



VOLLEYBALL - 2

INTRODUCTION

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. This text is aimed at a broad Volleyball public – players, coaches, referees, spectators, commentators – for the following reasons: understanding the rules better, allows better play – coaches can create better team structure and tactics, allowing players full rein to display their skills; understanding the relationship between rules allows officials to make better decisions. This introduction at first focuses on Volleyball as a competitive sport, before setting out to identify the main qualities required for successful refereeing.

RULES AND REGULATIONS OF THE GAME

PLAYING AREA

The playing area includes the playing court and the free zone. It shall be rectangular and symmetrical

ZONES AND AREA

Front zone

On each court the front zone is limited by the axis of the centre line and the rear edge of the attack line. The front zone is considered to extend beyond the side lines to the end of the free zone.

Service zone

The service zone is a 9 m wide area behind each end line.

It is laterally limited by two short lines, each 15 cm long, drawn 20 cm behind the end line as an extension of the side lines. Both short lines are included in the width of the service zone.

In depth, the service zone extends to the end of the free zone.

Substitution zone

The substitution zone is limited by the extension of both attack lines up to the scorer's table.

Libero Replacement zone

The Libero Replacement zone is part of the free zone on the side of the team benches, limited by the extension of the attack line up to the end line

Warm-up area

For FIVB, World and Official Competitions, the warm-up areas, sized approximately 3 x 3 m, are located in both of the bench-side corners, outside the free zone.

Penalty area

A penalty area, sized approximately 1 x 1 m and equipped with two chairs, is located in the control area,

outside the prolongation of each end line. They may be limited by a 5 cm wide red line.

TEMPERATURE

The minimum temperature shall not be below 10° C (50° F).

LIGHTING

For FIVB, World and Official Competitions, the lighting on the playing area should be 1000 to 1500 lux measured at 1 m above the surface of the playing area.

NET AND POST

Placed vertically over the centre line there is a net whose top is set at the height of 2.43 m for men and 2.24 m for women.

Its height is measured from the centre of the playing court. The net height (over the two side lines) must be exactly the same and must not exceed the official height by more than 2 cm.

ANTENNAE

An antenna is a flexible rod, 1.80 m long and 10 mm in diameter, made of fibreglass or similar material.

BALL

- The ball shall be spherical, made of a flexible leather or synthetic leather case with a bladder inside, made of rubber or a similar material.
- Its colour may be a uniform light colour or a combination of colours.
- Synthetic leather material and colour combinations of balls used in international official

competitions should
comply with FIVB standards.

- Its circumference is 65-67 cm and its weight is 260-280 g.
- Its inside pressure shall be 0.30 to 0.325 kg/cm² (4.26 to 4.61 psi) (294.3 to 318.82 mbar or hPa)

TEAM COMPOSITION

For the match, a team may consist of upto 12 players, plus

- Coaching Staff: one coach, a maximum of two assistant coaches,
- Medical Staff: one team therapist and one medical doctor.

Only those listed on the score sheet one may normally enter the Competition/ Control Area and take part in the official
warm up and in the match.

TEAM LEADERS

Both the team captain and the coach are responsible for the conduct and discipline of their team members.

POINTS

A set (except the deciding 5th set) is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24; 27-25; etc.).

The match is won by the team that wins three sets.

OFFICIALS AND THEIR RESPONSIBILITIES

OFFICIALS

The refereeing corps for a match is composed of the following officials:

- The 1st referee,
- The 2nd referee,
- The scorer,
- Four (two) line judges.

RESPONSIBILITIES OF 1ST REFEREE

Prior to the match, the 1st referee:

1. inspects the conditions of the playing area, the balls and other equipment;
2. performs the toss with the team captains;
3. controls the teams' warming-up.

4. During the match, he/she is authorized:

5. to issue warnings to the teams;

6. to sanction misconduct and delays

DUTIES OF 1ST REFEREE

- The 1st referee carries out his/her functions standing on a referee's stand located at one end of the net on the opposite side to the scorer. His/her view must be approximately 50 cm above the net.
- The 1st referee directs the match from the start until the end. He/ she has authority over all members of the refereeing corps and the members of the teams.
- During the match his/her decisions are final. He/she is authorized to overrule the decisions of other members of the refereeing corps, if it is noticed that they are mistaken.
- He/she also controls the work of the ball retrievers, floor wipers and moppers.
- He/she has the power to decide any matters involving the game, including those not provided for in the rules.
- He/she shall not permit any discussion about his/her decisions.

RESPONSIBILITIES OF 2ND REFEREE

- At the start of each set, at the change of courts in the deciding set and whenever necessary, the 2nd referee checks that actual positions of the players on the court corresponding to those on the line-up sheets.

During the match, he/she decides, whistles and signals:

- Penetration into the opponent's court, and the space under the net
- Positional faults of the receiving team;
- The faulty contact of the player with the net primarily on the blocker's side and with the antenna on his/her side of the court
- The contact of the ball with an outside object;
- The contact of the ball with the floor when the 1st referee is not in position to see the contact;
- The served ball and the 3rd hit passing over or outside the antenna on his/ her side of the court.
- At the end of the match, he/she checks and signs the score sheet.

