

Passing

The pass is a method of receiving an opponent's serve and/or overhand attack. There are two popular forms of this skill: the forearm pass and the overhand pass. Proper technique for the forearm pass requires the passer to join the forearms together at waist level to form a platform with which to direct the ball to the desired target. When executing an overhand pass, the player uses the hands to direct the ball.

The rules that most affect this skill are those regarding legal contact of the ball. Because it is illegal to catch, palm, or throw the ball, the passer receiving a hard driven ball must be sure to keep contact brief and precise.

Setting

When setting the ball, the goal is to position the ball in the air so that a teammate is able to easily complete an overhand attack/hit. The overhand technique—contacting the ball above the head with two hands simultaneously—is the most common method of setting. A team generally executes the set during its second contact.

Blocking

A block is an attempt to halt an opponent's attack by jumping with the hands overhead to create a barrier at the net. The most common blocking violation is touching the net. Good technique can help prevent mishaps, but sometimes, net violations are inevitable.

Hitting

The attack usually takes place on a team's third and final contact. Because an attacker's goal is to down the ball on the other team's side of the court, players often jump when striking the ball to increase the difficulty of receiving the hit. While any player is allowed to jump and attack a ball, only front row players may do so in the front row zone (the area between the center line and the three meter line).

Volleyball Officials and Their Duties

Overview

As in most sporting competitions, volleyball employs referees in order to control the flow of the game and enforce the rules. The volleyball referee team includes the first referee, the second referee, the scorer and two line judges. Without the referee team, the fast-paced game could easily get out of hand if disputes regarding rules were to arise.

Scorers

The official scorer keeps track of the score throughout the volleyball game. Before the game begins the scorer notes the starting lineup of each team and notifies the referees if the lineup wasn't received on time.

If a dispute or irregularity arises regarding the score, the scorer uses a buzzer to notify the first and second referees. Additionally, when a substitution request arises, the scorer notifies the referees.

Line Judges

At least two, and as many as four, line judges monitor each game. The line judges stand at the corners of the court watching the lines to indicate whether a ball in play falls in or out of the court.

If a server steps on the line during a serve, the line judge watching the given line notifies the referees using a