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Let us play volleyball

Two teams of six players in each are needed to play volleyball. Volleyball is played in a court of 18m x 9m which has been divided crosswise by a net into two equal halves. The team to serve first is selected through the toss of a coin between the two captains. The play starts as the player on the right back of the selected team serves the ball to the opposing team. A team can win a point if the ball lands on the court of the opponent's side or due to an offence committed by the opposing team.

Recollect the basic skills of volleyball that you learnt from Grade 6 onwards namely, serving, receiving, setting, attacking, blocking, and defending. The game of volleyball has been created through the combination of those skills. You remember learning the rules and regulations related to attacking and blocking, and the official hand signals used in judging volleyball matches when you were in Grade 10.

In this lesson, we will learn about the rules and regulations related to positions that are very important in playing volleyball.



Figure 4.1 - A game of playing volleyball



Activity

Join your friends and get into two groups of six. Play a volleyball match applying the skills and rules and regulations you have learnt so far. The team to score 10 points first becomes the winner.

Positions in Volleyball

When playing volleyball, the players should comply with the following order of rotation of positions:

The positions of players in volleyball are numbered. The order in which the players are positioned before the start of the play is considered the initial order of players. This order should be maintained until the end of the particular round of play. Before the start of the play in each round of a match, the coach of the team should prepare the line-up sheet, sign it and hand it over to the second referee or to the scorekeeper in time. Except for the libero, who is not included in that line-up sheet, the other players are considered to be substitute players of that round. After the line-up sheet that contains the order of players has been handed over, the order of players cannot be changed, but a substitution can be made if necessary. If there is any change in the order of players before the start of the play, it can be corrected in accordance with the line-up sheet and players should be positioned accordingly. A penalty is not given for that.

Positions of Players

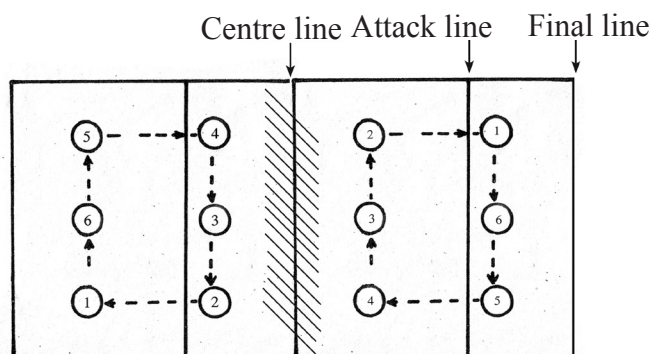


Figure 4.2 - Positions in volleyball

While the ball is being served, all the players of both teams, except for the server, should remain inside the court. The six players of each team should stand in 2 rows of three players each. The three players standing close to the net are called the front row and the other three players are called the back row.

The three players in the back row should be positioned behind the players in the corresponding positions of the front row. According to the rules related to the six positions of volleyball, the three positions of the first row are named zone 2,3 and

4, and the three positions in the back row are named zone 5,6 and 1. The server should always be in number 1 position.

Although there are several ways of positioning players in volleyball, the beginner players are positioned in a 'W' formation as shown in figure 4.3.

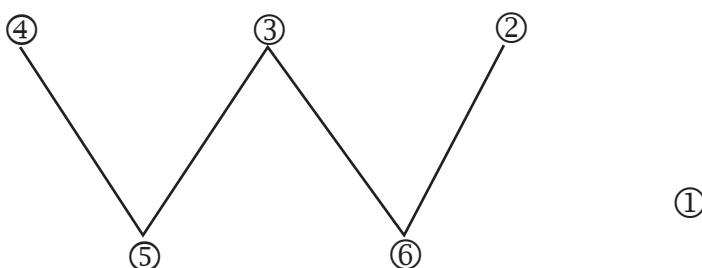


Figure 4.3 - W formation

The position of a player in the court is determined based on the place in which the soles of the player's feet lie. The front row player's foot should lie closer than that of the back row player's foot is to the centre line at least by a small distance. The foot of the side player should lie closer than that of the middle player is to the side line. After the ball has been served, the players can play within their playable areas or by moving to any part of the free zone.

Offences related to player positions

While the ball is being served, the other players should remain in their positions and it is an offence to be outside their positions. While the ball is being served, if offences are committed with regard to player positions and service both, first a penalty is given for the offence related to the service. If the ball fails after it has been served, it is disregarded and the penalty is given for the offence related to player positions.

The following penalties may be given for offences related to player positions

- A penalty given to the team that committed the offence, the service and a point are awarded to the opposing team.
- The players should revert back to their correct positions.

Player rotation

When a team has received the service after winning a rally with the other team, the players of the team that has received the service have to rotate positions clockwise around the court. The player in zone 2 should move to zone 1 and serve the ball while the player in zone 1 should move to zone 6. .

Rotation offenses

A player rotation offence is a rotation of the server position in a wrong order. The following penalties are given for rotation offences.

- A penalty given to the team that committed the offence, the service is awarded to the opposing team.
- The opposing team is also awarded a point.
- The players should rotate again so that they are in the correct positions

Summary

In volleyball the players have to position in the court according to the accepted order. The six players of each team should be positioned in two rows of three players each so that there is a front row and a back row.

There are rules and regulations related to these player positions. When a player has to change position, the team has to rotate clockwise so that each player moves by one position.

Players not being in the correct positions while the ball is being served and the team not rotating in the correct order are considered offences. Players are given penalties for offences related player positioning and player rotation.



Exercise

1. Explain the rule affecting player positions in volleyball.
2. What are the penalties given for positioning offence?
3. Explain what is meant by a player rotation offence.