



CACPE

Volleyball Manual

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Volleyball

History

Origin of Volleyball

February 9, 1895, Holyoke, Massachusetts (USA), **William G. Morgan**, a YMCA physical education director, created a new game called Mintonette.



William G. Morgan

The first rules, written down by **William G Morgan**, called for a net 6 ft 6 in (1.98 m) high, a 25 ft × 50 ft (7.6 m × 15.2 m) court, and any number of players. A match was composed of nine innings with three serves for each team in each inning, and no limit to the number of ball contacts for each team before sending the ball to the opponents' court. In case of a serving error, a second try was allowed. Hitting the ball into the net was considered a foul (*with loss of the point or a side-out*)—except in the case of the first-try serve.

WILLIAM G. MORGAN INVENTED VOLLEYBALL IN 1895

William G. Morgan (1870-1942), who was born in the State of New York, has gone down in history as the inventor of the game of volleyball, to which he originally gave the name “**Mintonette**”. The young Morgan carried out his undergraduate studies at the Springfield College of the YMCA (Young Men’s Christian Association) where he met James Naismith who, in 1891, had invented basketball. After graduating, Morgan spent his first year at the Auburn (Maine) YMCA after which, during the summer of 1895, he moved to the YMCA at Holyoke (Massachusetts) where he became Director of Physical Education. In this role he had the opportunity to establish, develop and direct a vast programme of exercises and sport classes for male adults. His leadership was enthusiastically accepted, and his classes grew in numbers. He came to realise that he needed a certain type of competitive recreational game in order to vary his programme. Basketball, a sport that was beginning to develop, seemed to suit young people, but it was

necessary to find a less violent and less intense alternative for the older members.

At that time Morgan knew of no similar game to volleyball which could guide him; he developed it from his own sports training methods and his practical experience in the YMCA gymnasium. Describing his first experiments he said:

In search of an appropriate game, tennis occurred to me, but this required rackets, balls, a net and other equipment, so it was eliminated, but the idea of a net seemed a good one. We raised it to a height of about 6 feet, 6 inches (1.98 metres) from the ground, just above the head of an average man. We needed a ball and among those we tried was a basketball bladder, but this was too light and too slow. We therefore tried the basketball itself, which was too big and too heavy.

In the end, Morgan asked the firm of A.G. Spalding & Bros. to make a ball, which they did at their factory near Chicopee, in Massachusetts. The result was satisfactory: the ball was leather-covered, with a rubber inner tube, its circumference was not less than 25 and not more than 27 inches (63.5 cm and 68.6 cm, respectively), and its weight not less than 9 and not more than 12 ounces (252 gr and 336 gr, respectively).

Morgan asked two of his friends from Holyoke, Dr. Frank Wood and John Lynch, to draw up (based on his suggestions) the basic concepts of the game together with the first 10 rules.

Early in 1896 a conference was organized at the YMCA College in Springfield, bringing together all the YMCA Directors of Physical Education. Dr. Luther Halsey Gulick, director of the professional physical education training school (and also executive director of the department of physical education of the International Committee of YMCA's) invited Morgan to make a demonstration of his game in the new college stadium. Morgan took two teams, each made up of five men (and some loyal fans) to Springfield, where the demonstration was made before the conference delegates in the east gymnasium. The captain of one of the

teams was J.J. Curran and of the other John Lynch who were respectively, mayor and chief of the fire brigade of Holyoke. Morgan explained that the new game was designed for gymnasias or exercise halls, but could also be played in open air. An unlimited number of players could participate, the object of the game being to keep the ball in movement over a high net, from one side to the other.

After seeing the demonstration, and hearing the explanation of Morgan, Professor Alfred T. Halstead called attention to the action, or the act phase, of the ball's flight, and proposed that the name "Mintonette" be replaced by "Volley Ball." This name was accepted by Morgan and the conference. (It is interesting to note that the same name has survived over the years, with one slight alteration: in 1952, the Administrative Committee of the USVBA voted to spell the name with one word, "Volleyball", but continued to use USVBA to signify United States Volleyball Association).

Morgan explained the rules and worked on them, then gave a hand-written copy to the conference of YMCA directors of physical education, as a guide for the use and development of the game. A committee was appointed to study the rules and produce suggestions for the game's promotion and teaching.

A brief report on the new game and its rules was published in the July 1896 edition of "Physical Education" and the rules were included in the 1897 edition of the first official handbook of the North American YMCA Athletic League.



1895, Holyoke YMCA Team (William Morgan Is First Left, Second Row).

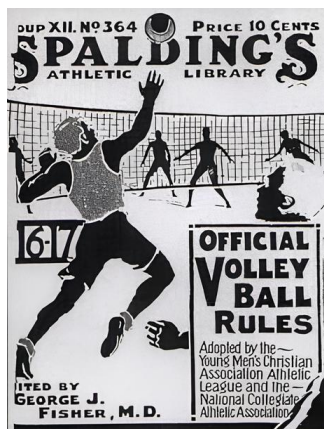
WORLDWIDE GROWTH

The physical education directors of the YMCA, encouraged particularly by two professional schools of physical education, Springfield college in Massachusetts and George

Williams College in Chicago (now at Downers Grove, Illinois), adopted volleyball in all its societies throughout the United States, Canada (in 1900 Canada became the first foreign country to adopt the game), and also in many other countries: Elwood S. Brown in the Philippines (1910), J. Howard Crocker in China, Franklin H. Brown in Japan (1908), Dr. J.H. Gray in Burma, in China and in India, and others in Mexico and South American, European and African countries. By 1913 the development of volleyball on the Asian continent was assured as, in that year, the game was included in the programme of the first Far-Eastern Games, organized in Manila. It should be noted that, for a long time, Volleyball was played in Asia according to the “Brown” rules which, among other things, used 16 players (to enable a greater participation in matches).



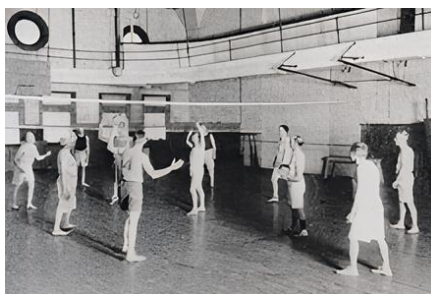
Maryland 1911 YMCA employees get to grips with the new game.



The 1916 YMCA & NCAA Unified Rules of the Game

An indication of the growth of volleyball in the United States is given in an article published in 1916 in the Spalding Volleyball Guide and written by Robert C. Cubbon. In that article Cubbon estimated that the number of players had reached a total of 200,000 people subdivided in the following way: in the YMCA (boys, young men, and older men) 70,000, in the YWCA (girls and women) 50,000, in schools (boys and girls) 25,000 and in colleges (young men) 10,000.

In 1916, the YMCA managed to induce the powerful National Collegiate Athletic Association (NCAA) to publish its rules and a series of articles, contributing to the rapid growth of volleyball among young college students. In 1918 the number of players per team was limited to six, and in 1922 the maximum number of authorized contacts with the ball was fixed at three.



*Volleyball lesson at YMCA
at Holyoke Gym*



*1930: YMCA spreads the
new game amongst women*

Until the early 1930s volleyball was for the most part a game of leisure and recreation, and there were only a few international activities and competitions. There were different rules of the game in the various parts of the world; however, national championships were played in many countries (for instance, in Eastern Europe where the level of play had reached a remarkable standard). Volleyball thus became more and more a competitive sport with high physical and technical performance.

Fédération Internationale de Volleyball

The FIVB is the governing body responsible for all forms of Volleyball on a global level. Working closely with national federations and private enterprises to develop Volleyball as a popular media and entertainment sport. The **International Volleyball Federation (FIVB)**, together with its National Federations, is the sole, global volleyball regulatory body responsible for all forms of volleyball and its development. With its headquarters in Lausanne, Switzerland, the FIVB

works closely with all stakeholders of the global Volleyball Family to promote and develop the sport worldwide.

