

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No. I (Part-B 1)

Topic No. A (1)

Topic Name: Volley Ball

Lecture No. - 26

Lecture Title

Volleyball Rules

Summary

There are thirty rules in the game of volleyball. It is critical that to be a proficient player, or just to avoid needless interruptions brought on by debate of the rules of play, you should become very familiar with all the rules. The more you play, the more you'll improve. Even the "backyard warrior" who doesn't intend to go beyond the occasional recreational game needs to be familiar with the basics.