**SERVE**

Server must serve from completely behind the end line.
Serve may be done overhand or underhand, with underhand being the easiest to learn.
The ball must be visible to opponents before the serve.
A legal serve may hit the net and continue over.
The serve must be returned with a bump (no setting or attacking).
The server's primary responsibility is to get the ball over the net and within the court. The serve must be returned with a forearm pass. No setting and or attacking. An underhand serve is performed with a closed fist, using the heel of the hand as the hitting surface.

**SCORING**

Rally scoring will be used.
A point will be scored on every serve, to the team that won the point.
Games will be played on time limits.
The winning team will be the team ahead at the end of the time limit.

**ROTATION**

Teams will rotate each time a new server is to serve.
Teams will rotate clockwise.
There will be 6 players per team. Three front row (left front, middle front, right front) and three back row players (left back, middle back, right back).

**PLAYING THE GAME**

A maximum of 3 hits per side is allowed.
A player may not hit the ball two times consecutively.
The ball may be played off the net on a volley or serve.
A ball that hits on a boundary line is good.
A legal hit is contact with the ball by a player above and including the waist.
If two or more players contact the ball simultaneously, it is considered one hit and one of the players may participate in the next hit.

**FOREARM PASS**

Feet slightly wider than shoulder width, in a front-back stride position, foot opposite intended direction slightly back.
Knees slightly bent tracking above or just in front of a player's toes.
Weight should be placed on the balls of the feet.
Pinch the torso forward causing the shoulders to track in front of the knees. Arms placed out in front of the body parallel to the player’s thighs, extend elbows. Watch ball all the way to contact. Contact ball at waist level or lower, centering the ball with the midline of the body. Lift arms into the ball, making contact above the thumbs on the fleshy sides of the forearms. Knees and hips extend.

**VIOLATIONS**
Stepping on or over the baseline while serving.
Failing to serve the ball so it goes over the net.
Hitting the ball illegally. (Carrying, palming, throwing, etc.)
Touching the net with any part of the body while the ball is in play.
Reaching under the net. (If it interferes with the opposing team)
Serving out of order.
Reaching over the net, except when following through on a spike.

**THE COURT**
NOTE – The serving area in the diagram above is incorrect. The server may serve from anywhere along the baseline.

The volleyball weighs between 9 and 10 ounces.

### VOLLEYBALL LINGO AND TRANSLATIONS

<table>
<thead>
<tr>
<th>Term</th>
<th>Translation</th>
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<tbody>
<tr>
<td>Ace</td>
<td>When the ball is served in bounds to the other team and no one touches it.</td>
</tr>
<tr>
<td>Side out</td>
<td>When the team that served the ball makes a mistake, causing the ball to go to the other team.</td>
</tr>
<tr>
<td>Roof</td>
<td>When a player jumps above the height of the net and blocks the ball.</td>
</tr>
<tr>
<td>Stuff</td>
<td>When a player jumps above the height of the net, blocks the ball, and the ball goes back to the player who spiked the ball.</td>
</tr>
<tr>
<td>Double Hit</td>
<td>When a player hits the ball two or more times in a row.</td>
</tr>
<tr>
<td>Kill</td>
<td>When a team spikes the ball and it hits in bounds for a point or a side out.</td>
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</tbody>
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