Established in 1947, the FIVB is committed to supporting the growth of national teams and athletes across the globe through world-leading development programmes like Volleyball Empowerment. The FIVB is part of the Olympic Movement, contributing to the success of the Olympic Games.



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The beach volleyball phenomenon also continues to amaze. The overwhelming spectator and television success of beach volleyball since its introduction to the Olympic Games at Atlanta 1996 and the stunning success of the FIVB World Tour, the World Championships and the Continental Cup has opened up volleyball to a completely new market.

Volleyball in the Olympics:

- 1924 Summer Olympics in Paris, Volleyball - demonstration event
- 1964 Summer Olympics in Tokyo Volleyball included

Official Volleyball Rules

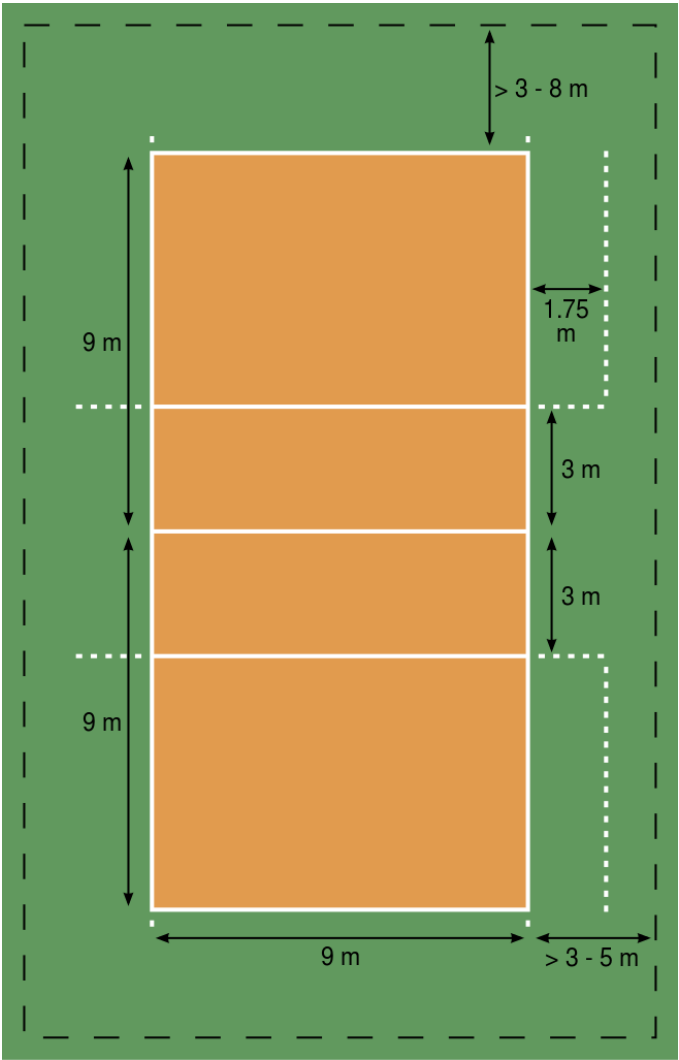
<https://www.fivb.com/volleyball/the-game/official-volleyball-rules/>

Volleyball Terminology

https://www.fivb.com/wp-content/uploads/2024/03/FIVB_Technical_VB_Terminology.pdf

Top Volley Manual

https://www.fivb.com/wp-content/uploads/2024/03/FIVB_DEV_Top_Volley_Manual_eng.pdf



Volleyball Court

RULES OF THE GAME

	FIVB	Others
Dimensions	18 m x 9 m	18 m x 9 m
Lines	White x 5 cm	White x 5 cm
Diagonal distance		
Full court	20.12	20.12
Half court	12.73	12.73
Attack Line	3 m from Center Line	3 m from Center Line
Free Zone	5 m x 6.5 m	3 m
Height	12.5 m	7 m
Minimum Temperature	10° C (50° F)	NA
Temperature	16° C (61° F) - 25° C (77° F)	NA
Lighting	1000 to 1500 lux <i>measured at 1 m above the surface of the playing area</i>	NA
Warm-up Area	3 x 3 m	3 x 3 m
Posts	2.55 m	2.55 m
	1 m from Sidelines	.50 - 1 m from Sidelines
Net Height	2.43 (Men)	2.43 (Men)
	2.24 (Women)	2.24 (Women)
Wide	1 m (10 cm mesh)	1 m (10 cm mesh)
Long	9.50 - 10 m	9.50 - 10 m
Top Band	7 cm	7 cm
Bottom Band	5 cm	5 cm
Side Band	5 cm x 1 m (each side)	5 cm x 1 m (each side)
Antenna	1.80 x 10 mm diameter	1.80 x 10 mm diameter
	80 cm x 10 cm Red-White Color	80 cm x 10 cm Red-White Color
Balls	FIVB - 5 no. Similar	FIVB
Circumference	65-67 cm	65-67 cm
Weight	260-280 g	260-280 g
Pressure	4.26 - 4.61 psi	4.26 - 4.61 psi

	FIVB	Others
Sets (<i>rally point system</i>)	5 sets	3-5 sets
	4 sets x 25 points	2-4 sets x 25 points
	5 th (<i>deciding set</i>) : 15 points	Deciding set : 15 points
Teams	14 players (6 playing + 8 sub)	12 players (6 playing + 6 sub)
Coaching Staff	1 coach + 2 assistant coaches	1 coach + 2 assistant coaches
Medical	1 <i>Team Therapist</i> + 1 <i>Medical Doctor</i>	1 <i>Team Therapist</i> + 1 <i>Medical Doctor</i>
Referee	1 st Referee, 2 nd Referee, Scorer, 4 line Judges	1 st Referee, 2 nd Referee, Scorer, 4 line Judges
Players	Back Row & Front Row	Back Row & Front Row

Player Specialization		
Setters	Middle Blockers or Middle Hitters	Opposite Hitters or Right side Hitters
Liberos	Outside Hitters or Left side Hitters	Defensive Specialist

Skills	Sub skills
Serve	Underhand Serve, Sky ball Serve, Topspin Serve, Float Serve, Jump Serve, Jump Float Serve
Underhand / Forearm Pass	
Set	Regular, Jump Set
Attack / Spike	Backcourt (or backrow)/pipe attack, Line and Cross-court Shot, Dip/Dink/Tip/Cheat/Dump, Tool/Wipe/Block-abuse, Off-speed hit, Quick hit/"One", Slide, Double quick hit/"Stack"/"Tandem"
Block	Single, Double, Triple
Dig	

Basic Rules

Volleyball is a sport played by two teams on a playing court divided by a net. There are different versions available for specific circumstances in order to offer the versatility of the game to everyone. The object of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent.

The team has three hits for returning the ball (in addition to the block contact). The ball is put in play with a service, hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly. In Volleyball, the team winning a rally scores a point (Rally Point System). When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.

Volleyball is a complex game of simple skills. The ball is spiked from up to 60 cm above the height of a basketball hoop (*about 3.65 metres*) and takes fractions of a second to travel from the spiker to the receiver. That means the receiver must assess incoming angle, decide where to pass the ball and then control their pass in the blink of an eye. A purely rebound sport (*you can't hold the ball*), volleyball is a game of constant motion.



