

# BASKETBALL

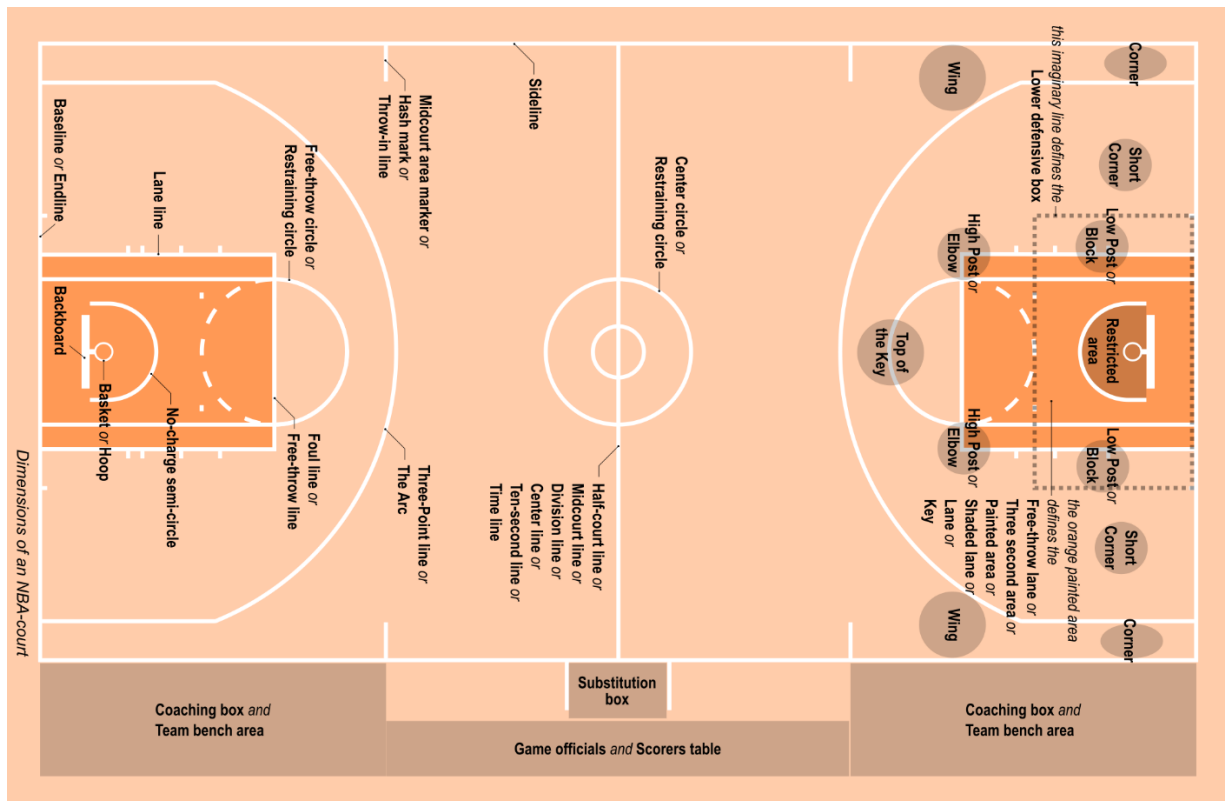
**Basketball is a game played between two teams of five players each on a rectangular court.** Each team tries to score by tossing the ball through the opponents' goal, which is an elevated horizontal hoop and net called a **basket**.

## THE BASKETBALL COURT AND THE GAME EQUIPMENT

Basketball courts come in different sizes based on the level and type of basketball being played. A professional NBA court is 94' x 50' (28.65m x 15.24m). Courts are comprised of several foundational components:

- i. The baskets,
- ii. The three-point arcs
- iii. Free-throw (foul) lines
- iv. The half court line.

Indoor courts are usually made with polished wood (often maple), while outdoor courts are typically made from paving, concrete, or asphalt.



The baskets are fitted on the mid of the endlines 3.05m above the ground with rings of 46m diameter fitted with nets below them.



A player who takes possession of the ball must pass or shoot before taking two steps or must start dribbling before taking his second step. When the dribble stops, the player must stop his movement and pass or shoot the ball. The ball may be tapped or batted with the hands, passed, bounced, or rolled in any direction.

The basketball game consists of four quarters of 10 - 15 minutes each. Teams play one-way for two quarters, the other way for the next two. There is a **two-minute interval between the first and second period**, and also between the third and fourth period, with **15 minutes for halftime**. **After two quarters or half-time, the teams switch sides on the court**. The team with more points at the end of the four quarters wins the match. If the score is tied at the end of regulation time, the game can go into an overtime period.

If the score is tied at the end of the fourth quarter, the game shall continue with as many overtimes of **5 minutes** duration each as necessary to break the tie.

**A limited number of time-outs**, clock stoppages requested by a coach for a short meeting with the players, are allowed. They generally last no longer than **one minute**

Substitutions are unlimited but can only be done when play is stopped. Teams also have a coach, who oversees the development and strategies of the team, and other team personnel such as assistant coaches, managers, statisticians, doctors and trainers.

### **Fundamentals in shooting**

To shoot accurately, square your shoulders to the basket and place your feet shoulder length apart. With your knees bent slightly and back leaning towards the basket, put the fingers of your shooting hand under the ball and tuck your elbows close to your body.

Flick your wrist towards the hoop to release the shot. Your index finger should follow through facing the basket after releasing the ball.

Here are a few commonly used types of shooting in basketball.

#### **1. Jump Shot**

A jump shot is most frequently used for a mid to long-range shots, including shooting beyond the arc. To achieve balance when facing the basket for a jump shot, you have to take a wide stance, usually, shoulder width apart, bend your knees and square your shoulders. Make a fluid, explosive upward leap and at the apex of the jump, follow through by shooting the ball.

