

# Volleyball Rules and Regulation

Name \_\_\_\_\_

Below list and explain six general rules of volleyball

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_

6. \_\_\_\_\_  
\_\_\_\_\_

List five safety rules used in volleyball

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

5. \_\_\_\_\_

List five violation which can occur during a game

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Volleyball Challenge Assignment

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. List the positions of volleyball players and what the responsibility is of each positions is to do on the court:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

2. Diagram the volleyball court with the dimensions of the court including the attack line.

3. Define the following terms:

1. spike -

2. set-

3. serve-

4. dig-

5. carry -

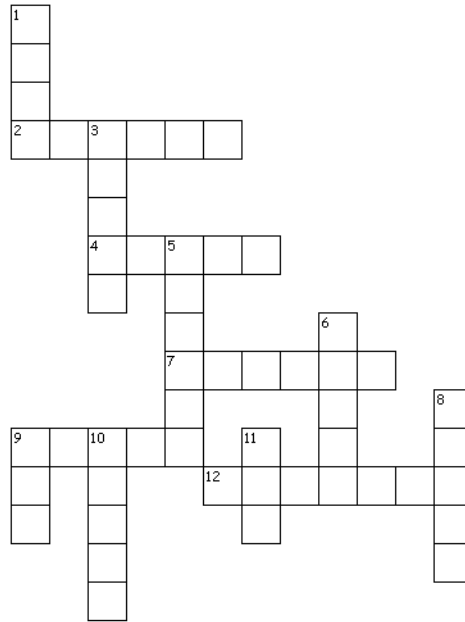
6. pass-

7. foot fault-

8. rally score -

Name \_\_\_\_\_

# Volleyball



## Across

2. Defensive position
4. Illegal hit
7. Line ten foot line
9. The initial hit that puts ball into play
12. Failure of the serving team to score

## Down

1. A violation of the rules
3. A defensive play used to intercept a spike
5. To move to the next position the floor in a clockwise manner
6. Game is to 25
8. Consists of the best out of 3 or 5 games.
9. A high over hand pass close to the net, so a hitter can spike.
10. Score a point is scored on every dead ball.
11. Defensive hit to retrieve a spike

## Volleyball Quiz Assignment

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Complete all multiple choice question with the best answer.

1. To position the ball so a team-mate can spike the ball.  
A. hold      B. dig      C. set      D. attack
2. The original name for volleyball.  
A. walleyball      B. Tap Ball      C. Mintonette      D. volleyball
3. To let the ball settle into the hands briefly on a shot instead of Releasing it immediately  
A. Carry      B. Spike      C. Tip      D. Free ball
4. A line three meters from the net which marks the limit for where a back-row player may advance to hit the ball from above the net.  
A. Rotate      B. Attack line      C. Spike line      D. Court line
5. To smash the ball overarm into the opponent's court.  
A. Spike      B. Tip      C. Free Ball      D. Carry
6. To block an opposing player from spiking the ball by jumping with arms up and over the net.  
A. Set      B. Block      C. Spike      D. Attack
7. The initial hit which starts the game.  
A. Spike      B. Dig      C. Serve      D. Set
8. To move to the next position on the floor in a clockwise.  
A. Movement      B. Next      C. rotate      D. Defense

9. A Player who excels in setting up team mates to attack.  
A. Setter      B. Spike      C. Smash      D. Attack Line
10. A defensive move in which both arms are placed together in an Attempt to bounce a hard- hit ball up into the air.  
A. Hold      B. Block      C. Dig      D. Spike
11. A defensive player that only plays the back row for defense.  
A. Setter      B. Blocker      C. Libero      D. Hitter
12. A regulation boy's college match consist of.  
A. Best out of 5 games      B. 1 game      C. Best out of 3  
D. No limit

# Volleyball

Name \_\_\_\_\_

F N A R Y J O Y K S M E F E J  
E Q R T Q T R U O C X T U P K  
V O L L E Y B A L L A A Z K B  
R D Y N R S I D E O U T H M K  
E W D O P K N H H N W O T C I  
S L R I A Q K E V Q I R O A N  
O G K Y S F E X F O U L C V H  
R E I M S I Y S Y E B L T K I  
S T B X G I X U N V D I V F V  
D C T Q G M V A N P I T Q P C  
E H C U Y N X Y B B G B J I P  
Q Q W H X Q L Z T R T Z D S L  
S X Y P E Y L K B N H G P V U  
U F T Z J Z B M X Q R J Q Q E  
M N P V B L Z L J F U W U H Z

ATTACK  
DEFENSE  
FTLINE

BLOCK  
DIG  
NET

COURT  
FOUL  
PASS



ROTATE  
SIDEOUT  
VOLLEYBALL

SERVE  
SPIKE

SET  
TIP