A team can touch the ball three times on its side of the net. The usual pattern is a dig (*an underarm pass made with the forearms*), a set (*an overhead pass made with the hands*) and a spike (*the overhead attacking shot*). The ball is served into play. Teams can also try to block the opponent's spike as it crosses the net. A block into your own court counts as

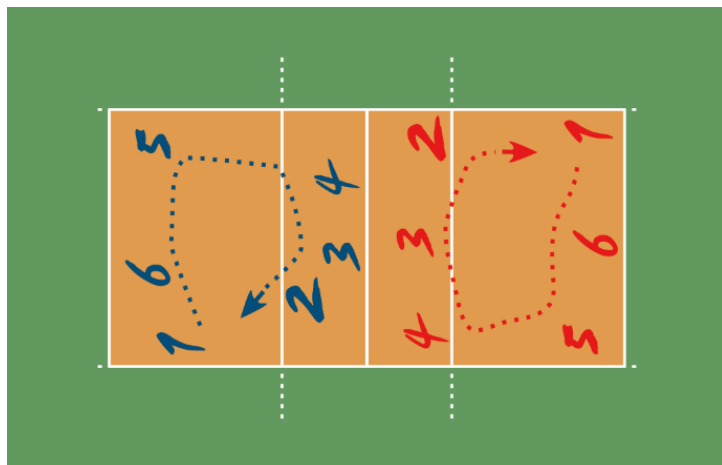
one of your three touches in beach volleyball, but not in volleyball.

Power and height have become vital components of international teams, but the ability of teams and coaches to devise new strategies, tactics and skills has been crucial for continued success.

The object of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent.

Players

There are six players on court in a volleyball team, who each must rotate one position clockwise every time their team wins back service from the opposition. Only the three players at the net positions can jump and spike or block near the net. The backcourt players can only hit the ball over the net if they jump from behind the attack line, also known as the three-metre line, which separates the front and back part of the court.



Rotation Pattern

Volleyball has developed into a very specialized sport. Most teams will include in their starting line-up a *setter*, two *centre blockers*, two *receiver-hitters* and a *universal spiker*. Only certain players will be involved with service reception.

Players will also have specialist positions for attack and defence. Substitutions are allowed during the game.

Since **1998**, volleyball has been using a **new scoring system**. Teams scored a point on every rally (*Rally Point System*), regardless of which team served. Formerly, a team could only win a point if it served the ball. Winning the serve back from the opposition was known as a side-out. Matches are played best of **five sets**.

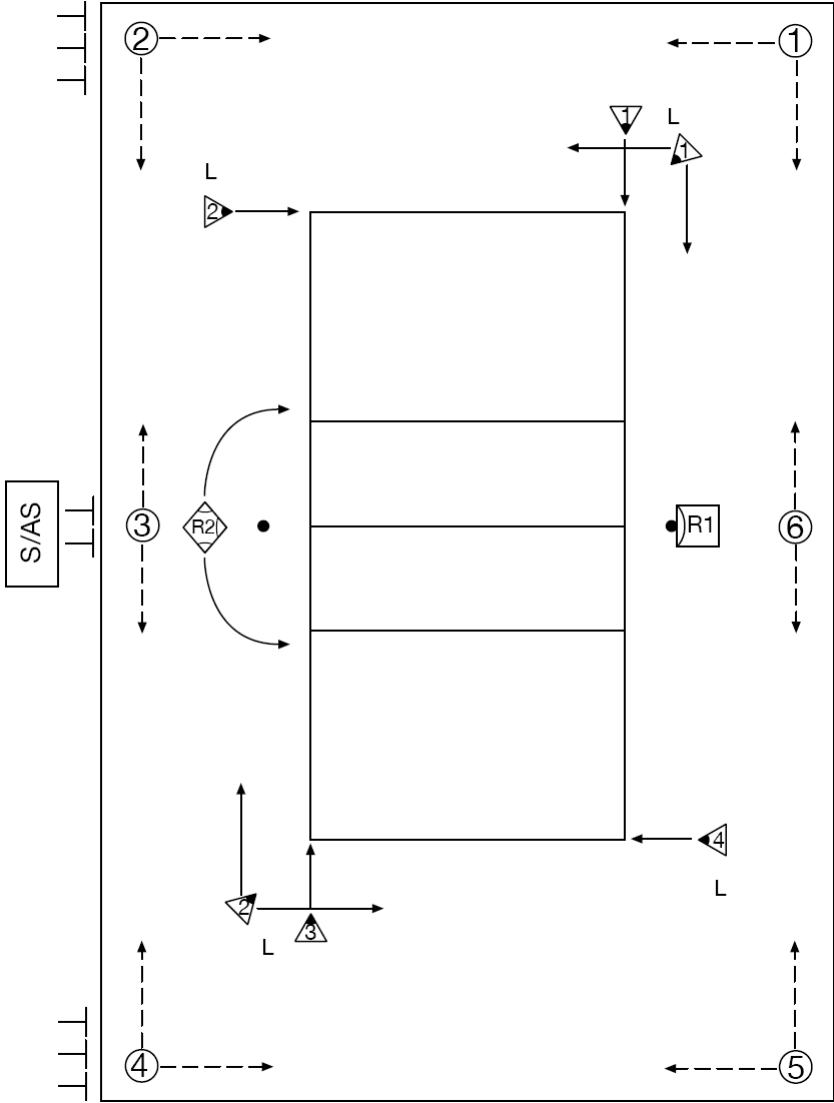
The **first four sets** are played to **25 points**, with the **final set** being played to **15 points**. **A team must win a set by two points**. There is no ceiling, so a set continues until one of the teams gains a two-point advantage. Previously, all sets were to 15 points, with the first four sets having a ceiling of 17 and the final set requiring at least a two-point winning advantage.

Libero

- ❖ 1998: libero introduced internationally - a player specialized in defensive skills: (*must wear a contrasting jersey color from his or her teammates*) cannot block or attack the ball when it is entirely above net height. a libero is not allowed to serve
- ❖ When the ball is not in play, the libero can replace any back-row player, without prior notice to the officials. This replacement does not count against the substitution limit each team is allowed per set. Although the libero may be replaced only by the player whom he or she replaced.
- ❖ The libero is, generally, the most skilled defensive player on the team. There is also a libero tracking sheet, where the referees or officiating team must keep track of whom the libero subs in and out for. There may only be one libero per set (game), although there may be a different libero in the beginning of any new set (game).
- ❖ The libero may function as a setter only under certain restrictions. If she/he makes an overhand set, she/he must be standing behind (and not stepping on) the 3-

meter line; otherwise, the ball cannot be attacked above the net in front of the 3-meter line. An underhand pass is allowed from any part of the court.

Referees



R1: 1st Referee **S/AS:** Scorer/Assistant Scorer
R2: 2nd Referee **④:** Ball Retrievers
L: Line Judges **—|:** Floor Moppers

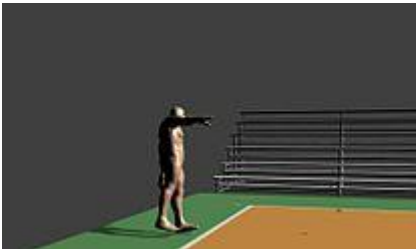
Skills

Competitive teams master six basic skills: serve, pass, set, attack, block and dig. Each of these skills comprises a number of specific techniques that have been introduced over the years and are now considered standard practice in high-level volleyball.

Serve



Setting up for an overhand serve



3D animation floating serve



A player making a jump serve

A player stands behind the inline and serves the ball, in an attempt to drive it into the opponent's court. The main objective is to make it land inside the court; it is also desirable to set the ball's direction, speed and acceleration so that it becomes difficult for the receiver to handle it properly. A serve is called an "ace" when the ball lands directly onto the court or travels outside the court after being touched by an opponent.

In contemporary volleyball, many types of serves are employed:

- ❖ **Underhand:** a serve in which the player strikes the ball below the waist instead of tossing it up and striking it with an overhand throwing motion. Underhand serves are

considered very easy to receive and are rarely employed in high-level competitions.

