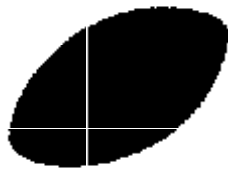
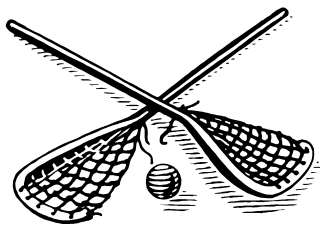
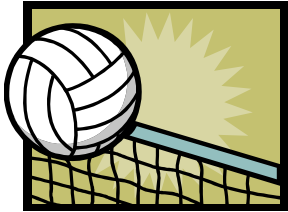


TEAM

sports

Activity Packet



BASKETBALL HANDOUT

DIMENSIONS / MEASUREMENTS, FACTS

- The rim is 10 feet off the floor
- The foul line is 15 feet from the basket
- The out of bounds line at end of each court is called the baseline
- The line that runs through the center of the court, from sideline to sideline, is called the mid-court line
- The area in front of each basket is called the lane
- In high school, the 3 point line is 19'9" from the basket
- Each team puts 5 players on the court at a time

LENGTH OF GAMES

- High school: 4, 8 minute quarters
- College: 2, 20 minute halves
- Professional: 4, 12 minute quarters

TERMINOLOGY

- Field goal: Made when a shot is made from the floor, during the course of the game, with the clock running. The shot is worth 2 pts. if taken from inside the 3 point line, 3 pts. if made from outside the arc.
- Free throw: A shot or shots awarded to a player for a foul on a member of the other team. The shot is taken from the foul line, with no defense and is worth 1 point. A player receives 2 free throws if they were fouled while attempting a shot or 3 if it was a 3-pt. attempt.
- Traveling: A violation where a player moves both feet, without dribbling the ball. Results in loss of possession.
- Double-Dribble: Once a player has stopped their dribble and picked the ball up, they are not allowed to dribble again. Results in loss of possession.

- Pivot: To move, while keeping one foot in place (the pivot foot). This is used to create space to pass or to shoot.
- Violation: A minor infraction that results in the teams' loss of possession of the ball.
- Assist: A pass from a teammate that leads directly to a score.
- Rebound: To gain possession of a missed shot.
- Turnover: the term used when the offensive team loses possession. This can be due to an errant pass, stepping out of bounds, an offensive foul, or a violation.
- Personal foul: Results from excessive body to body contact that causes an advantage. If this occurs against a player shooting, it results in free throws. If not, it results in the other team gaining possession of the ball out of bounds.
- Technical foul: Given for some form of unsportsmanlike conduct to a player or coach. Results in 2 free throws and possession of the ball for the other team.
- Man to Man Defense: Each player is responsible for guarding an opposing player.
- Zone Defense: Each player is responsible for guarding an area of the court. Examples include 2-3, 1-3-1, 3-2.
- Press: When a team extends their defense to make it difficult to get the ball up the court. Can be a man to man press or a zone press.
- Bonus: When a team accumulates 6 team fouls in one half, the other team is in the "bonus", meaning they will shoot one and one on the seventh foul (one free throw attempt, then, if they first attempt is successful, the shooter is awarded a second shot).
- Double bonus: When a team accumulates 9 team fouls in one half, the other team is in the "double bonus", meaning they will shoot 2 shots on the tenth team foul.
- Disqualification due to fouls: in high school and college, a player fouls out of the game when he or she commits his or her fifth foul. Technical fouls are included in the personal foul count.

Football – Team Sports

How to Play

Overview

- Players run with the ball or pass it.
- An offensive team has four downs -- that is, four plays or chances, to advance the ball 10 yards towards its opponent's goal line. If successful, the offense is awarded another four downs to go an additional 10 yards. And so on.
- The ultimate aim is to score touchdowns or field goals.
- If a team fails to advance the ball 10 yards within the allotted four downs, possession of the ball reverts to the other team, which then begins its own offensive series.
- Usually, a team that has failed to go the 10 yards on its first three plays will not attempt a fourth. Rather, on fourth down, the offensive team will kick the ball downfield (a punt), forcing the opposition further away from the goal line.
- Possession of the ball also changes from one team to another as a result of a turnover.
- A turnover occurs either when a player with the ball loses it or it is subsequently recovered (picked up or jumped on) by a member on the other team (a fumble) or when a quarterback's pass is caught by an opposing player (an interception).
- The team recovering a fumble or making an interception then begins an offensive series.

Starting

- The winner of the toss chooses which goal to defend or to receive the ball. One team then kicks off from its 30-yd line.
- The ball is placed on a kicking tee and kicked down toward the opposing team who then attempt to advance it in the other direction.