When the ball is released at the apex of the jump shot, keep your elbows straight to ensure that it is pointed in the direction of the basket. Concentrate on the flicking of your wrist and holding it in position to provide the ball with momentum and spin.

#### **2. Hook Shot**

A hook shot is when the shot is made while your body is not directly facing the basket. To execute a hook shot, you need to face the basket sideways so that your shooting hand dribbling the ball is facing away from the basket. This is also the stance to help guard the ball against your opponent. This makes it difficult for your opponent to try to block the shot due to the distance created between you and your defender.

To make the shot, jump with your left foot pushing off the ground if you're making a right-handed shot or vice versa. The shooting arm should be slightly bent, and it should thrust upwards as the ball is lobbed with a flick of the wrist.

### **3. Bank Shot**

A bank shot is when any shot made where the ball hits the backboard before heading into the net. To execute a bank shot, treat it as though you're taking a jump shot but this time, aim slightly higher by shooting for the backboard. Jumping higher can also sometimes mean jumping slightly backwards when aiming for the basket to prevent defenders from blocking the shot.

The ball should not be hitting the rim too much after bouncing off the backboard. The ball should then bounce off the backboard and into the net.

### **4. Free Throw**

A free throw is a shot attempt given to a player that was fouled and it is taken on the free throw line. The player must stay behind the free throw line when taking the shot. Before attempting to shoot, one must maintain their balance. Find the nail or dot in the middle of the free throw line and line your shooting foot against it. For right-handed shooters, the shooting foot will be the right foot and vice versa. Your elbow on your shooting hand must be lined up to make an "L" right under the ball with fingers spread out for the backspin. Aim for the back of the rim with your eyes focusing on the rims, do not look at the ball while you execute the shot. Follow through your shot by keeping your hands up in the air for a second or two after releasing the ball.

### **5. Layup**

A layup is a shot made from short range by a player moving towards the basket. Usually utilizing the backboard if he approaches the hoop from an angle. This is also one of the most basic and common way of scoring a basket in the game.

To execute a layup, dribble the ball towards the basket. If you're on the right flank, dribble the ball with your right hand.

At the three-point line, or within two metres from the basket, take two giant strides towards the hoop and attempt to score by throwing the ball at the top corner of the backboard or lay the ball gently into the basket.

### **6. Slam Dunk**

The dunk is usually the most spectacular shot and is one of the toughest feats in basketball. It usually requires more jumping ability than shooting skills. To execute a slam dunk, dribble and charge towards the hoop when ready to execute the dunk. Jump explosively to get as high as possible and leap towards the hoop. Lift the ball above the rim and push or slam it forcefully through the rim.

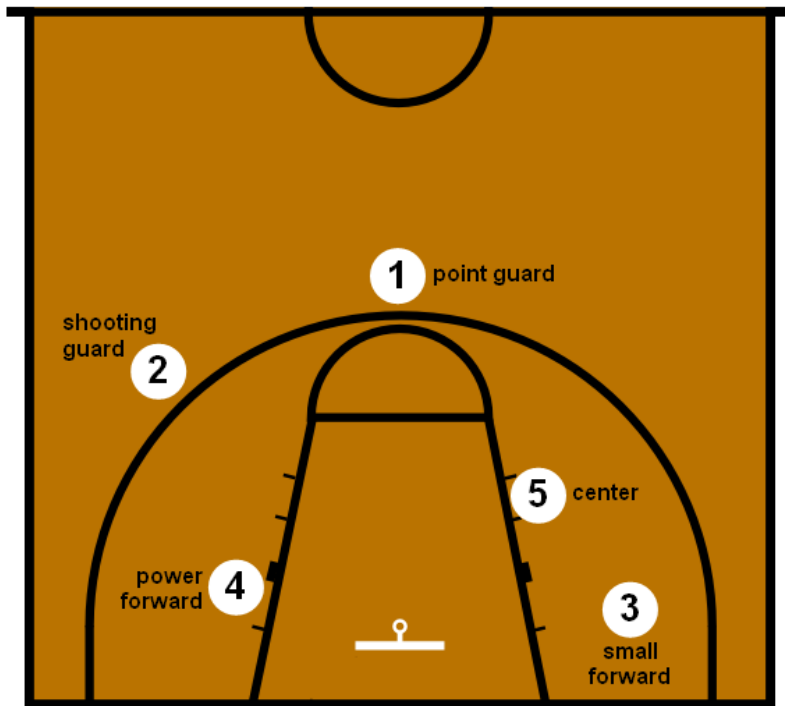
**Points** can be accumulated by making field goals/ field baskets **two or three points**.

**Free throw goals** accumulate **one point**.

If a player makes a field goal from within the three-point line, the player scores **two points**.

If the player makes a field goal from outside the three-point line, the player scores **three points**.

## Player Positions and their role



**1 Center.** Centers are generally your tallest players. They generally are positioned near the basket.

Offensive -The center's goal is to get open for a pass and to shoot. They are also responsible for blocking defenders, known as picking or screening, to open other players up for driving to the basket for a goal. Centers are expected to get some offensive rebounds and put-backs.

Defensive - On defense, the center's main responsibility is to keep opponents from shooting by blocking shots and passes in the key area. They also are expected to get a lot of rebounds because they're taller.

**2 Forwards.** Your next tallest players will most likely be your forwards. While a forward may be called upon to play under the hoop, they may also be required to operate in the wings and corner areas.

Offensive -- Forwards are responsible to get free for a pass, take outside shots, drive for goals, and rebound.

Defensive -- Responsibilities include preventing drives to the goal and rebounding.