- ❖ **Sky ball serve:** a specific type of underhand serve occasionally used in beach volleyball, where the ball is hit so high it comes down almost in a straight line. This serve was invented and employed almost exclusively by the Brazilian team in the early 1980s and is now considered outdated. In Brazil, this serve is called *Jornada nas Estrelas* (Star Trek).
- ❖ **Topspin:** an overhand serve where the player tosses the ball high and hits it with a wrist span, giving it topspin which causes it to drop faster than it would otherwise and helps maintain a straight flight path. Topspin serves are generally hit hard and aimed at a specific returner or part of the court. Standing topspin serves are rarely used above the high school level of play.
- ❖ **Float:** an overhand serve where the ball is hit with no spin so that its path becomes unpredictable, akin to a knuckleball in baseball.
- ❖ **Jump serve:** an overhand serve where the ball is first tossed high in the air, then the player makes a timed approach and jumps to make contact with the ball, hitting it with much pace and topspin. This is the most popular serve amongst college and professional teams.
- ❖ **Jump float:** an overhand serve where the ball is tossed high enough that the player may jump before hitting it similarly to a standing float serve. The ball is tossed lower than a topspin jump serve, but contact is still made while in the air. This serve is becoming more popular amongst college and professional players because it has a certain unpredictability in its flight pattern. It is the only serve where the server's feet can go over the inline.

Pass

Also called reception, the pass is the attempt by a team to properly handle the opponent's serve, or any form of attack. Proper handling includes not only preventing the ball from touching the court, but also making it reach the position where the setter is standing quickly and precisely.



A player making a forearm pass or bump

The skill of passing involves fundamentally two specific techniques: underarm pass, or bump, where the ball touches the inside part of the joined forearms or platform, at waist line; and overhand pass, where it is handled with the fingertips, like a set, above the head. Either are acceptable in professional and beach volleyball, however there are much tighter regulations on the overhand pass in beach volleyball.

Set

The set is usually the second contact that a team makes with the ball. The main goal of setting is to put the ball in the air in such a way that it can be driven by an attack into the opponent's court. The setter coordinates the offensive movements of a team, and is the player who ultimately decides which player will actually attack the ball.



As with passing, one may distinguish between an overhand and a bump set. Since the former allows for more control over the speed and direction of the ball, the bump is used only when the ball is so low it cannot be properly handled with fingertips, or in beach volleyball where rules regulating overhand setting are more stringent. In the case of a set, one also speaks of a front or back set,

meaning whether the ball is passed in the direction the setter is facing or behind the setter. There is also a jump set that is used when the ball is too close to the net. In this case the setter usually jumps off his or her right foot straight up to avoid going into the net. The setter usually stands about $\frac{2}{3}$ of the way from the left to the right of the net and faces the left (*the larger portion of net that he or she can see*). Sometimes a setter refrains from raising the ball for a teammate to perform an attack and tries to play it directly onto the opponent's court. This movement is called a "dump".^[22] This can only be performed when the setter is in the front row, otherwise it constitutes an illegal back court attack. The most common dumps are to 'throw' the ball behind the setter or in front of the setter to zones 2 and 4. More experienced setters toss the ball into the deep corners or spike the ball on the second hit.

As with a set or an overhand pass, the setter/passers must be careful to touch the ball with both hands at the same time. If one hand is noticeably late to touch the ball this could result in a less effective set, as well as the referee calling a 'double hit' and giving the point to the opposing team.

Attack

The attack, also known as the *spike*, is usually the third contact a team makes with the ball. The object of attacking is to handle the ball so that it lands on the opponent's court and cannot be defended. A player makes a series of steps (the "approach"), jumps, and swings at the ball.

Ideally the contact with the ball is made at the apex of the hitter's jump. At the moment of contact, the hitter's arm is fully extended above his or her head and slightly forward, making the highest possible contact while maintaining the ability to deliver a powerful hit. The hitter uses arm swing, wrist snap, and a rapid forward contraction of the entire body to drive the ball. A 'bounce' is a slang term for a very hard/loud spike that follows an almost straight trajectory steeply downward into the opponent's court and bounces very high into the air. A "kill" is the slang term for an attack

that is not returned by the other team thus resulting in a point.



A Spanish player, 18 in red outfit, about to spike towards the Portuguese field, whose players try to block the way

Contemporary volleyball comprises a number of attacking techniques:

❖ **Backcourt (or backrow)/pipe attack:** an attack performed by a back

row player. The player must jump from behind the 3-meter line before making contact with the ball, but may land in front of the 3-meter line.

- ❖ **Line and Cross-court Shot:** refers to whether the ball flies in a straight trajectory parallel to the side lines, or crosses through the court in an angle. A cross-court shot with a very pronounced angle, resulting in the ball landing near the 3-meter line, is called a cut shot.
- ❖ **Dip/Dink/Tip/Cheat/Dump:** the player does not try to make a hit, but touches the ball lightly, so that it lands on an area of the opponent's court that is not being covered by the defense.
- ❖ **Tool/Wipe/Block-abuse:** the player does not try to make a hard spike, but hits the ball so that it touches the opponent's block and then bounces off-court.
- ❖ **Off-speed hit:** the player does not hit the ball hard, reducing its speed and thus confusing the opponent's defense.
- ❖ **Quick hit/"One":** an attack (usually by the middle blocker) where the approach and jump begin before the setter contacts the ball. The set (called a "quick set") is placed only slightly above the net and the ball is struck by the hitter almost immediately after leaving the setter's hands. Quick attacks are often effective because they isolate the middle blocker to be the only blocker on the hit.

- ❖ **Slide:** a variation of the quick hit that uses a low back set. The middle hitter steps around the setter and hits from behind him or her.
- ❖ **Double quick hit/"Stack"/"Tandem":** a variation of quick hit where two hitters, one in front and one behind the setter or both in front of the setter, jump to perform a quick hit at the same time. It can be used to deceive opposite blockers and free a fourth hitter attacking from backcourt, maybe without block at all.

Three players performing a block.



Block

Blocking refers to the actions taken by players standing at the net to stop or alter an opponent's attack.

A block that is aimed at completely stopping an attack, thus making the ball remain in the opponent's court, is called offensive. A well-executed offensive block is performed by jumping and reaching to penetrate with one's arms and hands over the net and into the opponent's area. It requires anticipating the direction the ball will go once the attack takes place. It may also require calculating the best foot work to executing the "perfect" block.

The jump should be timed so as to intercept the ball's trajectory prior to it crossing over the net. Palms are held deflected downward about 45-60 degrees toward the interior of the opponent's court. A "roof" is a spectacular offensive block that redirects the power and speed of the attack straight down to the attacker's floor, as if the attacker hit the ball into the underside of a peaked house roof.

By contrast, it is called a defensive, or "soft" block if the goal is to control and deflect the hard-driven ball up so that it slows down and becomes easier to defend. A well-executed soft-block is performed by jumping and placing one's hands

above the net with no penetration into the opponent's court and with the palms up and fingers pointing backward.

Blocking is also classified according to the number of players involved. Thus, one may speak of single (or solo), double, or triple block.

Successful blocking does not always result in a "roof" and many times does not even touch the ball. While it's obvious that a block was a success when the attacker is roofed, a block that consistently forces the attacker away from his or her 'power' or preferred attack into a more easily controlled shot by the defense is also a highly successful block.

At the same time, the block position influences the positions where other defenders place themselves while opponent hitters are spiking.

Dig

Player going for a dig



Digging is the ability to prevent the ball from touching one's court after a spike or attack, particularly a ball that is nearly touching the ground. In many aspects, this skill is similar to passing, or bumping:

overhand dig and bump are also used to distinguish between defensive actions taken with fingertips or with joined arms. It varies from passing however in that it is a much more reflex based skill, especially at the higher levels. It is especially important while digging for players to stay on their toes; several players choose to employ a split step to make sure they're ready to move in any direction.

