1. HISTORY OF VOLLEYBALL
   1. IMPORTANT DATES
      1. 1895 – William G. Morgan invented the game of volleyball, originally called “Mintonette”
      2. 1896 – Morgan demonstrated the game to the YMCA Directors of Physical Education
      3. 1896 – Mintonette was renamed to “Volley Ball”
      4. July 1896 – Brief report on the game and its rules was published
      5. 1897 – Rules were included in the first official handbook of the North American YMCA Athletic League
      6. 1900 – Canada became the first foreign country to adopt the game
      7. 1908 – Japan and China adopted the sport
      8. 1910 – Philippines adopted the sport
      9. 1913 – The sport was included in the program of the first Far-Eastern Games in Manila, Philippines
      10. 1916 – YMCA and NCAA unified rules of the game
      11. 1917 – the game was reduced from 21 points to 15
      12. 1918 – Number of players was limited to six
      13. 1922 – The number of authorized contacts with the ball was fixed at three
      14. 1930 – YMCA spreads the new game amongst women
      15. April 1947 – Federation Internationale de Volleyball was founded
      16. 1952 – USVBA voted to spell the name as “Volleyball”
      17. 1964 – Volleyball added to the Olympic Games
      18. 1986 – First World Championships held for both men and women
      19. 1996 – Beach Volleyball added to the Olympics
   2. HISTORY OF VOLLEYBALL IN THE PH
      1. IMPORTANT DATES & YEARS
         1. 1910 – Volleyball was introduced to the Philippines
         2. 1913 – Far-Eastern Games, the first official volleyball tournament in the Philippines
         3. 1916 – Offensive style of passing the ball to be struck by another player (set and spike) was introduced
         4. 1917 – the game was reduced from 21 points to 15
         5. 1920 – Three-hit limit rule
         6. 1961 – Philippine Amateur Volleyball Association (PAVA)
         7. 2003 – Name changed to Philippine Volleyball Federation (PVF)
      2. CONTRIBUTION OF FILIPINOS IN VOLLEYBALL
         1. Three-hit limit rule
         2. “Spike and set” volleyball strategy or “bomba”
2. BASIC SKILLS
   1. DIFFERENT POSITIONS + DUTIES & RESPONSIBILITIES
      1. Setter (S)
         1. Take the second ball and set it to one of the hitters
         2. Decision-maker of the team, leads the offense
         3. On defense, will block while in the front row
      2. Outside Hitter (OH)
         1. Hits and blocks from the left side
         2. Hitting from the back row
         3. Plays defense in the back row
         4. Typically gets the most sets from the setter
      3. Opposite Hitter (OPP)
         1. Hits and blocks from the right side
         2. Hit out of the back row
         3. Play defense on the back row
      4. Middle Blocker (MB)
         1. Usually the best blockers
         2. Hit fast-tempo sets from the middle
         3. Does not play defense on back row (Switched by Libero)
      5. Libero (L)
         1. Wear a different color jersey
         2. Play in the back row, subbing in for both MB.
         3. Rotations do not count towards substitutions
         4. Cannot attack the ball from above the height of the net
         5. Can only overhand set a front row attacker from behind the attack line
      6. Service Specialist / Pinch Server
         1. Subs in to serve during crucial moments
         2. Typically have a tough or a consistent serve
   2. TYPES OF SERVICE
      1. Underhand – ball in non-dominant hand, swing dominant hand (fisted) under the ball
      2. Overhand – extend the ball in non-dominant hand, toss the ball up and hit with an open palm
      3. Floater – serve that does not spin, moving in unpredictable ways. Make contact behind the middle of the ball
      4. Topspin – ball spins forward. Quick speed. Toss the ball, step under the toss, and make contact underneath towards the top of the back.
      5. Sidearm – ball at hip level, arm swing parallel to the floor
      6. Jump Serve – utilizes an attack approach, jumping and string the ball with the heel of your hand while in the air
3. COURT DIMENSIONS
   1. MEASUREMENT OF THE PLAYING COURT
      1. 18m long x 9m wide
   2. MEASUREMENT OF THE PLAYING COURT INCLUDING THE FREEZONE
      1. 3m wide on all sides
      2. For FIVB, official competitions, free zone is minimum 5m from sidelines and 8m from end lines
      3. Free playing space is 7m high from the playing surface
   3. HEIGHT OF THE NET (MEN & WOMENS)
      1. 2.43m / 8ft high (mens)
      2. 2.24m / 7ft 4in high (womens)
   4. PARTS OF THE COURT & ITS MEASUREMENTS
      1. Line markings are 5cm wide
         1. Boundary lines
         2. Center line (divides the court into two equal 9m x 9m)
         3. Attack line – parallel to and 3m from the net
      2. Front zone
      3. Back zone
      4. Service zone
   5. MEASUREMENT OF THE NET
      1. 1m wide and 9.5m-10m long
      2. 10cm square black mesh
      3. Top band is 7cm while bottom band is 5cm
      4. Antenna extending 80cm above the net
4. EQUIPMENTS IN VOLLEYBALL
   1. Playing balls
   2. Court
   3. Net and poles
   4. Penalty cards
   5. Dress (jersey, shorts, socks, and shoes)
   6. Braces, sleeves, pads
5. OFFICIATING OFFICIALS IN VOLLEYBALL
   1. DUTIES AND RESPONSIBILITY OF EACH OFFICIAL
   2. DIFFERENT HAND SIGNAL IN OFFICIATING VOLLEYBALL
   3. DIFFERENT KINDS OF VIOLATIONS INCLUDING RULES & REGULATIONS
6. REFERENCES
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