (vii) Table official-1

GENERAL RULES

1. The volleyball match is played in 5 sets comprising 4 sets of 25 points and the last decisive set of 15 points.
2. A colored ball is used in competition.
3. The first service can be received with any part of the body provided that the ball should touch the body only once.
4. The Attack line has been extended 1.75 m on both sides and it is dotted.
5. The width of the service area is 9 m instead of 3 cm.
6. If the scores get the tie, then two points are needed to win the set.
7. The player of the backline cannot attack from inside the attack line.
8. A player has to do service within 8 seconds after Referee's whistle.
9. All the 6 players can be substituted at a time.
10. Service will be valid if it falls on the opponent's side after touching the net.
11. Toss winning captain has the right to choose either court or service.
12. To send back the ball to the opponent's half, a team can hit or touch the ball three times. Touching the ball during blocking the ball will not be counted therein.
13. As per new rules, each team has a special player called **libero**. He has the following features-
 - (i) He belongs to the back zone.
 - (ii) He cannot block the ball.
 - (iii) He cannot set the ball by jumping in the attacking area.
 - (iv) Cannot do service.
 - (v) Cannot smash the ball
 - (vi) Cannot take part in the rotation.
 - (vii) **Libero's** dress is different from another player.
14. Time Out
 - (i) A team can ask for one time-out during a set and 2 time-outs in the final set. The duration of time-out is 30 seconds.
 - (ii) Captain or coach of team demand for a time-out.
 - (iii) There is a maximum 2-minute interval between each set but it is 5 minutes in the last set.
 - (iv) The game is restarted after the substitution of the player.
15. Fouls—volleyball has the following fouls.
 - (i) Holding volleyball is a foul.

- (ii) If a player touches the net, it is foul.
- (iii) If a player double hit the ball.
- (iv) If a team hit the ball more than 3 times.
- (v) Mistake in rotation cause foul.

16. Player's position—During service, players stand in an anti-clockwise position like

4	3	2
5	6	1

It is not necessary to be in a straight line.

17. When a team acquires the service, all the players move in the clockwise direction.

FUNDAMENTAL SKILLS OF VOLLEYBALL

1. **Service** – The game is started with service. It means to send the ball from behind the end line in opposition's court.

- (i) Upper hand Service
- (ii) Underhand Service
- (iii) Floating Service
- (iv) Round arm Service
- (v) Tennis service
- (vi) High spin service

2. **Passing and Placing**

- (i) Underhand Pass
- (ii) Overhead pass

3. **Blocking**

- (i) Single block
- (ii) Double block
- (iii) Triple block

4. **Spiking or Attack or Smashing**

- (i) Straight Arm Smashing
- (ii) Round Arm Smashing
- (iii) Wrist inward/ outward smash

5. **Boosting**

- (a) Low set up
- (b) High set up
- (c) Diagonal set up

A brief explanation of the fundamental skills:

1. **Blocking:** It is a tactic in which the opposing team tries to stop the attack when the ball passes above the net by using both hands.
 - (i) **Single block:** when a single player indulges in blocking the ball, it is called a single block.
 - (ii) **Double block:** when two players block the ball together is called a double block.
 - (iii) **Triple block:** when three players block together it is called a triple block. In this block, a team from a wall-like formation against the opposition is hard to crack.
2. **Overhead Pass:** For performing overhead pass, a player should stand with feet apart, knees bent, body crouched, and leaning forward. The hands should be in front of the face with elbows bent and close to the body. The ball should be passed with the tips of the fingers in front of the forehead. The knees and the arms should be extended in the direction of the pass.
3. **Under Hand Pass:** It is used when the ball is below the forehead. First, both the hands will be closed and in unison and elbows should be straight and tight, knees bent, waist straight, and foot should be in the same direction from where the ball is coming.

TERMINOLOGY

Blocking, smashing, under hand pass, boosting, love, holding antenna, rotation, tennis service, double fault, libero, rolling, diving, double touch, dig ace, attack line.

1. **Blocking.** An attempt to check the ball above the net hit by opposition called a block.
2. **Smashing.** Smashing the ball lifted by the center is called smashing.
3. **Boosting.** Boosting means lifting the ball for smashing.
4. **Booster.** The player, who lifts the ball for a smasher is called a booster.
5. **Antenna.** Two flexible rods fixed above the net on the sidelines.
6. **Ace.** It is a point which awarded when the ball does not come back from the opposition court after service.
7. **Love.** when the score of a team is zero it is called love.
8. **Rotation.** It is a change of position of players in a clockwise direction after getting a chance to serve.
9. **Double touch.** when a player touches or hits a ball twice then it is double touch. It is a foul.
10. **Handling.** passing the ball to his teammate keeping the ball in his control.
11. **Diving.** Trying to play a ball falling on the ground in front is called diving