**2 Guards.** These are potentially your shortest players and they should be really good at dribbling fast, seeing the court, and passing. It is their job to bring the ball down the court and set up offensive plays.

Offensive -Dribbling, passing, and setting up offensive plays are a guard's main responsibilities. They also need to be able to drive to the basket and to shoot from the perimeter.

Defensive - On defense, a guard is responsible for stealing passes, contesting shots, preventing drives to the hoop, and for boxing out.

## **MATCH OFFICIALS**

During a competitive game of basketball there are **one referee, two umpires, a scorekeeper, timekeeper and a shot clock operator**. To ensure that everybody is aware of a decision made, the referees perform a series of hand and arm signals.

## **TIME RULES**

### **i. 24 SECOND CLOCK**

Once a team gains control of the basketball, that team has 24 seconds to put up a legal shot. A legal shot is defined as a shot that is successful, or if unsuccessful, hits the ring. Violation to this rule results in a turnover to their opponents/ possession is awarded to the opposing team.

### **ii. 8 SECONDS RULE**

When a team gains possession of the ball, they need to move the ball into the opposing team's half of the court within 8 seconds. Due to this violation ball possession would be awarded to the opposing team.

### **iii. 5 SECONDS RULE**

A player shall not hold the ball for 5 seconds or dribble the ball for five seconds while closely guarded. A player is considered to be closely guarded if they have control of the ball in the front court, and is guarded by an opponent who is within 6 feet of the player with possession. This violation leads to a turn over.

### **iv. 3 SECOND RULE**

#### **Defensive 3 seconds rule**

The three seconds rule requires that in basketball, a player shall not remain in their team's foul lane for more than three consecutive seconds while that player's team is in control of a live ball in the frontcourt and the game clock is running. The team committing a defensive three-second violation is assessed a team technical foul. The offense receives one free throw and retains possession of the ball.

#### **Offensive 3 seconds rule**

An offensive player must not stay in the opponents' restricted area for more than 3 seconds without the ball. Violation of this rule leads to a turn over.

## **FOULS**

1. **Personal fouls:** Personal fouls include any type of illegal physical contact. Examples are:
  - i. Hitting
  - ii. Pushing
  - iii. Slapping
  - iv. Holding

- v. **Illegal pick/screen** - when an offensive player is moving. When an offensive player sticks out a limb and makes physical contact with a defender in an attempt to block the path of the defender.

**Personal foul penalties:** If a player is fouled while **attempting a 2 point shot**, then he/she is awarded two free throws if his shot doesn't go in, but only one free throw if his shot does go in.

- **Three free throws** are awarded if the player is fouled while shooting for a **three-point shot** and they miss their shot. If a player is fouled while shooting a **three-point shot and makes it anyway**, he is awarded **one free throw**. Thus, he could score four points on the play.
- **Inbounds.** If fouled while not shooting, the ball is given to the team the foul was committed upon. They get the ball at the nearest side or baseline, out of bounds, and have 5 seconds to pass the ball onto the court.
- **One & one.** If the team committing the foul has seven or more fouls in the game, then the player who was fouled is awarded one free throw. If he makes his first shot, then he is awarded another free throw.
- **Ten or more fouls.** If the team committing the foul has ten or more fouls, then the fouled player receives two free throws.

**Charging.** An offensive foul that is committed when a player pushes or runs over a defensive player. The ball is given to the team that the foul was committed upon.

**Blocking.** Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.

**Flagrant foul.** Violent contact with an opponent. This includes hitting, kicking, and punching. This type of foul results in free throws plus the offense retaining possession of the ball after the free throws.

**Intentional foul.** When a player makes physical contact with another player with no reasonable effort to steal the ball. It is a judgment call for the officials.

2. **Technical foul.** Technical foul. A player or a coach can commit this type of foul. It does not involve player contact or the ball but is instead about the 'manners' of the game. **Foul language, obscenity, obscene gestures**, and even **arguing** can be considered a technical foul, as can technical details regarding filling in the scorebook improperly or dunking during warm-ups.

## **VIOLATIONS**

**Walking/Traveling.** Taking more than 'a step and a half' without dribbling the ball is traveling. Moving your pivot foot once you've stopped dribbling is traveling.

**Carrying/palming.** When a player dribbles the ball with his hand too far to the side of or, sometimes, even under the ball.

**Double Dribble.** Dribbling the ball with both hands on the ball at the same time or picking up the dribble and then dribbling again is a double dribble.

**Held ball.** Occasionally, two or more opposing players will gain possession of the ball at the same time. In order to avoid a prolonged and/or violent tussle, the referee stops the action and awards the ball to one team or the other on a rotating basis.

**Goaltending.** If a defensive player interferes with a shot while it's on the way down toward the basket, while it's on the way up toward the basket after having touched the backboard, or while it's in the cylinder above the rim, it's goaltending and the shot counts. If committed by an offensive player, the attacking team is awarded two points if the shot was within the 3 point area and 3 points if the shot was executed behind the 3 point line.

**Backcourt violation.** Once the offense has brought the ball across the mid-court line, they cannot go back across the line during possession. If they do, the ball is awarded to the other team to pass inbounds.

**Time restrictions.** A player passing the ball inbounds has five seconds to pass the ball. If he does not, then the ball is awarded to the other team. Other time restrictions include the rule that a player cannot have the ball for more than five seconds when being closely guarded and, in some states and levels, shot-clock restrictions requiring a team to attempt a shot within a given time frame.

## **THE GOVERNING BODY**

**FIBA, the International Basketball Federation,** is the world governing body for basketball. Founded in 1932, we bring together 212 National Basketball Federations from all over the world. Its headquarters is in **Mies, Switzerland**

In Kenya, Kenyan Basketball Federation (KBF) works under the rules of FIBA to organize basketball activities in the country such as training officials and organizing the famous Kenya Basketball Federation Premier League games.



