**Ten-pin when you first start off, it’s a good idea to begin by catching and tossing the ball so to get a feel for the rules while keeping the ball in play for longer. Once you’ve mastered the rules and the flow, it’s time to start bringing hits into the game. For an expert opinion, see what**[**three-time gold medalist Kerch Karly thinks are the qualities needed for** volleyball **success**](https://www.olympicchannel.com/en/playback/the-qualities-needed-to-succeed-in-volleyball/)**. In 1916 rules were issued**

VolleyBall:

**Female Games**

**Jointly by the YMCA and the [National](https://www.britannica.com/topic/National-Collegiate-Athletic-Association)**

**[Collegiate Athletic Association](https://www.britannica.com/topic/National-Collegiate-Athletic-Association) (NCAA). The first nationwide**[**tournament**](https://www.britannica.com/sports/tournament-medieval-military-games)**in the United States was conducted by the National YMCA Physical Education Committee in**[**New York City**](https://www.britannica.com/place/New-York-City)**in 1922. The United States Volleyball Association (USVBA) was formed in 1928 and recognized as the rules-making, governing body in the United States. From 1928 the USVBA—now known as USA Volleyball (USAV)—has conducted annual national men’s and senior men’s (age 35 and older) volleyball championships, except during 1944 and 1945. Its women’s division was started in 1949, and a senior women’s division (age 30 and older) was added in 1977.**

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