

Volleyball



Volleyball is an Olympic team sport in which two teams of 6 players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

The complete rules are extensive but simply, play proceeds as follows: A player on one of the teams begins a *rally* by serving the ball over the net, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. They may touch the ball as many as three times.



The rally continues, with each team allowed as many as three consecutive touches, until either (1): a team makes a *kill*, grounding the ball on the opponent's court and winning the rally; or (2): a team commits a *fault* and loses the rally. The team that wins the rally is awarded a point, and serves the ball to start the next rally. A few of the most common faults include:

- causing the ball to touch the ground outside the opponents' court or without first passing over the net;
- *catching and throwing* the ball;
- *double hit*: two consecutive contacts with the ball made by the same player;
- four consecutive contacts with the ball made by the same team.

The ball is usually played with the hands or arms, but players can legally strike or push the ball with any part of the body.



Origin of volleyball



William G. Morgan

On February 9, 1895, in Holyoke, Massachusetts (USA), William G. Morgan, a YMCA physical education director, created a new game called *Mintonette* as a pastime to be played preferably indoors and by any number of players. The game took some of its characteristics from tennis and handball. Another indoor sport, basketball, was catching on in the area, having been invented only four years before. *Mintonette* was designed to be an indoor sport less rough than basketball for older members of the YMCA, while still requiring a bit of athletic effort.

After an observer, Alfred Halstead, noticed the volleying nature of the game at its first exhibition match in 1896, played at the International YMCA Training School (now called Springfield College), the game quickly became known as *volleyball* (it was originally spelled as two words: "*volley ball*"). Volleyball rules were slightly modified by the International YMCA Training School and the game quickly spread around the country.