# FOOTBALL

Football is a game in which two teams each of 11 players, using any part of their bodies except their hands and arms, try to move the ball into the opposing team's goal. Only the goalkeeper is permitted to handle the ball and may do so only within the penalty area surrounding the goal.

Football is internationally governed by the Fédération Internationale de Football Association (FIFA).

CAF (**Confédération Africaine de Football**) is the governing body of African football and was founded in 1957.

In Kenya the national football governing body is Football Kenya Federation (FKF).

## The playing pitch

A standard football pitch measures 90-120m in length which is referred to as sideline by 45-90m in width (goal line) with a center line which divides the pitch into two halves.

It has a **center circle** where the game starts which measures **9.15m in radius**.

It is in the center circle where:

- i. Coin tossing is done
- ii. Kickoff is done
- iii. Game starts after a score
- iv. Players stay during penalty shoot outs

On each goal-line is a goal mouth which is **7.32m** wide from the inner parts of the goal posts with a height of 2.44m from the ground to the bottom part of the crossbar.

A **goal area** measures 5.5m from the goal posts along the goal line and 5.5m to the field of play. It is within the goal area where a **goal kick is played**.

A **penalty box** also referred to as the 18 yards box measures 16.5m from goals posts along the goal lines and 16.5m to the field of play. The penalty area marks:

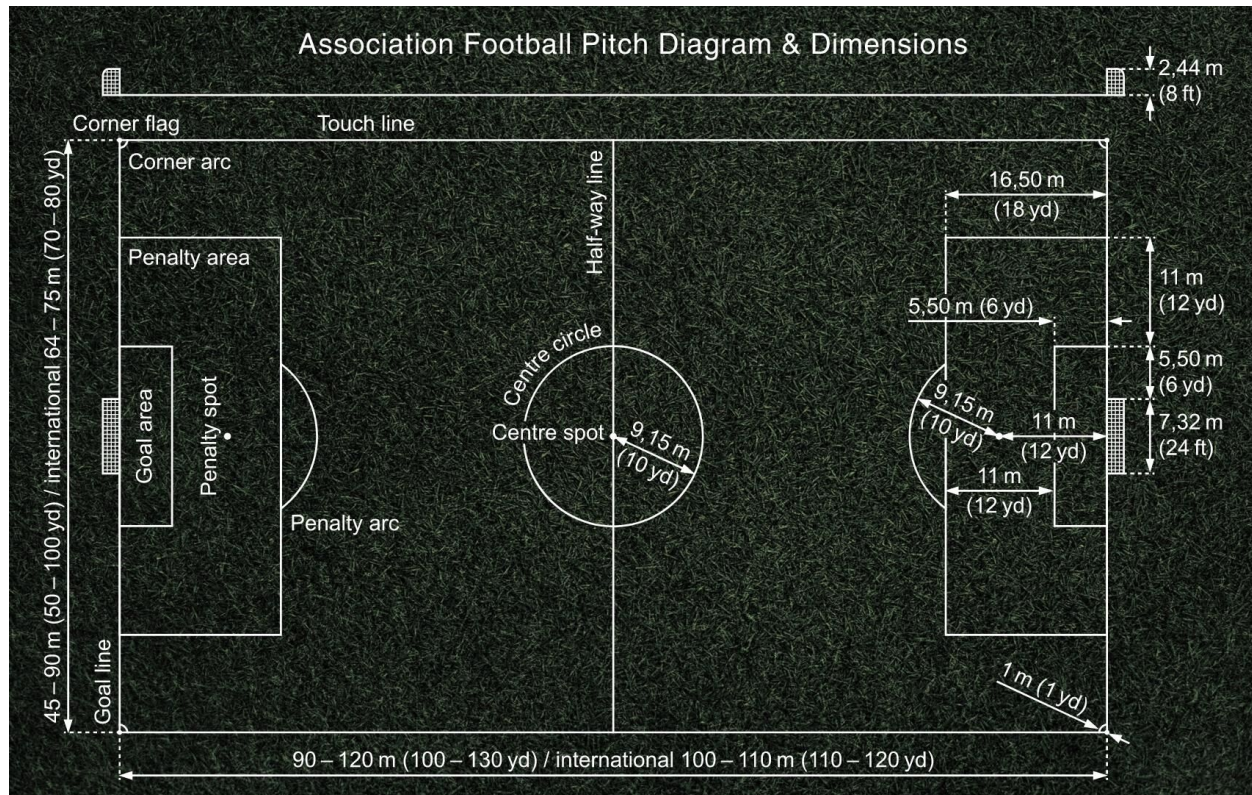
- i. The furthest point towards the field of play where a goalkeeper is allowed to handle the ball.
- ii. A point at which if the defending player breaks a rule, the opposing team gets a penalty.

A penalty spot is **11m from the center of the goals** to the pitch.

A penalty arc measures 9.15m from the penalty spots to the pitch bisecting the penalty area. The **penalty arc keeps the other players 9.15m** from the penalty spot during a penalty kick.

On the sidelines are substitution boxes which measures 4.5m from the center line. This is where the coach stays during the game and where substitutions take place.

The corner area is defined by a quarter circle with a radius of 1m (1yd) from each corner flag post drawn inside the field of play.



### The playing ball

The ball is spherical made of suitable material preferably leather. It has a **circumference of between 68 cm and 70 cm (21.64m-22.28m diameter)** weighing 410g and 450g in weight at the start of the match.

### The team

During a match, a list of 18 players is submitted to the match officials indicating the first 11 players and 7 substitutes. Commonly, a maximum of 3 substitutes are allowed per match.