Some specific techniques are more common in digging than in passing. A player may sometimes perform a "dive", i.e., throw his or her body in the air with a forward movement in an attempt to save the ball, and land on his or her chest. When the player also slides his or her hand under a ball that is almost touching the court, this is called a "pancake". The

pancake is frequently used in indoor volleyball, but rarely if ever in beach volleyball because the uneven and yielding nature of the sand court limits the chances that the ball will make a good, clean contact with the hand. When used correctly, it is one of the more spectacular defensive volleyball plays.

Sometimes a player may also be forced to drop his or her body quickly to the floor to save the ball. In this situation, the player makes use of a specific rolling technique to minimize the chances of injuries.

Team Play

Volleyball is essentially a game of transition from one of the above skills to the next, with choreographed team movement between plays on the ball. These team movements are determined by the teams chosen serve receive system, offensive system, coverage system, and defensive system.

The serve receive system is the formation used by the receiving team to attempt to pass the ball to the designated setter.

Systems can consist of 5 receivers, 4 receivers, 3 receivers, and in some cases 2 receivers. The most popular formation at higher levels is a 3 receiver formation consisting of two left sides and a libero receiving every rotation. This allows middles and right sides to become more specialized at hitting and blocking.

Offensive systems are the formations used by the offense to attempt to ground the ball into the opposing court (or otherwise score points). Formations often include designated player positions with skill specialization. Popular formations include the 4-2, 6-2, and 5-1 systems. There are also several different attacking schemes teams can use to keep the opposing defense off balance.



U.S. women's team
doing team planning

Coverage systems are the formations used by the offense to protect their court in the case of a blocked attack. Executed by the 5 offensive players not directly attacking the ball, players move to assigned positions around the attacker to dig up any ball that deflects off the block back into their own court. Popular formations include the 2-3 system and the 1-2-2 system. In lieu of a system, some teams just use a random coverage with the players nearest the hitter.

Defensive systems are the formations used by the defense to protect against the ball being grounded into their court by the opposing team. The system will outline which players are responsible for which areas of the court depending on where the opposing team is attacking from. Popular systems include the 6-Up, 6-Back-Deep, and 6-Back-Slide defense. There are also several different blocking schemes teams can employ to disrupt the opposing teams offense.

Some teams, when they are ready to serve, will line up their other five players in a screen to obscure the view of the receiving team. This action is only illegal if the server makes use of the screen, so the call is made at the referee's discretion as to the impact the screen made on the receivers ability to pass the ball. The most common style of screening involves a W formation designed to take up as much horizontal space as possible.

Coaching

Coaching for volleyball can be classified under two main categories: match coaching and developmental coaching. The objective of match coaching is to win a match by managing a team's strategy. Developmental coaching emphasizes player development through the reinforcement of basic skills during exercises known as "drills." Drills promote repetition and refinement of volleyball movements, particularly in footwork patterns, body positioning relative to others, and ball contact. A coach will construct drills that simulate match situations thereby encouraging speed of movement, anticipation, timing, communication, and team-work. At the various stages of a player's career, a coach will

tailor drills to meet the strategic requirements of the team. The American Volleyball Coaches Association is the largest organization in the world dedicated exclusively to volleyball coaching.



An image from an international match between Italy and Russia in 2005

Strategy

A Russian player on the left has just served, with three men of his team next to the net moving to their assigned block positions from the starting ones. Two others, in the back-row positions, are preparing for defense. Italy, on the right, has three men in a line, each preparing to pass if the ball reaches him. The setter is waiting for their pass while the middle hitter with no. 10 will jump for a quick hit if the pass is good enough. Alessandro Fei (no. 14) has no passing duties and is preparing for a back-row hit on the right side of the field. Note the two liberos with different color dress. Middle hitters/blockers are commonly substituted by liberos in their back-row positions.

Player Specialization

There are 5 positions filled on every volleyball team at the elite level. Setter, Outside Hitter/Left Side Hitter, Middle Hitter, Opposite Hitter/Right Side Hitter and Libero/Defensive Specialist. Each of these positions plays a specific, key role in winning a volleyball match.

- ❖ **Setters** have the task for orchestrating the offense of the team. They aim for second touch and their main responsibility is to place the ball in the air where the attackers can place the ball into the opponents' court for a point. They have to be able to operate with the hitters, manage the tempo of their side of the court and choose the right attackers to set. Setters need to have swift and skillful appraisal and tactical accuracy, and must be quick at moving around the court.
- ❖ **Liberos** are defensive players who are responsible for receiving the attack or serve. They are usually the players on the court with the quickest reaction time and best passing skills. *Libero* means 'free' in [Italian](#)—they receive this name as they have the ability to substitute for any other player on the court during each play. They do not necessarily need to be tall, as they never play at the net, which allows shorter players with strong passing and defensive skills to excel in the position and play an important role in the team's success. A player designated as a libero for a match may not play other roles during that match. Liberos wear a different color jersey than their teammates.
- ❖ **Middle blockers** or **Middle hitters** are players that can perform very fast attacks that usually take place near the setter. They are specialized in blocking, since they must attempt to stop equally fast plays from their opponents and then quickly set up a double block at the sides of the court. In non-beginners play, every team will have two middle hitters.
- ❖ **Outside hitters** or **Left side hitters** attack from near the left antenna. The outside hitter is usually the most consistent hitter on the team and gets the most sets. Inaccurate first passes usually result in a set to the outside hitter rather than middle or opposite. Since most sets to the outside are high, the outside hitter may take a longer approach, always starting from outside the court sideline. In non-beginners play, there are again two outside hitters on every team in every match.

- ❖ **Opposite hitters** or **Right-side hitters** carry the defensive workload for a volleyball team in the front row. Their primary responsibilities are to put up a well formed block against the opponents' *Outside Hitters* and serve as a backup setter. Sets to the opposite usually go to the right side of the antennae.

At some levels where substitutions are unlimited, teams will make use of a **Defensive Specialist** in place of or in addition to a Libero. This position does not have unique rules like the libero position, instead, these players are used to substitute out a poor back row defender using regular substitution rules. A defensive specialist is often used if you have a particularly poor back court defender in right side or left side, but your team is already using a libero to take out your middles. Most often, the situation involves a team using a right side player with a big block who must be subbed out in the back row because they aren't able to effectively play back court defense. Similarly, teams might use a Serving Specialist to sub out a poor server situationally.

Formations

The three standard volleyball formations are known as "4-2", "6-2" and "5-1", which refers to the number of hitters and setters respectively. 4-2 is a basic formation used only in beginners' play, while 5-1 is by far the most common formation in high-level play.

Formation Systems	
4-2	4 hitters 2 setters
6-2	6 hitters 2 setters
5-1	5 hitters 1 setter

4-2

The 4-2 formation has four hitters and two setters. The setters usually set from the middle front or right front position. The team will therefore have two front-row attackers at all times. In the international 4-2, the setters set from the right front position. The international 4-2 translates more easily into other forms of offense.

The setters line up opposite each other in the rotation. The typical lineup has two outside hitters. By aligning like positions opposite themselves in the rotation, there will always be one of each position in the front and back rows. After service, the players in the front row move into their assigned positions, so that the setter is always in middle front. Alternatively, the setter moves into the right front and has both a middle and an outside attacker; the disadvantage here lies in the lack of an offside hitter, allowing one of the other team's blockers to "cheat in" on a middle block.

The clear disadvantage to this offensive formation is that there are only two attackers, leaving a team with fewer offensive weapons.

Another aspect is to see the setter as an attacking force, albeit a weakened force, because when the setter is in the front court they are able to 'tip' or 'dump', so when the ball is close to the net on the second touch, the setter may opt to hit the ball over with one hand. This means that the blocker who would otherwise not have to block the setter is engaged and may allow one of the hitters to have an easier attack.