DUTIES OF 2ND REFEREE

- The 2nd referee performs his/her functions standing outside the playing court near the post, on the opposite side and facing the 1st referee.
- The 2nd referee is the assistant of the 1st referee, but has also his/her own range of jurisdiction.
- Should the 1st referee become unable to continue his/her work, the 2nd referee may replace him/her.
- He/she may, without whistling, also signal faults outside his/her range of jurisdiction, but may not insist on them to the 1st referee.
- He/she controls the work of the scorer(s).
- He/she supervises the team members on the team bench and reports their misconduct to the 1st referee.
- He/she controls the players in the warm-up areas.
- He/she authorizes the regular game interruptions, controls their duration and rejects improper requests.
- He/she controls the number of time-outs and substitutions used by each team and reports the 2nd time-out and 5th and 6th substitutions to the 1st referee and the coach concerned.
- In the case of an injury of a player, he/she authorizes an exceptional substitution or grants a 3-minute recovery time.
- He/she supervises the team members in the penalty areas and reports their misconduct to the 1st referee.

RESPONSIBILITIES AND DUTIES OF SCORER

- The scorer performs his/her functions seated at the scorer's table on the opposite side of the court from and facing the 1st referee.
- He/she fills in the score sheet according to the rules, co-operating with the 2nd referee.
- He/she uses a buzzer or other sound device to notify irregularities or give signals to the referees on the basis of his/her responsibilities

1. Prior to the match and set, the scorer:

- ❖ registers the data of the match and teams, including the names and numbers of

- the Liberos, according to the procedures in force, and obtains the signatures of the captains and the coaches;
- ❖ records the starting line-up of each team from the line-up sheet (or checks the data submitted electronically.)
 - ❖ If he/she fails to receive the line-up sheets on time, he/she immediately notifies this fact to the 2nd referee.

2. During the match, the scorer:

- ❖ records the points scored;
- ❖ controls the serving order of each team and indicates any error to the referees immediately after the service hit;
- ❖ announces to the referees the ends of the sets, and the scoring of the 8th point in the deciding set;
- ❖ records misconduct warnings, sanctions and improper requests;
- ❖ controls the interval between sets.

3. At the end of the match, the scorer

- ❖ records the final result;
- ❖ in the case of protest, with the previous authorization of the 1st referee, writes or permits the team/game captain to write on the score sheet a statement on the incident being protested
- ❖ signs the score sheet him/herself, before obtaining the signatures of the team captains and then the referees.

RESPONSIBILITIES AND DUTIES OF LINE JUDGE

- The line judges perform their functions by using flags (40 x 40 cm), to signal:
- the ball "in" and "out" whenever the ball lands near their line(s);
- the touches of "out" balls by the team receiving the ball;
- the ball touching the antenna, the served ball and the third hit of the team crossing the net outside the crossing space, etc.;
- any player (except the server) stepping outside of his/her court at the moment of the service hit;
- the foot faults of the server;

- any contact with the top 80 cm of the antenna on their side of the court by any player during his/her action of playing the ball or interfering with the play;
- the ball crossing the net outside the crossing space into the opponent's court or touching the antenna on his/her side of the court.
- At the 1st referee's request, a line judge must repeat his/her signal.

IMPORTANT TOURNAMENTS OF DIFFERENT LEVELS

NATIONAL LEVEL TOURNAMENTS

National Games Volleyball.

Federation Cup

Senior National

Youth National Championship

National Club Volleyball Championship

INTERNATIONAL LEVEL TOURNAMENTS

World Championship

Olympic Games

World cup

World Grand Champions cup

World league

World Grand Prix

Club World Championship

SPORTS ACHIEVEMENTS AND AWARDEES

ARJUNA AWARDEES

YEAR	NAME
1. 1990	DALEL SINGH RAO
2. 1991	K. UDAYA KUMAR
3. 1999	SUKHPAL SINGH
4. 2000	P.V. RAMAN
5. 2001	AMIR SING
6. 2002	RAVIKANT REDDY

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| 7. 2010 | K.J. KAPIL DEV |
| 8. 2011 | SANJAY KUMAR |
| 9. 2014 | TOM JOSEPH |

DRONACHARYA AWARDEES

- | YEAR | NAME |
|-------------|---------------------|
| 1. 1990 | A. RAMAN RAO |
| 2. 1995 | M. SHYAM SUNDAR RAO |
| 3. 2007 | G.E.SRIDHARAN |

CONCLUSION

In Volleyball, the team winning 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 one of the most successful and popular competitive and recreational sports in the world. It is fast, it is exciting and the action is explosive. Yet Volleyball comprises several crucial overlapping elements whose complimentary interactions render it unique amongst rally games. In recent years the FIVB has made great strides in adapting the game to a modern audience.