How to win

- A touchdown (six points) results when a team advances the ball beyond its opponent's goal line, successfully controlling the ball in the end zone.
- Following a touchdown, the successful team receives the ball at its opponent's 2-yard line, where it has the option of attempting an extra point (1 pt) or a two-point conversion.
- An extra point is worth less, but it is easier to achieve. It consists of a kick of the ball through the goalposts, following the protocol for a field goal.

Key rules

- A game consists of four periods of 15 minutes each with a break at halftime.
- The clock stops running, however, after an incomplete pass, a change of possession, or after a player with the ball has gone out of bounds.
- Teams change ends after each quarter, and a kickoff begins each half.
- Between the first and second, and the third and fourth quarters the team with the ball retains possession (moving in the opposite direction).
- The second half (third quarter) begins with a kickoff from the team that received the first kickoff.
- Football is a game of discrete plays, each play begins with both teams placing their players across from each other along the line of scrimmage, an imaginary line running parallel to the end zones and running through the end of the ball nearest to the team in possession.
- Strict rules govern how teams position themselves along the line of scrimmage and who may move prior to the snap.
- Players are allowed to run with the ball or pass it.
- Forward passes are permitted, but only one is allowed to an offensive player per play, made from behind the line of scrimmage.
- A backward pass can occur at any time from any place on the field.
- In order for a touchdown to be scored, a ball must "break the plane" of the end zone.
- That is, a player must be in possession of the ball anywhere beyond an imaginary straight edge rising up from the front part of the goal line. As soon as this requirement is met, the play is over and a touchdown is scored.
- Offensive players are allowed to use their arms or hands to block their opponents, but they are not allowed to hold on to them.
- Offensive holding generally results in a 10-yard penalty--the ball is moved back from the original line of scrimmage.
- A player (either offensive or defensive) must not unfairly impede the attempts of an opponent to catch the ball. A violation of this rule by a defensive player results in a first down for the offensive team at the spot of the foul (if the foul occurred in the end zone, the ball is placed at the 1-yd line). A violation by an offensive player (who interferes with a defender attempting to intercept a pass) results in a loss of yardage.
- A game tied after the conclusion of the fourth quarter is resolved with an overtime procedure known as sudden death. Another 15-minute quarter is begun, but the game ends as soon as one team scores in any manner.

Skills and Tactics

The offense

- The **quarterback** is a powerful thrower who directs the offense and can handle pressure. A play begins when the center passes, or snaps, the ball to the quarterback who then runs with it himself, hands it to a running back, or attempts to throw it to an eligible receiver.
- The running backs are either **halfbacks** (quick, agile, and evasive enough to dodge tackles) or **fullbacks** (strong enough to plow through tacklers).
- **Fullbacks**, in particular, must double as good blockers, helping lead the way for a halfback.
- **Wide receivers** are fast players who need sure hands to receive passes from the quarterback.
- Passes can also be caught by the running backs, the tight end.
- The **tight end** is generally a big player, capable of either blocking or catching passes.
- The biggest offensive players are the **guards and tackles**, who must hold back the opposition in order to create openings in the defense or to protect the quarterback.

The defense

- The **defensive ends** head off runners attempting to break through or around the line.
- **Defensive tackles** are powerful, tenacious players who face the offense from the center of the defensive formation.
- **Linebackers** attempt to block a particular part of the field to put pressure on the quarterback.
- **Cornerbacks** guard a wide receiver and prevent him from making a catch.
- **Safeties** often join the cornerbacks on pass defense, although they also serve as the last line of defense.

Tactics

- Generally speaking, the offense may opt for either a passing play or a running play, with a player carrying the ball as far toward the end zone as possible before being tackled.
- Plays are very well-rehearsed. Generally, before each new play the quarterback forms a huddle with his teammates and passes on the coach's instructions for a particular plan of action.
- The defense's aim then is to break up the offensive plays by tackling the ball carrier or intercepting passes.
- The defense also attempts to secure possession of the ball, either by forcing and recovering a fumble or by intercepting a quarterback's pass.
- The defense itself relies on a variety of well-rehearsed maneuvers. One common tactic is to blitz, sending additional players after the quarterback to pressure him and perhaps tackle him before he can get the ball away.
- Players involved in pass defense may play either in a zone (in which they guard a part of the field) or in man-to-man (in which they follow the movements of a specific receiver).