6-2

In the 6-2 formation, a player always comes forward from the back row to set. The three front row players are all in attacking positions. Thus, all six players act as hitters at one time or another, while two can act as setters. So the 6-2 formation is actually a 4-2 system, but the back-row setter penetrates to set.

The 6-2 lineup thus requires two setters, who line up opposite to each other in the rotation. In addition to the setters, a typical lineup will have two middle hitters and two outside hitters. By aligning like positions opposite themselves in the rotation, there will always be one of each position in the front and back rows. After service, the players in the front row move into their assigned positions.

The advantage of the 6-2 is that there are always three front-row hitters available, maximizing the offensive possibilities. However, not only does the 6-2 require a team to possess two people capable of performing the highly specialized role of setter, it also requires both of those players to be effective offensive hitters when not in the setter position. At the international level, only the Cuban National Women's Team employs this kind of formation. It is also used in Women's [NCAA](#) play, partially due to the variant rules used which allow 12^[23] substitutions per set (as opposed to the 6 allowed in the standard rules).

5-1

The 5-1 formation has only one player who assumes setting responsibilities regardless of his or her position in the rotation. The team will therefore have three front-row attackers when the setter is in the back row, and only two when the setter is in the front row, for a total of five possible attackers.

The player opposite the setter in a 5-1 rotation is called the *opposite hitter*. In general, opposite hitters do not pass; they stand behind their teammates when the opponent is serving. The opposite hitter may be used as a third attack option (back-row attack) when the setter is in the front row: this is the normal option used to increase the attack capabilities of modern volleyball teams. Normally the opposite hitter is the most technical skilled hitter of the team. Back-row attacks generally come from the back-right position, known as zone 1, but are increasingly performed from back-center in high-level play.

The big advantage of this system is that the setter always has 3 hitters to vary sets with. If the setter does this well, the opponent's middle blocker may not have enough time to block with the outside blocker, increasing the chance for the attacking team to make a point.

There is another advantage, the same as that of a 4-2 formation: when the setter is a front-row player, he or she is allowed to jump and "dump" the ball onto the opponent's

side. This too can confuse the opponent's blocking players: the setter can jump and dump or can set to one of the hitters. A good setter knows this and thus won't only jump to dump or to set for a quick hit, but when setting outside as well to confuse the opponent.

The 5-1 offense is actually a mix of 6-2 and 4-2: when the setter is in the front row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 6-2.

Coaches Manual

Level I	Level II
https://www.fivb.com/wp-content/uploads/2024/03/FIVB_Coach_Manual_EN.pdf	https://www.fivb.com/wp-content/uploads/2024/03/Coaches_Manual_Level_II_EN.pdf

Variations and related games

There are many variations on the basic rules of volleyball. By far the most popular of these is beach volleyball, which is played on sand with two people per team, and rivals the main sport in popularity.

Some games related to volleyball include:

- ❖ **Beachball volleyball:** A game of indoor volleyball played with a beach ball instead of a volleyball.
- ❖ **Biribol:** an aquatic variant, played in shallow swimming pools. The name comes from the Brazilian city where it was invented, Birigui.
- ❖ **Ecua-volley:** A variant invented in Ecuador, with some significant variants, such as number of players, and a heavier ball.
- ❖ **Footvolley:** A sport from Brazil in which the hands and arms are not used but most else is like beach volleyball.
- ❖ **Hooverball:** Popularized by President Herbert Hoover, it is played with a volleyball net and a medicine ball; it is scored like tennis, but the ball is caught and then thrown back. The weight of the medicine ball can make the sport to be quite physically demanding; annual championship tournaments are held annually in West Branch, Iowa.

- ❖ **Newcomb ball (sometimes spelled "Nuke 'Em"):** In this game, the ball is caught and thrown instead of hit; it rivaled volleyball in popularity until the 1920s.
- ❖ **Prisoner Ball:** Also played with volleyball court and a volleyball, prisoner ball is a variation of Newcomb ball where players are "taken prisoner" or released from "prison" instead of scoring points. Usually played by young children.
- ❖ **Sepak Takraw:** Played in Southeast Asia using a rattan ball and allowing only players' feet, knees, chest, and head to touch the ball.
- ❖ **Throwball:** became popular with women players at the YMCA College of Physical Education in Chennai (India) in the 1940s.
- ❖ **Wallyball:** A variation of volleyball played in a racquetball court with a rubber ball.

Volleyball Scoresheet

Date: _____ & Time: _____ Court No.: _____

Team A		Chest No.	Team B		Chest No.
SN	Name of Player		SN	Name of Player	
1			1		
2			2		
3			3		
4			4		
5			5		
6			6		
7			7		
8			8		
9			9		
10			10		
11			11		
12			12		
Libero			Libero		
Coach			Coach		

Toss won by _____ and selected Service / Side

Team A	Rotation	T/O	Team B	Rotation	T/O
1 2 3 4 5 6 7 8 9 10 11 12 13			1 2 3 4 5 6 7 8 9 10 11 12 13		
14 15 16 17 18 19 20 21 22			14 15 16 17 18 19 20 21 22		
23 24 25 26 27 28 29 30 31	Final Score		23 24 25 26 27 28 29 30 31	Final Score	
32 33 34 35 36 37 38 39 40			32 33 34 35 36 37 38 39 40		
Team A	Rotation	T/O	Team B	Rotation	T/O
1 2 3 4 5 6 7 8 9 10 11 12 13			1 2 3 4 5 6 7 8 9 10 11 12 13		
14 15 16 17 18 19 20 21 22			14 15 16 17 18 19 20 21 22		
23 24 25 26 27 28 29 30 31	Final Score		23 24 25 26 27 28 29 30 31	Final Score	
32 33 34 35 36 37 38 39 40			32 33 34 35 36 37 38 39 40		
Team A	Rotation	T/O	Team B	Rotation	T/O
1 2 3 4 5 6 7 8 9 10 11 12 13			1 2 3 4 5 6 7 8 9 10 11 12 13		
14 15 16 17 18 19 20 21 22			14 15 16 17 18 19 20 21 22		
23 24 25 26 27 28 29 30 31	Final Score		23 24 25 26 27 28 29 30 31	Final Score	
32 33 34 35 36 37 38 39 40			32 33 34 35 36 37 38 39 40		