#### Qualifications of a substitute

- Must be in the lineup list
- Must have the right wear – boots, shin guards and the right jersey.
- Must have not been substituted earlier

## PLAYING POSITIONS



### The game

A standard football match is **90 minutes made up of two 45-minutes halves**. In the mid of the game, there is a 15-minute break known as 'half-time'.

The game starts from the center spot with a toss of coin which is used to determine who starts kick. The toss also used to decide on the side a team would like to attack or defend on at the start of the game.

When a decision of the match must be decided in case of a draw after the 90 minutes play time and the referee's added time, the teams play for a **30 minutes** game with **two-15 minutes halves** which have a break of **5 minutes**.

If after this the game ends in a tie, shootouts are used to break the tie.

In a penalty shootout, each team has five shots, and the team that makes more successful kicks is declared the victor. The **fifth penalty** is usually seen as the most important one, as it can be the most decisive.

The game is governed by 17 laws.

### 17 Laws of Football

- Law 1: The Field of Play

- Law 2: The Ball
- Law 3: The Number of Players
- Law 4: The Players' Equipment
- Law 5: The Referee
- Law 6: The Assistant Referees
- Law 7: The Duration of the Match
- Law 8: The start and restart of play
- Law 9: Ball in and out of play
- Law 10: The Method of Scoring
- Law 11: Offside
- Law 12: Fouls and Misconduct
- Law 13: Free kicks (direct and indirect)
- Law 14: The Penalty Kick
- Law 15: The Throw-in
- Law 16: The Goal Kick
- Law 17: Corner kick

### **Fouls in football**

What are the 9 major fouls in football?

They are also referred to as the 9 penal fouls and they include:

- i. Handling the ball
- ii. Kicking an opponent intentionally
- iii. Striking an opponent intentionally
- iv. Tripping an opponent intentionally
- v. Holding an opponent
- vi. Grasping an opponent intentionally
- vii. Pushing an opponent intentionally
- viii. Charging
- ix. Obstructing an opponent intentionally

Fouls depending on the area of occurrence may lead to an **indirect** or a **direct kick** towards the goal of the team whose player committed it.

### **Direct free kick**

A direct free kick is awarded if a player commits any of the following offences against an opponent in a manner considered by the referee to be careless, reckless or using excessive force:

- charges
- jumps at
- kicks or attempts to kick
- pushes
- strikes or attempts to strike (including head-butt)
- tackles or challenges
- trips or attempts to trip

If an offence involves contact it is penalized by a direct free kick or penalty kick.

**Carelessness** is when a player shows a lack of attention or consideration when making a challenge or acts without precaution. No disciplinary sanction is needed

**Recklessness** is when a player acts with disregard to the danger to, or consequences for, an opponent and must be cautioned. – **Yellow card** or **verbal warning** is given.

**Using excessive force** is when a player exceeds the necessary use of force and endangers the safety of an opponent and must be sent off – **Red card** is awarded

A direct free kick is awarded if a player commits any of the following offences:

- a handball offence (except for the goalkeeper within their penalty area)
- holds an opponent
- impedes an opponent with contact
- bites or spits at someone on the team lists or a match official
- throws an object at the ball, opponent or match official, or makes contact with the ball with a held object

#### **Indirect Free Kick**

An indirect free kick is awarded if a goalkeeper, inside their penalty area, commits any of the following offences:

- i. controls the ball with the hand/arm for more than six seconds before releasing it
- ii. touches the ball with the hand/arm after releasing it and before it has touched another player
- iii. touches the ball with the hand/arm after:
  - a. it has been deliberately kicked to the goalkeeper by a team-mate
  - b. receiving it directly from a throw-in taken by a team-mate

A goalkeeper is considered to be in control of the ball with the hand(s) when:

- i. the ball is between the hands or between the hand and any surface (e.g. ground, own body) or by touching it with any part of the hands or arms except if the ball rebounds from the goalkeeper or the goalkeeper has made a save
- ii. holding the ball in the outstretched open hand
- iii. bouncing it on the ground or throwing it in the air

Throw in and corner kick

**A throw-in** is awarded to the opponents of the player who last touched the ball when the whole of the ball passes over the touchline, on the ground or in the air. A goal cannot be scored directly from a throw-in: if the ball enters the opponents' goal – **a goal kick is awarded**.

If the ball enters the thrower's goal, **a corner kick is awarded**.

At the moment of delivering the ball, the thrower must: stand facing the field of play, have part of each foot on the touchline or on the ground outside the touchline, throw the ball with both hands from behind and over the head from the point where it left the field of play.

**A corner kick** is used in restarting play in a game when the ball goes out of play over the goal line, without a goal being scored and having last been touched by a player of the defending team

## **Common terms used in football**

### ❖ **All ball**

This is said when a player attempts to tackle the ball, and connects with the ball rather than the player'.

### ❖ **Back of the net**

A commentator favorite to describe the ball crossing the line and hugging the net, in other words, a goal.

### ❖ **Ball-to-hand**

The claim that the contact between the hand and the ball is inadvertent, therefore it shouldn't warrant a free kick.

### ❖ **Bicycle kick**

The movement by a player where they jump up, throw both feet in the air and hit the ball in a pedaling motion to send the ball in the opposite direction they're facing. Also known as the overhead kick.

### ❖ **Boot it**

An instruction given by the teammates of a player for them to kick the ball with full power to get it away.

### ❖ **Box-to-box player**

A player that can successfully play both sides (defensive and offensive) of the game.

### ❖ **Brace**

A word to describe the achievement of a player that scores two goals in one game.

### ❖ **Hat-trick**

Refers to three scores by a single player in a match.