IMPORTANT TOURNAMENTS

1. Volleyball World Championship
2. World League
3. Federation Cup
4. Olympic Games
5. National Games
6. Shiwanthi Gold Cup
7. Inter-University Championship
8. National School Games

SPORTS AWARDS

Arjuna Awardees

1961	A. Palani Swamy	1962	Nripjit Singh
1971	Malini Reddy	1972	Balwant Singh Alias Ballu
1974	M.S. Rao	1975	Ranbir Singh, KM KC Elamma
1976	Jimmy George	1978	A. Ramana Rao
1978	Kutty Krishnan	1979	S.K. Mishra
1982	G.E. Sridharan	1984	KM Sally Joseph
1983	R.K. Purohit	1989	Abdul Bashid
1986	Cyril C. Valloor	1991	K. Uday Kumar
1990	Dalel Singh	2000	P.V. Raman
1999	Sukh Pal Singh	2002	Ravi Kant Reddy
2001	Amir Singh	2011	Sanjay Kumar
2010	KJ Kapil Dev		

Dronacharya Awardees

1990	A. Ramana Rao
1995	M. Shyam Sunder Rao
2007	G.E. Sridharan

Dhyan Chand Awardee

2002	Om Prakash
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IMPORTANT VENUES

1. Indira Gandhi Stadium, New Delhi
2. Swarn Jayanti Stadium, Vishakhapatnam
3. N.I. S. Patiala
4. Talkatora Stadium, New Delhi
5. P.A.C. Campus, Jalandhar
6. Sports Complex, Hyderabad
7. Tata Sports complex, Tata Nagar
8. Railway Sports Complex, Mumbai.

GENERAL QUESTIONS

Q1. Who started volleyball and when?

Ans. William G. Morgan started volleyball in 1895.

Q2. In which country did volleyball start?

Ans. In America

Q3. What is the length and breadth of the volleyball court?

Ans. 18 m × 9 m.

Q4. When was International Volleyball Association was formed?

Ans. In the year 1947.

Q5. In which Olympic Games volleyball was included?

Ans. Tokyo Olympics in 1964.

Q6. How many players are there on a volleyball team?

Ans. There are 12 players in a team but six players play at a time and 6 are extra players.

Q7. When was the Indian Volleyball Association established?

Ans. In the year 1950.

Q8. What is the length and breadth of the net?

Ans. The length and breadth of the net are 9.50 m and 1 m respective

Q9. When was volleyball included in Asian Games?

Ans. Tokyo Asian Games in 1958.

Q10. What is the standard height of net for men and women?

Ans. The standard height of net for men is 2.43 m whereas for women its height is 2.24 m.

Q11. What is the height of the poles?

Ans. The height of the poles is 2.55 m above the ground.

Q12. What is the standard weight of the ball?

Ans. 260 gm to 280 gm.

Q13. What is the circumference of the ball?

Ans. 65 cm to 67 cm.

Q14. What should be the pressure of air in the ball?

Ans. It should be 0.40 to 0.45 kg/cm.

Q15. What is the color of the ball?

Ans. Multicolored.

Q16. What is the height of the antenna?

Ans. The height of the antenna is 1.80 m. It is 1 m inside the net and the remaining 80 cm above the net.

Q17. How many sets are there in a volleyball match?

Ans. Five sets.

Q18. For how many points decisive set is played?

Ans. 15 points.

Q19. What is the distance between the attack line and centerline?

Ans. The distance between the attack line and the center line is 3 m.

Q20. How much attack line can be extended on sides?

Ans. The Attack line can be extended 1.75 m on sides.

Q21. When does the rotation take place?

Ans. After the change of service.

Q22. How many time-outs are there in one set of volleyball?

Ans. Two time-outs.

Q23. What is the duration of a time-out?

Ans. 30 seconds.

Q24. Can service be done without tossing the ball?

Ans. No, tossing the ball is essential.

Q25. Will it be a foul, if the ball touches the net slightly and goes into the opponent's side during service?

Ans. No, it will not be a foul.

Q26. Can all the players be substituted at a time?

Ans. Yes, all 6 players can be substituted at a time.

Q27. Is there a net foul during the play?

Ans. Yes, there is a net foul.

Q28. Is there any double touch foul in volleyball?

Ans. Yes, the double touch in volleyball is a foul.

Q29. Can any back zone player come forward in the front zone for smashing?

Ans. No, He can only smash from the back zone.

Q30. Who was awarded the Dhyanchand award in volleyball?

Ans. Om Prakash (2002)

Q31. The number of officials in volleyball?

Ans. 1-Referee, 1-Assistant Referee, 1-Scorer, 4-Linemen, 1-Table official, 1-commissioner of the match, and 6 ball picking assistants.

Q32. What is the main role of libero in volleyball?

Ans. Defense.