OFFENSE:

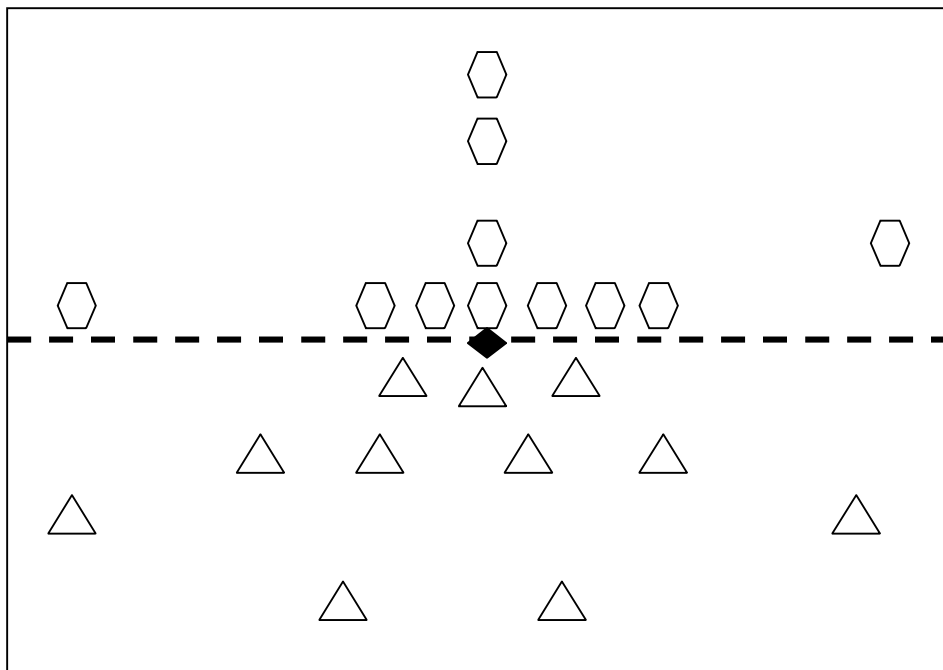
1. Center - C
2. Quarterback - QB
3. Fullback - FB
4. Tailback - TB
5. Guards - G
6. Tackles - T
7. Tight End - TE
8. Wide receivers - WR

Defense:

1. Nose tackle - NT
2. Tackles - DT
3. Linebackers - LB
4. Cornerbacks - CB
5. Safeties - S/SS

◆ = football

--- = line of scrimmage



FLAG FOOTBALL

PASSING TREE - Receiver Route Definitions

- Quick Out (1):** This is a 5-8 yard route forward then the receiver cuts out towards the sideline then looks for the ball.
- Slant (2):** This is a 3-5 yard route forward then the receiver breaks towards the middle of the field on a 45 degree angle and looks for the ball.
- Deep Out (3):** This is a 10-15 yard route. It should be run exactly like the quick out only deeper.
- Drag/In (4):** This is a 5-8 yard route forward then the receiver breaks into the middle of the field on a 90 degree angle and looks for the ball.
- Flag (5):** This is a 10-15 yard route forward then the receiver breaks at a 45 degree angle towards the sideline and looks for the ball.
- Curl (6):** This is a 5-8 yard route forward then the receiver stops and turns to the ball.
- Post Corner (7):** This is a 12-20 yard route forward then the receiver cuts on a 45 degree angle to the middle of the field for a few steps then the receiver cuts on a 45 degree angle towards the sideline and then looks for the ball.
- Post (8):** This is a 12-20 yard route forward then the receiver breaks on a 45 degree angle towards the middle of the field and looks for the ball.
- Fly (9):** This route is run straight up the field with the receiver looking for the ball after he gets past about 15 yards.
- Odd Numbers:** Routes are to the outside of the field. Sideline
Even numbers: Routes are to the middle of the field.

Lacrosse Handout

History

Lacrosse was originated by American Indians in southeastern Canada. It was used as a war-training device because of the tremendous speed and endurance required to play the game. Canada was the first country to set up the rules for the game and therefore it became the national game of Canada

Rules

Lacrosse is a contact game played by ten players: a goalkeeper, three defensemen, three midfielders and three attack men. The object of the game is to shoot the ball into the opponent's goal. The team scoring the most goals wins. Each goal counts one point.