❖ **Chip shot**

A shot that is kicked from underneath the ball to provide some arc for it to go over the opponent.

❖ **Class act**

A player/manager that deserves praise especially with their attitude and manners off the field.

❖ **Clean sheet**

The accolade a team/goalkeeper earns when a full game is played without conceding a goal.

❖ **Cleats**

The plastic or metallic bumps on the sole of football shoes. Also used for the shoes themselves.

❖ **Clinical finish**

A top notch shot that leads to a goal. The scorer of this goal is called the clinical finisher.

❖ **Cracker**

A breathtaking football match or an outstanding goal, mainly from a long distance.

❖ **Dive**

The exaggerated falling move of a player to deceive the referee in order to win their team a foul call.

❖ **Dummy run**

An off-the-ball run made by an offensive player to create space for his teammate with the ball.

Used to trick opponents by pretending to move towards the ball.

❖ **Feint / Flip Flap**

The dribbling of the ball in one direction after faking the dribble in the other direction with a bogus body movement. Also known as the snakebite for being resembling a snake's agile attack on its prey.

❖ **First-time ball**

Transferring the ball to a teammate with one single touch when a pass is received.

❖ **Flick-on**

A move where the offensive player hits a moving ball with their foot or head when it's passing by them without controlling it first.

❖ **Game of two halves**

A cliché that commentators resort to when a match has consisted of two halves with huge disparities in character and score.

❖ **Hard man**

A player notorious for their tough, physical, and assertive style of football.

❖ **Hoof**

Purposelessly kicking the ball towards the opposite goal with power.

❖ **Hospital ball**

A reckless pass that's within reach of two players from opposing teams that can give rise to injuries.

❖ **Howler**

An inexplicable mistake by a player that generally proves costly.

❖ **Hug the line**

The instruction given to wing players to stay closer to sidelines, especially when dribbling forward.

❖ **In his/her pocket**

Refers to one player having dominated an opposition player.

❖ **Lost the dressing room**

A phrase to describe a situation in which the manager has lost control over and the respect of the players.

❖ **Man on**

The loud cry to inform a teammate with the ball that an opponent is approaching or dangerously close by.

❖ **Midfield anchor**

A reliable defensive midfielder with the primary assignment of staying close to the defensive line and nipping attacks in the bud.

## REFEREE HAND SIGNALS





# VOLLEYBALL

Volleyball is played by two teams in a rectangular court, divided into two equal halves across the length by a net tightly stretched between two poles fixed at either sides of the court. It is one of most popular rally games and is today widely played across the world.

The objective of the game is to try to make the ball touch the ground on the opponent side. When the ball is hit by a team, the members of other team hit it with their hands to prevent it from touching the ground and to send it to another teammate or to the other side of the court across the net.

Only three players from the team can strike the ball successively before they send it to the other team. Volleyball allows players to pass the ball among teammates like basketball, but the strategies of defending and attacking are similar to other net or racquet games.

The players of both teams have to prevent ball touching the ground thus preventing the opponent to gain points.

## THE PLAYING COURT AND THE BALL

A standard international volleyball court is rectangular in shape whose sides are **18 meters** and the ends are **9 meters**.

The surface of the court is neither slippery nor rough, to avoid injuries.

International courts have wooden or synthetic flooring. The court is divided into two similar squares of **9 X 9 meters by a center line**, one for each team.

The court is further divided into the following zones:

### Front zone

The front zone in each half extends from the center line to the attack line. It is drawn 3 meters away from the center line on both sides of the court.

### Service zone

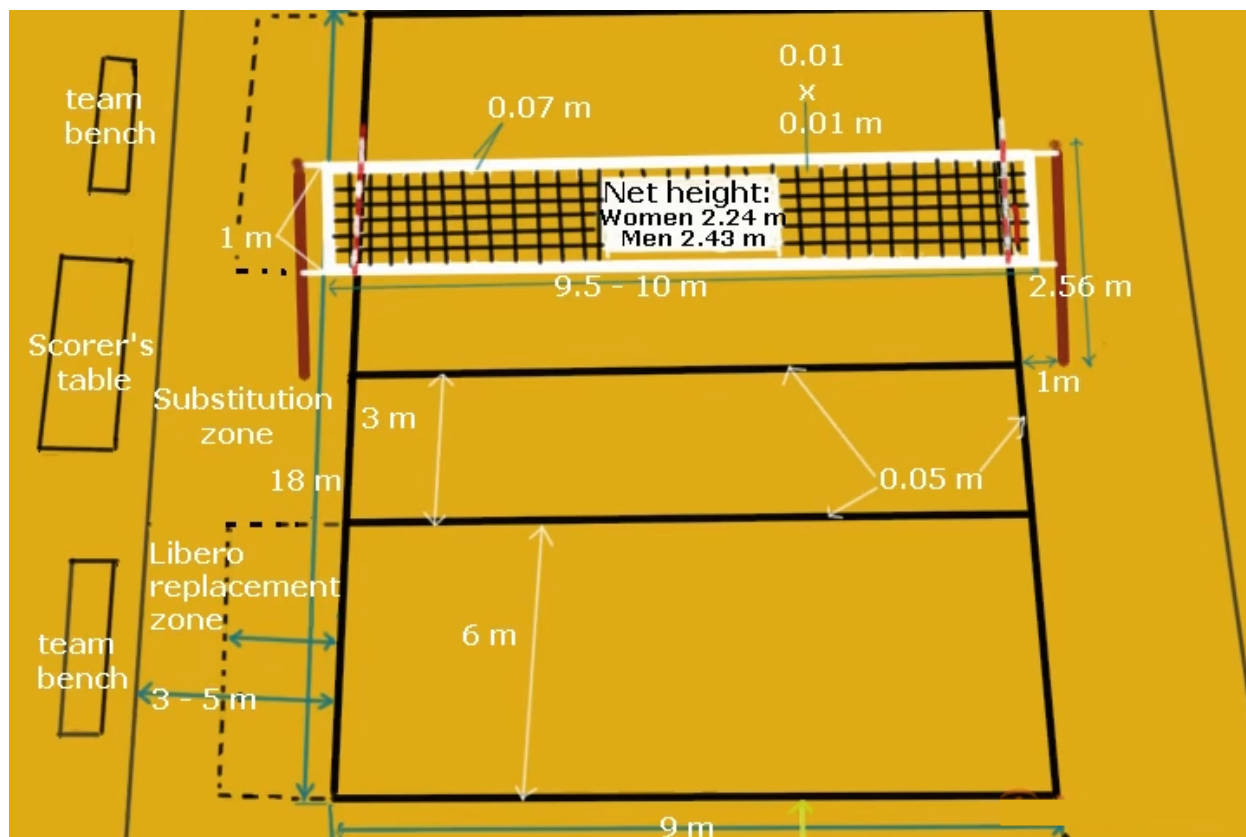
This zone is used for servicing the ball to the opponent court behind the end lines and has a width of 9 meters. The player has to be in the service zone while jumping or serving.