Match won by _____ Set Score: _____

Team A Captain	Team B Captain	First Referee	Second Referee	Scorer

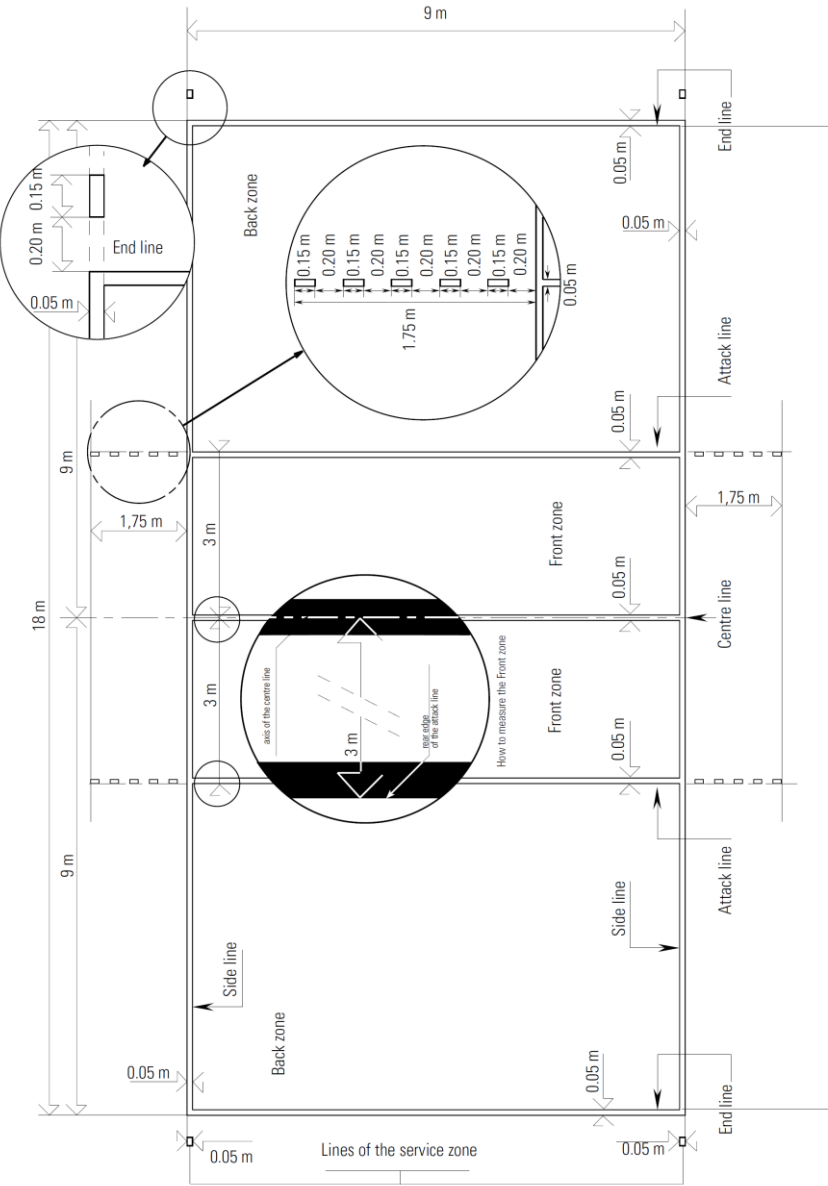
Team Rotation Slip

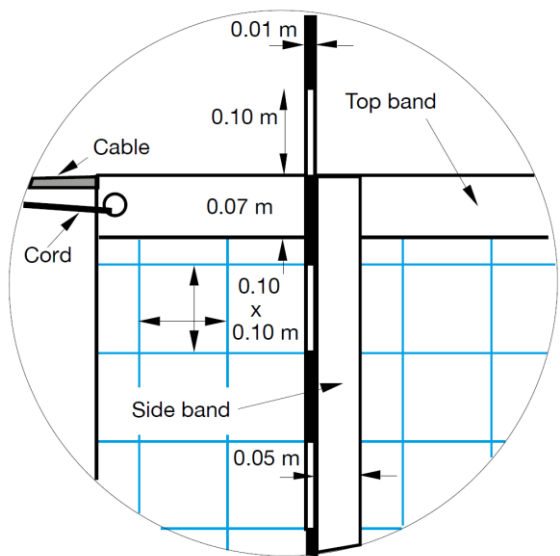
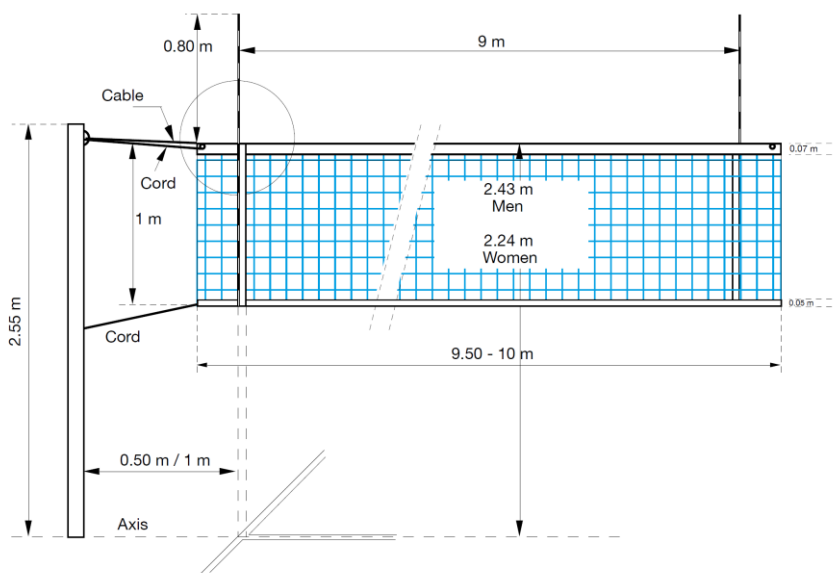
Team _____ Rotation Slip		

Team _____ Rotation Slip		

Team _____ Rotation Slip		

Team _____ Rotation Slip		





9a: MISCONDUCT WARNINGS AND SANCTIONS

CATEGORIES	OCCURRENCE	OFFENDER	SANCTION	CARDS	CONSEQUENCE
MINOR MISCONDUCT	Stage 1	Any member	Not considered as sanction	None	Prevention only
	Stage 2			Yellow	
	repetition any time		Penalty	as below	as below
RUDE CONDUCT	First	Any member	Penalty	Red	A point and service to the opponent
	Second	Same member	Expulsion	Red + Yellow jointly	Team member must go to the team's dressing room for the remainder of the set
	Third	Same member	Disqualification	Red + Yellow separately	Team member must go to the team's dressing room for the remainder of the match
OFFENSIVE CONDUCT	First	Any member	Expulsion	Red + Yellow jointly	Team member must go to the team's dressing room for the remainder of the set
	Second	Same member	Disqualification	Red + Yellow separately	Team member must go to the team's dressing room for the remainder of the match
AGGRESSION	First	Any member	Disqualification	Red + Yellow separately	Team member must go to the team's dressing room for the remainder of the match

9b: DELAY WARNING SYMBOLS AND SANCTIONS

CATEGORIES	OCCURRENCE	OFFENDER	DETERRENT or SANCTION	CARDS	CONSEQUENCE
DELAY	First	Any member of the team	Delay Warning	Hand signal No. 25 with Yellow card	Prevention – no penalty
	Second and subsequent	Any member of the team	Delay Penalty	Hand signal No. 25 with Red card	A point and service to the opponent

FIVB

FEDERATION INTERNATIONALE
DE VOLLEYBALL

VOLLEYBALL OFFICIAL HAND SIGNALS

REFEREES' OFFICIAL
HAND SIGNALS

1. INDICATING THE BALL

Relevant Rules 12.3, 22.2.1

Move the hand to indicate direction of service

●

2. TEAM TO SERVE

Relevant Rules 20.2.3.3, 20.2.3.2, 20.2.3.4

Extend the arm to the side of team that will serve

●●

3. BEING IN POSITION

Relevant Rule 19.2

Raise the forearms front and back and twist them around the body

●

4. TIME-OUT

Relevant Rule 15.4.1

Place the palm of one hand over the fingers of the other, held vertically, showing a T and then indicate the requesting team