- Each team must keep at least four players, including the goalie, in its defensive half of the field and three in its offensive half. Three players (midfielders) may roam the entire field.
- Lacrosse begins with a face-off. The ball is placed between the sticks of two squatting players at the center of the field. The official blows the whistle to begin play. Each face-off player tries to control the ball. The players in the wing areas can release; the other players must wait until one player has gained possession of the ball or the ball has crossed the goal line.
- Center face-offs are also used after a goal and at the start of each quarter.
- Players may run with the ball in the crease, pass and catch the ball. Only the goalkeeper may touch the ball with his hands.
- A player may gain possession of the ball by dislodging it from an opponent's crease with a stick check, which includes the controlled poking and slapping of the stick and gloved hands of the player in possession of the ball.
- Body checking is permitted if the opponent has the ball. However, all contact must occur from the front or side, above the waist and below the shoulders. An opponent's crease may also be stick checked if it is within five yards of a loose ball or ball in the air.
- If the ball or a player in possession of the ball goes out of bounds, the other team is awarded possession of the ball. If the ball goes out of bounds after an unsuccessful shot on goal, the player nearest to the ball when and where it goes out of bounds is awarded possession.
- An attacking player cannot enter the crease around the goal, but may reach in with his stick to scoop a loose ball.
- There are no boundaries to the field, but if a ball enters an area that is dangerous, unplayable or not clearly visible to the umpire, the player who retains it or is closest to it (if the ball has been grounded), at the umpire's whistle wins it. The player then waits for the second whistle to begin play again, either by running with or passing the ball.
- Checking -- the method by which a player knocks the ball from another's stick -- is prohibited when it is: directed toward the face; uncontrolled; holding down the other's stick, or when the checker's stick is too close to the head or face.
- When the ball is grounded, covering it with the back of a stick's net and preventing play by another player is prohibited.
- No players, other than the goalie, may enter the circle around the goal cage if the goalie is present.
- When a foul occurs, the player who was fouled is allowed a free shot at the goal, with the defense pushed to the perimeter around the arc.

Lacrosse Field Positions

- **ATTACK:** The attackman's responsibility is to score goals. He generally restricts his play to the offensive end.
- **MIDFIELD:** The midfielder's responsibility is to cover the entire field playing both offense and defense.
- **DEFENSE:** The defenseman's responsibility is to defend the goal. He generally restricts his play to the defensive end of the field.
- **GOAL:** The goalie's responsibility is to protect the goal and stop the opposing team from scoring.

Lacrosse Personal Fouls

The penalty for a personal foul is a one to three minute suspension from play and possession to the team that was fouled. Players with five personal fouls are ejected from the game.

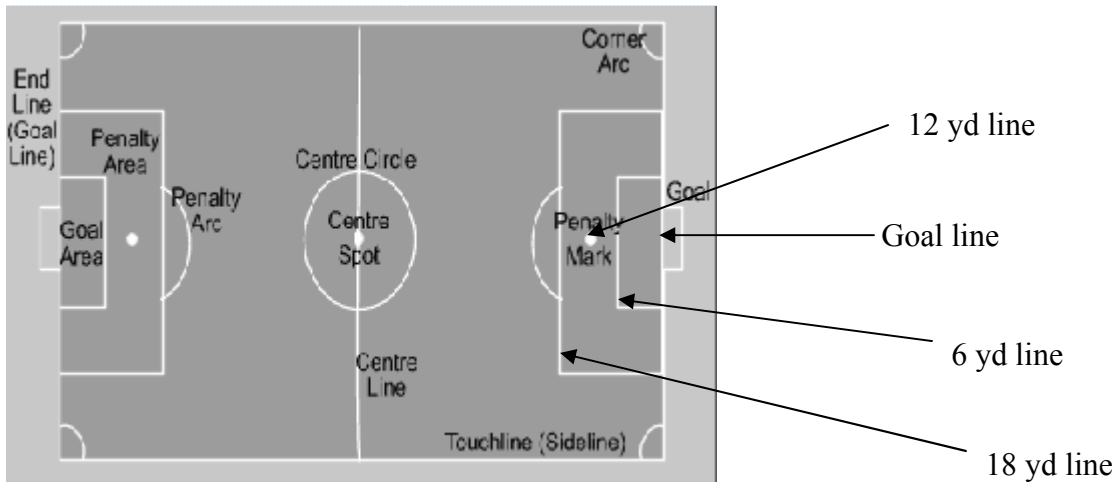
- **SLASHING:** Occurs when a player's stick contacts an opponent in any area other than the stick or gloved hand on the stick.
- **Tripping:** Occurs when a player obstructs his opponent at or below the waist with the crease, hands, arms, feet or legs.
- **CROSS CHECKING:** Occurs when a player uses the handle of his crease to make contact with an opponent.
- **UNSPORTSMANLIKE CONDUCT:** Occurs when any player or coach commits an act which is considered unsportsmanlike by an official, including taunting, obscene language or gestures, and arguing.
- **UNNECESSARY ROUGHNESS:** Occurs when a player strikes an opponent with his stick or body using excessive or violent force.
- **ILLEGAL CROSSE:** Occurs when a player uses a crease that does not conform to required specifications. A crease may be found illegal if the pocket is too deep or if the crease was altered to gain an advantage.
- **ILLEGAL BODY CHECKING:** Occurs when any of the following actions take place: (a) body checking of an opponent who is not in possession of the ball or within five yards of a loose ball; (b) avoidable body check of an opponent after he has passed or shot the ball; (c) body checking of an opponent from the rear or at or below the waist; (d) body checking of an opponent by a player in which contact is made above the shoulders of the opponent. A body check must be below the neck, and both hands of the player applying the body check must remain in contact with his crease.
- **ILLEGAL GLOVES:** Occurs when a player uses gloves that do not conform to required specifications. A glove will be found illegal if the fingers and palms are cut out of the gloves, or if the glove has been altered in a way that compromises its protective features.