### Substitution zone

The substitution zone lies between the scorer's table and the attack line.

### Libero replacement zone

The Libero replacement zone is a part of the free zone beside team benches and between the extended attack line and the end line.



### The equipment

Volleyball is a simple game which doesn't require any equipment other than a ball, a net and a flat court. Even two players can play and have fun with volleyball.

The net is **one meter** long and **9.5 to 10 meter** wide. It is tied vertically above the center line of the court to posts fixed at either sides of the court, at a distance of one meter from the sidelines.

The center of the net should lie **2.43 meter** above the ground for **senior men** and **2.24 meter** for **senior women championships**.

In sitting Volleyball the net is **1m high** and **1.15m high** for women and men championship games respectively.

At the sides the net may be higher by a maximum of 2cm, however it should be tied at the same height at both the posts. The court width is marked on the net with a tape and a flexible antennae of one meter extends from the tape marker on both sides of the net. These markings help the referee determine when the ball goes outside the court. Each antenna is **1.8m long**

## Ball

Volley ball a spherical ball of **65-67 cm** circumference. It is made of leather or any synthetic material and weighs **260-280 g**. Volleyballs are available in various colors, however for international tournaments, FIVB approved balls should only be used. Other Equipment Players of a team are uniformly dressed in jerseys, shorts, socks and sport shoes. Jerseys of each team has a different color.



## The game

To get play started, **a team is chosen to serve by coin toss**. A player from the serving team throws the ball into the air and attempts to hit the ball so it passes over the net on a course such that it will land in the opposing team's court (the serve).

The game played by two teams, usually of six players on a side, in which the players use their hands to bat a ball back and forth over a high net, trying to make the ball touch the court within the opponents' playing area before it can be returned. To prevent this a player on the opposing team bats the ball up and toward a teammate before it touches the court surface, that teammate may then volley it back across the net or bat it to a third teammate who volleys it across the net. A team is allowed only three touches of the ball before it must be returned over the net.

Each match is divided into five sets. A team that wins three sets wins the match. A team wins a set if it **scores 25 points** and leads the other team by at **least 2 points**. If the lead is less than two points, both the teams continue playing till a wider lead is achieved. If both the teams won two matches each, then the team that wins **fifteen points and leads the other team by at least two points in the fifth deciding set** wins the match

Volleyball is very different to most sports as **the first four sets are played to 25 points, but if the match goes to a fifth set this game is only played to 15 points**. In order to win a set, a team must win by two clear points.

Specifically, in volleyball, the regulation allows the coach of each team to request two timeouts per set, with a duration of **30 seconds**. A timeout is signaled by making a "T" shape using both the hands.

The 5<sup>th</sup> set acts a tie breaker in the game, and the teams changes sides at the 8<sup>th</sup> score.

## The game rules

Here is a set of rules that are to be followed while playing volleyball:

- ❖ When the ball is in play, it shouldn't cross the side lines and end lines. At the net the ball should stay between the antennae.
- ❖ Players are not prevented from hitting the ball at the same time. But, when two players hit it, they have made two hits.

- ❖ Two players from opposing teams may hit the ball at the same time, but if the ball goes out of the court, then the team at the other side of the court is awarded a fault.
- ❖ Players shouldn't cross the center line while the ball is in play. Sometimes their hands may reach the opponents court while trying to block a ball, but their feet shouldn't be placed in the opponent area and they should never interfere with the opponent hits.
- ❖ They shouldn't touch the net in such a way that it obstructs the game or interferes with the opponents play. However, the ball may touch the net or get struck in it. It can be hit back and brought into play.
- ❖ No player should obstruct opponents from hitting the ball or moving.
- ❖ After the referee whistles and instructs for a service, the player should serve the ball within 8 seconds.
- ❖ The front-row players should deliver an attack hit only from their playing space.
- ❖ A back-row player should deliver an attack hit only away from the front zone, but may reach the front zone after the hit. But, if the ball is too low, lower than the top of the net, he/she may deliver an attack hit by moving to the front zone.
- ❖ A receiving team shouldn't deliver an attack hit from the front zone when the ball is still higher than the top of the net.
- ❖ The libero or any player from the back row should not block the ball.
- ❖ The Libero cannot serve or block the ball.
- ❖ A ball shouldn't be blocked just after a service.
- ❖ Players shouldn't catch the ball and throw it. They should only hit the ball.