●

5. SUBSTITUTION

Relevant Rules 15.5.1, 15.5.2, 15.8

Circular motion of the forearms around each other

●●

6a. MISCONDUCT WARNING

Relevant Rule 21.1, 21.6

Show a yellow card for warning

●

6b. MISCONDUCT PENALTY

Relevant Rules 21.3.1, 21.6, 21.3.2

Show a red card for penalty

●

7. EXPULSION

Relevant Rules 21.3.2, 21.6, 21.3.2.2

Show both cards jointly for expulsion

●

8a. DISQUALIFICATION

Relevant Rules 21.3.1, 21.6, 21.3.2.2

Show red and yellow cards separately for disqualification

●

8b. DISQUALIFICATION

Relevant Rules 22.4.1

Cross the forearms in front of the chest, hands open

●●

9. 1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20

Relevant Rule 12.4.1

Lift the extended arm, the palm of the hand facing upwards

●

11. CELEBRATE VICTORY

Relevant Rule 12.4.4

Raise eight fingers, spread open

●

12. LOCKING ELBOW OR FORELEMS

Relevant Rules 12.5, 12.4.2.3, 14.4.3, 15.1.1.3, 20.2.3.2, p. 24.2.2.4

Raise both arms vertically, palms forward

●●

13. INDICATING THE POSITION OF THE BALL

Relevant Rule 15.1, 15.2, 15.2.2.3, 15.2.2.2

Make a circular motion with the forefinger

●●

14. FINGER

Relevant Rule 19.3

Point the arm and fingers toward the floor

●●

15. FINGER

Relevant Rules 6.4.1, 6.4.2, 6.4.3, 6.4.4, 6.4.5, 14.3.2, 14.3.2.2

Raise the forearms vertically, hands open, palms towards the body

●●

16. GASP

Relevant Rules 6.2.2, 9.3.3, 20.2.3.2b

Shake the forearms, palm of the hand facing upwards

●

17. DOUBLE CORNER

Relevant Rules 9.3.4, 20.2.3.2b

Raise two fingers, spread open

●

18. FOUR FINGERS

Relevant Rules 21.3.1, 21.3.2b

Raise four fingers, spread open

●

19. SET FORWARD IN POSITION, POSITION AREA, TOUCHES THE NET, BEHIND THE ANTENNAE, AND

Relevant Rules 11.4.1, 12.4.2.3

Indicate the side of the net with the corresponding hand

●●

20. SETTING A SERVICE TRY

Relevant Rules 11.4.1, 13.5.1, 14.1, 14.1.1, 20.2.3.2b

Place a hand above the net, palm facing downwards

●

21. SERVICE WARNING

Relevant Rule

To be used when the ball is above or in the opponent's center

13.1.3, 13.1.4, 13.1.5, 13.1.6, 13.1.7, 13.1.8, 13.1.9, 13.1.10, 13.1.11, 13.1.12, 13.1.13, 13.1.14, 13.1.15, 13.1.16, 13.1.17, 13.1.18, 13.1.19, 13.1.20, 13.1.21, 13.1.22, 13.1.23, 13.1.24, 13.1.25, 13.1.26, 13.1.27, 13.1.28, 13.1.29, 13.1.30, 13.1.31, 13.1.32, 13.1.33, 13.1.34, 13.1.35, 13.1.36, 13.1.37, 13.1.38, 13.1.39, 13.1.40, 13.1.41, 13.1.42, 13.1.43, 13.1.44, 13.1.45, 13.1.46, 13.1.47, 13.1.48, 13.1.49, 13.1.50, 13.1.51, 13.1.52, 13.1.53, 13.1.54, 13.1.55, 13.1.56, 13.1.57, 13.1.58, 13.1.59, 13.1.60, 13.1.61, 13.1.62, 13.1.63, 13.1.64, 13.1.65, 13.1.66, 13.1.67, 13.1.68, 13.1.69, 13.1.70, 13.1.71, 13.1.72, 13.1.73, 13.1.74, 13.1.75, 13.1.76, 13.1.77, 13.1.78, 13.1.79, 13.1.80, 13.1.81, 13.1.82, 13.1.83, 13.1.84, 13.1.85, 13.1.86, 13.1.87, 13.1.88, 13.1.89, 13.1.90, 13.1.91, 13.1.92, 13.1.93, 13.1.94, 13.1.95, 13.1.96, 13.1.97, 13.1.98, 13.1.99, 13.1.100, 13.1.101, 13.1.102, 13.1.103, 13.1.104, 13.1.105, 13.1.106, 13.1.107, 13.1.108, 13.1.109, 13.1.110, 13.1.111, 13.1.112, 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13.1.813, 13.1.814, 13.1.815, 13.1.816, 13.1.817, 13.1.818, 13.1.819, 13.1.820, 13.1.821, 13.1.822, 13.1.823, 13.1.824, 13.1.825, 13.1.826, 13.1.827, 13.1.828, 13.1.829, 13.1.830, 13.1.831, 13.1.832, 13.1.833, 13.1.834, 13.1.835, 13.1.836, 13.1.837, 13.1.838, 13.1.839, 13.1.840, 13.1.841, 13.1.842, 13.1.843, 13.1.844, 13.1.845, 13.1.846, 13.1.847, 13.1.848, 13.1.849, 13.1.850, 13.1.851, 13.1.852, 13.1.853, 13.1.854, 13.1.855, 13.1.856, 13.1.857, 13.1.858, 13.1.859, 13.1.860, 13.1.861,

Official Flag Signals

1 BALL "IN"

Relevant Rule: 8.3, 29.2.1.1

Point down with flag

L

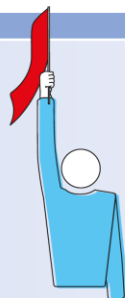


2 BALL "OUT"

Relevant Rules: 8.4.1, 29.2.1.1

Raise flag vertically

L



3 BALL TOUCHED

Relevant Rule: 29.2.1.2

Raise flag and touch the top with the palm of the free hand

L



4 CROSSING SPACE FAULTS, BALL TOUCHED AN OUTSIDE OBJECT, OR FOOT FAULT BY ANY PLAYER DURING SERVICE

Relevant Rules: 8.4.2, 8.4.3, 8.4.4, 12.4.3, 29.2.1.3, 29.2.1.4, 29.2.1.6, 29.2.1.7

Wave flag over the head and point to the antenna or the respective line

L

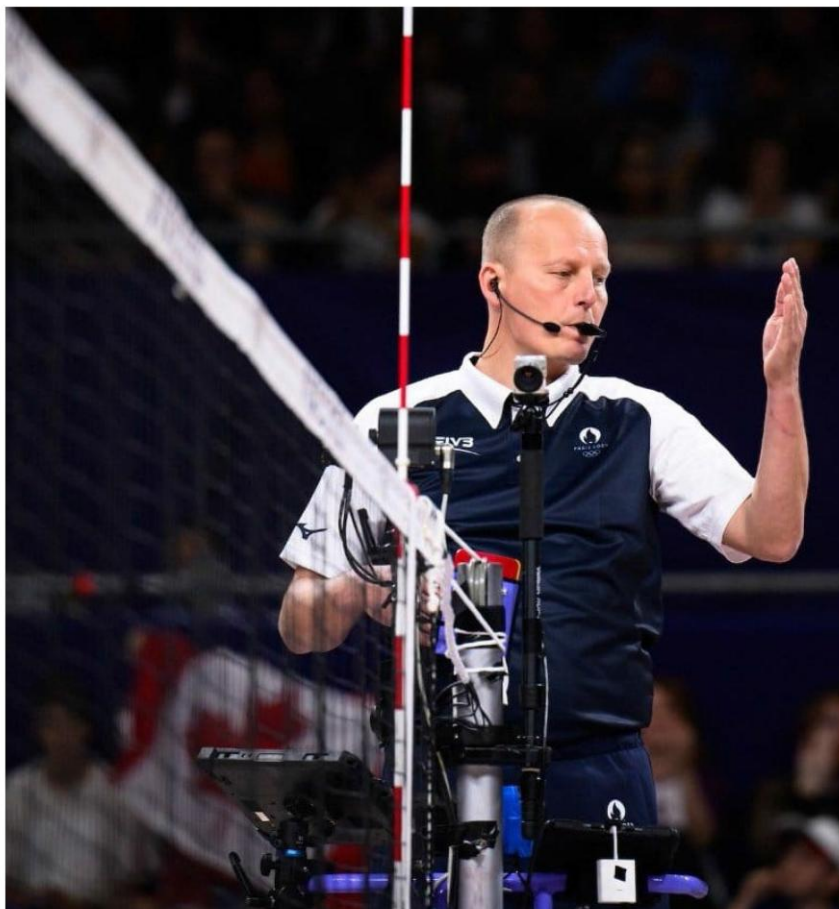


5 JUDGEMENT IMPOSSIBLE

Raise and cross both arms and hands in front of the chest



L





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