Lacrosse Technical Fouls

The penalty for a technical foul is a thirty second suspension if a team is in possession of the ball when the foul is committed, or possession of the ball to the team that was fouled if there was no possession when the foul was committed.

- **HOLDING:** Occurs when a player impedes the movement of an opponent or an opponent's crease.
- **INTERFERENCE:** Occurs when a player interferes in any manner with the free movement of an opponent, except when that opponent has possession of the ball, the ball is in flight and within five yards of the players, or both players are within five yards of a loose ball.
- **OFF SIDES:** Occurs when a team does not have at least four players on its defensive side of the midfield line or at least three players on its offensive side of the midfield line.
- **PUSHING:** Occurs when a player thrusts or shoves a player from behind.
- **SCREENING:** Occurs illegally when an offensive player moves into and makes contact with a defensive player with the purpose of blocking him from the man he is defending.
- **STALLING:** Occurs when a team intentionally holds the ball. Without conducting normal offensive play, with the intent of running times off the clock.
- **WARDING OFF:** Occurs when a player in possession of the ball uses his free hand or arm to hold, push or control the direction of an opponent's stick check

Soccer Hand out – Team Sports



England—the Birthplace of Soccer

The most famous soccer tournament in the world is the *world cup*

.Positioning on the Field

- **“Center of the field”** - The center of the field is the area between the 2 goals. The center of the field is where the "Center Fullback", "Center Midfielder" and "Center Forward" mostly play
- **“Middle of the field”** - The middle of the field is the area of the field that includes the "Halfway Line"

BASIC POSITIONS: The number of players who play on the field is 11 per team.

1 Goalkeeper ("GK")

There is always just one Goalkeeper per team. The Goalie's job is to defend his team's goal and he usually stays close to his goal. You can identify the Goalie because he wears a different colored shirt or a vest over his shirt. As long as he is in the "Penalty Box" he can use his hands to pick up the ball, but if he comes out of the Penalty Box he cannot use his hands.

3 or 4 Defenders - Defensive backs ("DB")

Defensive backs play closest to their goal (which is the goal their Goalie defends). Along with the Goalie, they have the primary job of stopping the opponents from scoring.

3 or 4 - Midfielders ("MF")

The Midfielders play between the Fullbacks and the Forwards. They are often in the "Middle Third" of the field. There can be "Offensive Midfielders" who play closer to the Forwards and "Defensive Midfielders" who play closer to the Fullbacks, as below.

2 or 3 - Forwards ("F") (also called strikers)

Forwards play closer to the opponent's goal, which is the goal guarded by the opposing Goalie. The Forwards are the primary scorers, although Midfielders sometimes score and at older ages Fullbacks even occasionally score.

2 special positions; a "Sweeper" and a "Stopper"

A Sweeper will play behind the defensive backs and a Stopper will play between the defensive backs and the Midfielders. These positions add additional layers of defenders and give you defensive strength in the Center of the field.

Officials for Soccer

There can be 2-4 officials for a soccer match depending on the age and level.

1. Referee: (1) is in charge of the field and uses a whistle to start and stop the play. He/she enforces the rules, calls penalties, and keeps the official time of the game.
2. Lines people: (2) stay on each sideline and uses flags to show when a ball is out of bounds and which team gets the corner kick, goal kick, throw-in or if a team is offside's. Also may alert the referee when they see a fouls

Dead ball Situations

Types of kicks:

Kick-off:

After a goal is scored and at the start of each half/quarter (unless the period ended with a penalty) the ball is kicked off from the middle of the field. The defending team starts on their half and must stay outside the center circle area until kickoff. The ball must move forward for a kickoff to be valid and the kicker cannot touch it again until someone else does.

Goal Kick:

If your team puts the ball over the opposition end line without scoring the other team takes a "goal kick" from inside their goal box (usually at a corner of it).