### **The team**

Volleyball is played among two teams of six players each. A team may also have six more substitute players. In the team lists is a Libero player.

Players are positioned in two rows of three players each.

The Libero is identified with a jersey colour different from other team members.

He is a specialist in defending and cannot serve or move to the front court. The team captain along with the coach is responsible for maintaining discipline in the team. The team captain also represents the team and speaks about their team members concerns.

During competition, each team has a coach, one or two assistant coaches, a physiotherapist and a doctor. These members sit along with substitute players on their team bench outside free zone.

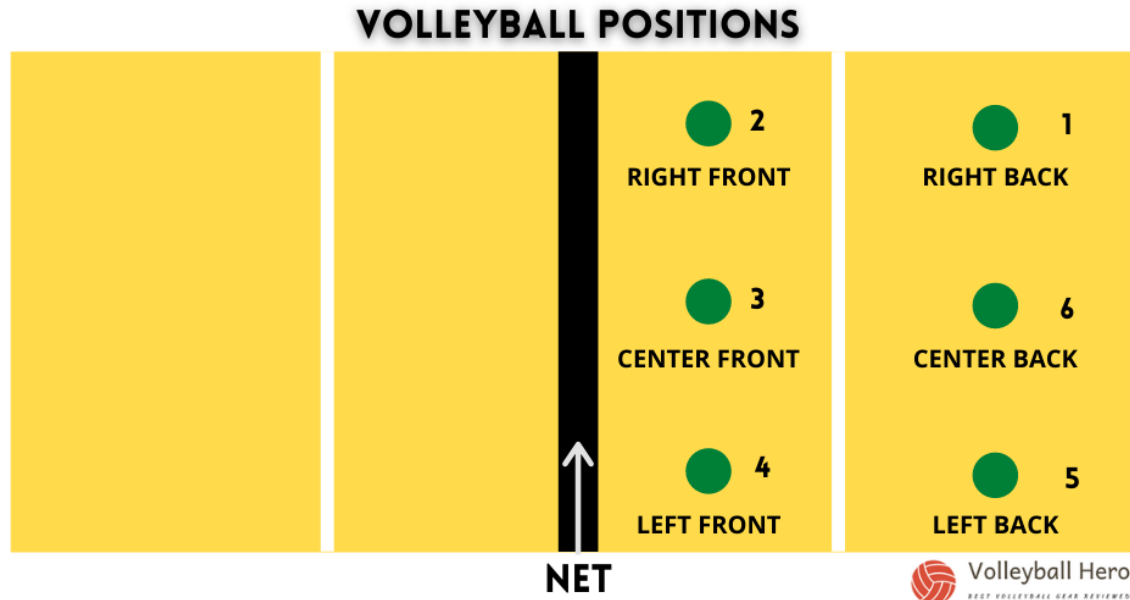
**Liberos** are not allowed to:

1. Go for Blocks
2. Serve
3. Move to the front court

### ***How many substitute players are allowed on a volleyball team?***

The FIVB states that volleyball teams can consist of a max of 12 players, but only 6 substitutions per set.

## PLAYER POSITIONS



## COMMON TERMS USED IN VOLLEYBALL

1. **Rally** – A ball is serviced by a player and players of both teams hit it till a foul is committed or ball falls on the ground. This period, from the point it is put to service till it halts is called a rally. It is a complete rally if one of the teams scores a point.
2. **Service** – Players hit the ball with their fist, wrist, or arm, from the service zone and it has to move above the net to the other teams play zone.
3. **Warm up sessions** – Players can get used to the environment and practice in a short six to ten minute warm up sessions before the actual game begins.
4. **Attack hit** – The hit that sends the ball to the opponent side.
5. **Positional Fault** – Players are numbered in anti-clockwise starting from the player in extreme right position in the back row. So, players in the front row are numbered 4, 3 and 2 and players in the back row are numbered 5, 6 and 1 from left to right. They should lie in the same positions declared before beginning a set, when ball is served, else they earn a fault. However, after the service they may move within their court.
6. **Rotational Fault** – If a receiving team earns a chance to serve, its players change positions and move clockwise, i.e. player in 1st position moves to 6th, player in 2nd position moves to 1st, etc. Not changing positions according to this order leads to a fault. An exception to this rule is the Libero who cannot serve or enter the front court.
7. **Four Hit Foul**--Three players in the receiving team may hit the ball consecutively and the fourth hit should deliver the ball to the other side, failing so will earn them a four hit fault.
8. **Double Contact** --Players should hit the ball to a teammate or to the other team. Simultaneous hitting leads to a fault.
9. **Assisted Hit** – Players shouldn't receive help from their teammates or any other objects like posts to hit the ball.

10. **Serving Fault** – Players should serve according to the serving order. They should hit the ball according to the rules and when instructed. Not complying with these rules leads to a serving fault.
11. **Double fault** – If opponents commit faults successively, they have to play the rally again. This scenario is called a Double Fault
12. **Blocking** – Players near the net may jump and hit the ball near the net after an attack hit. Sometimes the ball doesn't even completely cross the net. This action is referred to as blocking.
13. **Crossing space** – The gap or space between the antennae and above the net is termed as Crossing Space. This space can also extend to the roofs inside the indoor courts. The ball should cross the net only through the crossing space.



## MATCH OFFICIALS

A **first (or main) referee, second referee, a scorer and two line judges** are required to umpire an official game of volleyball. Just like most sports, the main referee upholds the rules throughout the whole game and their decision is final.

## THE GOVERNING BODY

When it comes to competitive volleyball, the rules most commonly recognized are those set out by the **FIVB (International Federation of Volleyball)**.

**Kenya Volley Federation (KVF)** is the national governing body. It organizes volleyball leagues and officiates them under the FIVB rules.

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