

## VOLLEYBALL STUDY GUIDE: 2009

### GENERAL INFORMATION:

- \* The game of volleyball is played by two teams of six players each.
- \* Teams may contact the ball **three (3) times** on their side of the net before returning it to the opponent across the net.
- \* A player **may not** contact the ball two times in a row.
- \* Players may pass the ball by using an OVERHEAD PASS, which is known as a SET.  
OR
- \* Players may pass the ball by using a FOREARM PASS, which is known as a BUMP.
- \* If a ball lands on the line in volleyball, it is in bounds and considered good. "Lines are good!"

### SERVICE

- \* **The right back player is the server.** This player serves until his or her team makes a mistake. When the serving team makes a mistake, the other team gets the ball and 1 point. This is known as a SIDE OUT.
- \* Teams rotate the serve on each side out. The right front player always rotates into the serving position on the side out. **The right front player is the next server** then.

### RALLY SCORING

- \*Points are scored on every serve! Whenever a team makes a mistake, the opponent wins 1 point.
- **IT DOES NOT MATTER WHO IS SERVING.**
- A serve that hits the net and goes over is good.
- If a serve doesn't make it over the net, the other team wins the ball and 1 point.

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### **NEWTON'S 2<sup>ND</sup> LAW OF MOTION**

**NEWTON'S 2<sup>ND</sup> LAW OF MOTION:** The **force** on an object depends on its **mass** and the **speed** at which it is moving.

\*\*When serving, if you **increase your arm speed** when hitting the ball, you increase the force on the ball which makes it go farther.