Corner Kick:

If your team puts the ball over your own end line (and without scoring on yourself) the other team gets a "corner kick" from a near corner of the field with the ball put in the corner arc. Your team is required to stay 10 yards away from the ball.

Penalty kick:

Causing a serious foul in your own penalty box - like tripping or putting up a hand to block a shot will give the other team a free kick from the penalty kick spot against the goalkeeper. All the players from both teams (except the goalkeeper on the goal line) are moved out of the penalty box and the penalty arc.

Fouls:

Causing a foul outside a penalty box stops play and gives the fouled team a free kick from where the foul occurred, except when stopping play would disadvantage the fouled team

Direct Kick: You may kick directly into the goal without another player touching the ball. Most of these fouls end in "ing" i.e., tripping, holding, pushing, handling, fighting just to name a few. Opponents must be 10 yds away.

Indirect Kick: At least two players must touch the ball before the fouled team can score. (2 players do not have to be on the same team) Some common fouls are offside's, dangerous play and goalkeeper picks the ball up from a pass from his teammate. Opponents must be 10 yds away.

Throw-in:

If the ball goes completely over the sideline it gets thrown back on the field by a player from the team that wasn't at fault. A line judge will point a flag in the direction of the defending goal. There is a required technique for throw-in.

Offsides:

The offside rule is designed to prevent "cherry picking". You are not offside's if any of the following are true: 1) you are not "in play" by being reasonably close to the ball, 2) the ball is in front of you, 3) you are not past the midfield line, or 4) two or more defenders are closer to their goal line than you are.

No hands or arms:

On the field players can't have contact, deliberate or inadvertent (except to protect themselves from injury), with the ball on their arms or hands.

The goalkeeper:

Is allowed to pick up the ball with his/her hands in the penalty box for up to six seconds at a time - unless he/she receives a deliberate pass from one of her teammates. Once a goalkeeper in the penalty box has a hand on the ball the other team cannot try to knock it loose. They can not pick up the ball if their teammate deliberately passes the ball back to them with their feet. Their teammate may head the ball back to them and then they can pick it up.

Length of Match:

High School: JV = 35 minutes, Varsity = 40 minutes per half.

College & Professional = 45 minutes per half. (Extra time may be added for injury)

Red Card:

A card issued by the referee for particularly blatant fouls or abusive language. A player receiving a red card is automatically ejected for the game and his team must play the remainder of the game shorthanded. They may not substitute for an ejected player.

Yellow Card:

A warning card issued by the referee for repeated or blatant fouls or abusive language. Anyone receiving two yellow cards in a single match is automatically ejected for the game and his team must play the remainder of the game shorthanded. They may not substitute for an ejected player.

SOFTBALL Team Sports

There are different versions of softball played throughout the country, fast and slow pitch. Slow pitch is the most common form used in recreational leagues. The information here applies to some of the forms, but all of it applies to slow pitch.

RULES AND GUIDELINES

- Each softball team puts 10 players on the field (see back for positions)
- Players may be arranged in any manner, Other than the pitcher and catcher, who must stay in a designated area.
- A game consists of 7 innings. A complete inning consists of 3 outs for each team.
- The visiting team bats in what is called the "top" of the inning, the home team in the "bottom".
- If the home team is ahead after the top of the 7th inning, they do not bat and the game is considered over.
- All players, other than the catcher, must be in fair territory when the ball is pitched.

