

Sophomore Volleyball Review Questions (44)

1. An official match consists of winning two out of three games.
2. Players may change service order within a game.
3. There are six players on an official volleyball team.
4. The first server on a team is the person always in the right back position.
5. A player may not leave the court to play the ball.
6. A player may contact the ball twice in succession if this first contact is a block.
7. A team must serve in order to score a point.
8. Good skill technique in volleyball includes hitting the ball with the knuckles of a clenched fist.
9. A server may stand anywhere behind the end line on the serve.
10. When the serving team commits an error, the official should call side out.
11. A hit is considered illegal when the ball comes to rest momentarily on the hands, fingertips or forearms.
12. The rules of volleyball state that contact on the body with the ball below the waist is illegal.
13. During a rally, as soon as any part of the ball crosses the top of the net, it may be hit by the opponent on his/her side of the net.
14. A player may touch the net on a follow-through over the net, and no foul shall be called.
15. Players may take new positions or be rearranged at the beginning of a new game.
16. A ball landing on the boundary line is considered good and should have been played.
17. If a spike is blocked, the ball may be played three times before it is returned over the net.
18. At the end of a game, the winning team may choose to stay on their side for the next game.

Multiple-Choice

19. When do players rotate?
- every time a point is scored by your team
 - when the opponents score a point
 - after your opponent commits side out and it is now your turn at serving
 - none of the above
20. The maximum hits allowed a team before the ball must be sent over the net are (not including a block):
- | | |
|----------|---------|
| a. three | c. one |
| b. two | d. four |
21. Two or more players of the same team contact the ball at the same time. It is considered one play. The two players involved may participate in the next play. This next play would be hit # _____.
- | | |
|------|------|
| a. 1 | c. 3 |
| b. 2 | d. 4 |
22. Which of the following is legal?
- player touches the net
 - player crosses the center line
 - player touches the ball with his foot and sends it over the net
 - player sends the ball over the net with one forearm
23. What is the official decision if the served ball touches the top of the net and lands in the proper side of the court?
- serve is taken over
 - side out
 - point
24. A two-handed "bump" is used mainly for:
- spiking
 - blocking a spike
 - passing the ball to the forward line
25. The serving rotation order moves in a _____ direction.
- | | |
|---------------------|----------------|
| a. counterclockwise | c. letter "z" |
| b. clockwise | d. backwards S |
26. When using your fingertips to set up the ball to the forward line, it is important to remember:
- hit the ball from above the forehead
 - bend the knees to get under the ball
 - keep your eye on the ball through the "triangle" made by the thumb and index fingers
 - extend the arms in the direction you wish the ball to travel
 - all of the above

27. A server stepping on the end line before the ball was contacted is committing:
- a let serve
 - a net serve, serve is taken over
 - foot fault
 - a net serve, serve is not taken over
28. Which score indicates a finished game?
- | | |
|----------|----------|
| a. 15-14 | c. 14-15 |
| b. 16-15 | d. 16-14 |
29. In which list is the order or rotation entirely correct?
(EXAMPLE: RB = right back, CF = center front)
- RB to LF; LF to CF; CF to RF
 - LF to CF; CF to RF; RF to RB
 - RB to LB; LB to RF; RF to CF
 - LF to CF; CF to RB; RB to RF
30. The usual responsibility of the center front player is to
- bump
 - set
 - spike
31. A player should use a _____ to receive the serve.
- bump
 - set
 - spike
32. The team starting the play is known as the:
- receiving team
 - serving team
 - rotating team
33. A player touches the net with the body while the ball remains in play.
- legal
 - illegal
 - replay
34. Most good spikers hit the ball:
- with a stiff arm
 - with a closed fist
 - with both hands.
 - with an open hand.
35. Interchanging of the positions of players after the serve is
- illegal
 - legal

36. Life Lab questions: Working within your target heart rate range means you
- a. are not working hard enough.
 - b. you will receive the most muscular benefit.
 - c. are working too hard.
 - d. receive the most cardiovascular benefit.

Choose the correct answer.

- a. point b. side-out c. legal – continue play
37. Team B serves and Team A returns the serve. The player from Team A making the return steps across the center line.
38. A person receiving the serve uses his head to return the ball and the serving team does not return the ball.
39. A person on the receiving team contacts the ball with her forearms and the ball rebounds into her upper arm.
40. Two opposing forward line players play the ball simultaneously above the net.
41. Player on receiving team catches the ball just beyond the end line. Just before he makes the catch he yells “out of bounds”.
42. Receiving team hits the ball four times.
43. Server on Team A, uses an open hand to serve.
44. A player on the serving team, in an attempt to direct hit, reaches over the net on a follow through.