HIGH SCHOOL RULES

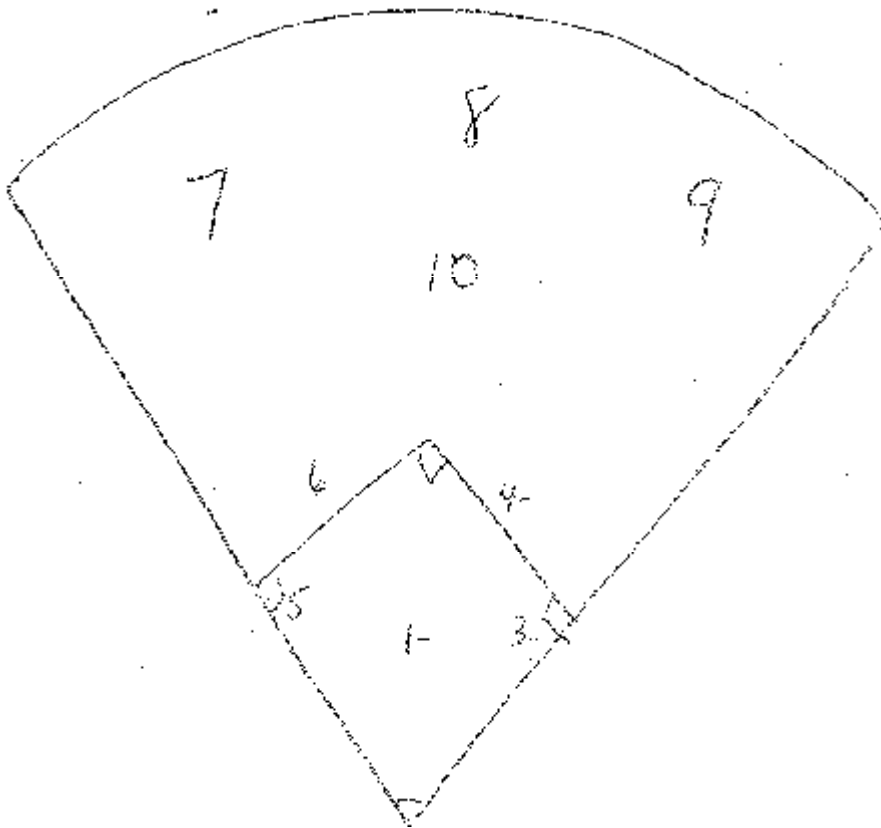
- A team may not start a game with less than 9 players. Each batter and base runner is required to wear a protective helmet.
- The catcher must wear a helmet, mask, throat protector, chest protector and shin guards.
- The pitcher must have at least one foot on the rubber before making a pitch.
- The pitch must be released no higher than the hip, and must have an arc between 6' and 12'
- The pitcher's rubber is 40ft. from home plate in fast pitch, 46 ft. in slow pitch.
- Home plate is considered to be in fair territory.
- The bases are 60 ft. apart.

KEY TERMS

- **ASSIST:** To help get a batter or base runner out by fielding a ball and throwing to a teammate.
- **PUTOUT:** When the fielder directly gets a batter or runner out by catching a batted ball, or touching a base or runner while in possession of the ball.
- **BACKSTOP:** The fence behind home plate, designed to protect spectators and keep the ball inside.
- **ERROR:** A mistake made by a fielder that allows the batter or runner to reach base.
- **SINGLE:** A hit where the batter reached first base.
- **DOUBLE:** A hit that allows the batter to reach 2nd base.
- **TRIPLE:** A hit that allows the batter to reach 3rd base.
- **HOMERUN:** A hit that allows the batter to come all the way back to home.
- **FORCE OUT:** Getting the batter out at first, or a runner out at a base that they had to run to.
- **DOUBLE PLAY:** a play that results in two offensive players getting out.
- **FOUL:** A batted ball that hits outside the lines marking fair territory.
- **TAG UP:** The way a runner can advance on a ball that is caught in the air. The runner must wait until the ball is caught, then they may try to advance to another base.
- **FULL COUNT:** When the batter has 3 balls and 2 strikes. This means another ball and they walk, another strike and they are out.
- **ON DECK:** This is the term used for the batter that is up next.
- **WALK:** When the batter is awarded 1st base due to the pitcher throwing four balls.
- **GRAND SLAM:** This is a home run with the bases loaded.
- **BATTERY:** The term used in reference to the pitcher and catcher together.
- **BALL:** A ball thrown by the pitcher that does not cross the plate between the batter's knees and arm pits and the batter does not swing at it.
- **CALLED STRIKE:** A pitch that the umpire calls a strike even when the hitter does not attempt to swing at the ball.
- **FIELDERS CHOICE:** When a player on the defensive team chooses to put out a base runner instead of the batter on a batted ball.
- **COUNT:** The number of balls and strikes on the batter.

- **FULL COUNT:** When batter has three balls and two strikes on him.
- **GROUND BALL:** A batted ball that is hit on the ground.
- **INNING:** When both offensive and defensive teams have been at bat and each team has made three outs. There are 7 innings in a game.
- **SACRIFICE:** A ball hit by the batter which advances the base runner and results in the batter being out at first base.
- **LINE DRIVE:** A ball hit with considerable force in a line that is parallel to the ground is a line drive.

*** The following diagram shows the position, and the # assigned that position for scorekeeping.



1. Pitcher
2. Catcher
3. 1st base
4. 2nd base
5. 3rd base
6. Short stop
7. Left field
8. Center field
9. Right field
10. Short fielder or rover

VOLLEYBALL

Team Sports - Rules

Playing

1. Each team allowed 6 players on the court at one time.
2. The first server of the game is the player in the RB (right back) position. Thereafter, when a team is awarded service, the player in the RF (right front) position rotates to serve (clockwise rotation).
3. Before serving, players on the serving side must rotate clock-wise one position.
4. A re-serve shall be called when the server releases the ball for service, then catches it or drops it to the floor. The official will cancel the serve and direct a second and final attempt at serve. Only one re-serve is permitted per play per turn in rotation at service
5. The ball may be served underhand, overhand, or sidearm and may be hit in any manner by the hand (fist, heel of hand, open hand).
6. Before the serve, all members of both teams must be in their respective positions on the court. After the ball is served, players may move out of any position except, a back row player may not attack or block from in front of the 10' line.
7. Following high school rules, a server has 5 seconds from when the official calls for serve to when the ball must be contacted for service and can NOT be assisted by another player to make it over the net.
8. A ball hit into the net, other than a serve, may be recovered provided a player does not contact the net nor cross the centerline fully onto the other court.
9. It is illegal blocking or spiking the ball in front of the 10' line by a back row player.
10. It is illegal for a player to block or interfere with the intended set of the opposing team.

Scoring

1. You do not have to be serving in order to score a point
2. According to High School rules, a match is the best 3 out of 5 games. The first four games are played to 25 points winning by two points (i.e., 25 to 23). The fifth and deciding game is played to 15 points winning by two points (i.e., 17 to 15).
3. Teams exchange courts at the end of each game with the team that did not serve the first game serving the second game. (If a third game is needed a coin is tossed or on the 5th game of a 3/5 match)

Serving Faults

1. Stepping on base line or inside of court before ball is contacted.
2. Hitting the ball into the net and it does not carry over to the other side.
3. Hitting the ball into any post or overhead structure.
4. Hitting the ball completely outside opponent's court.
5. Hitting the ball after the allocated time limit. (5 seconds)
6. Prior to contact of serve, a back row player is in front of his/her corresponding front row player (i.e., RB is in front of RF, CB is in front of CF, LB is in front of LF).

Ball out of play

1. If it touches floor or object outside of court--a ball touching a boundary line is good.
2. A ball hit into the ceiling may be played by a player on the same team if it comes down on that team's side of the court.
3. It is legal for a player to run out of bounds to play a ball.
4. A ball must cross the net within the antennas, if it touches the antennas or goes around the outside of the antennas is out.

Contacting Ball during Play

1. Each team allowed maximum of 3 hits to return ball to opponent's court.
2. A ball can be played with any part of the body (i.e., kicking or heading the ball is legal).
3. A player may not play the ball in succession, unless played once by another player. Exception: One player can make contact with the ball twice if initial contact is a block. A team must return the ball across the net with three or fewer contact. A block does not count as a contact.
4. The ball must be cleanly hit without coming to rest momentarily in player's arms or hands.
5. Teammate cannot contact ball simultaneously except on a block.

NET HEIGHT

1. Net height for men, & outdoor: 7'11-5/8".
2. Net height for women: 7'4-1/8".

TERMS:

1. ACE -- When the ball is served to the opponent and no one is able to return/pas it.
2. BLOCKING --a defensive play; attempting to block or stop returning ball over or near the net.
3. DEAD BALL -- ball that is out of play.
4. DIG PASS -- usually one-hand or fist pass used to recover the opponent's attack.
5. DINK -- a fake spike.
6. DOUBLE FOUL--simultaneous fouls.
7. FOOT FAULT--to step on or over the end line before or during the serve, or to step completely over the centerline.
8. GAME POINT--the last point of the game.
9. LIFT--the ball coming to rest momentarily in the hands or arms.
10. Let serve -- one that hits the net) shall be allowed and play shall continue provided the net contact is entirely within the antennas.
11. KILL--a spike that is impossible to return.
12. MATCH--to win two or three of five games.
13. PANCAKE – when a player puts their hand on the floor and the ball hits the top of their hand and bounces up in the air
14. POINT--awarded to the serving team for any infringement of the rules by the receiving team or for an unreturned shot.
15. ROTATION--shifting positions clockwise just before the next person serves.
16. ROOF – When a spike is blocked and the ball lands straight down on the side of the attacking team.
17. SERVICE--putting the ball into play by the right back.
18. SERVICE AREA—behind the baseline and between the sidelines.
19. SET--a high pass that is generally the second play by a team to relay the ball for a spike.
20. SIDE-OUT--ending of a team's right to serve because of an infringement of a rule.
21. SPIKE--a ball hit forcibly from a height above the net.
22. TERM OF SERVICE--serving the ball until side-out is called.
23. TIME-OUT--stopping the game for a rest, substitutions, or injuries.
24. VIOLATION--a foul such as a lift, double hit, or four hits on one side.