

# Volleyball and Recreational Games Units

## Volleyball Unit Review

### Basic Rules/Terminology of Volleyball:

- Each team has 6 players on the court in an official volleyball game.
- A team may hit/contact the ball a maximum of 3 times before it must go over the net.
- No player can contact the volleyball twice in a row.
- When saying the score, the serving teams score is always said first. (ex. "5 serving 2")
- A point is awarded at the completion of play after every serve.
- The correct completion of an underhand pass (bump) requires that your hands should be together/connected.
- A set is an overhead pass using both hands in the shape of a triangle/diamond over your head.
- A team only rotates when they get the serve back from the other team, not when they lose the serve.
- The volleyball is still in play if it hits the net and continues over to the other side on a serve as well as during a play.
- An official game is played to 25 points. A team must win by at least 2 points.
- Players may not contact/touch the net during a volleyball game.
- A ball that lands on the line is considered in bounds in the game of volleyball.

## Recreational Games Unit Review

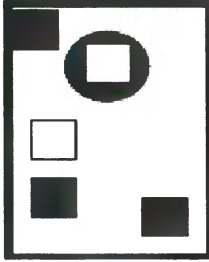
### Basic Rules

- A player's partner should be standing across from them. You will stand beside your opponent.
- You need to stay even with or behind your equipment when you perform each throw.
- All items must to be thrown underhand.
- Teams must to take turns throwing the items. (One team will never throw all of their items before the other team throws.)
- Previously tossed objects that are knocked out or into scoring positions count based on where they are at the end of the round.
- Only 1 team can score in a single round. Use cancellation scoring to determine points for each individual round, do not take away points that were scored in previous rounds (game total score).
- The team that scored points in the last/previous round will begin the next round by throwing first.
- Objects tossed in golf toss and washer toss can hit the ground and bounce into scoring position. In bags any bean bags thrown must land on the board without making contact with the floor.

## Recreational Games Scoring

**Bags** - In bags only one team can score points during a round. You get one point if your bean bag lands on the board and three points if the bean bag goes into the hole. After all bean bags have been thrown, you need to determine the score. If team tossing the white bags had 1 bag in the hole (3 points) and 1 on the board (1 point), and the team tossing the black bags 3 bags on the board (1 point each). The team has more points you would subtract the others points from their score and that would be their total for that round. So in the example, WHITE had a total of 4 points on the board, BLACK had a total of 3 points on the board; you would take  $4 - 3 = 1$  point for team tossing the white bags.

Scoring Example for Bags:



Team has 4 points (1 in the hole, 1 on the board)

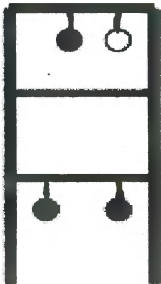
Team has 3 points (3 on the board)

$4 - 3 = 1$  point for the  team

Team will toss first in the next round

**Golf Toss** - Golf toss is the same idea as bags, meaning only one team can get points in a round. There are three bars that you are trying to wrap the golf toss around, the top bar is worth 3 points, the middle bar is worth 2 points, and the bottom bar is worth 1 point. The points cancel out so only one team can receive points in any single round.

Scoring Example for Golf Toss:



Team has 5 points

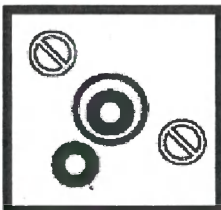
Team has 3 points

$5 \text{ points} - 3 \text{ points} = 2 \text{ points for } \bullet \text{ Team}$

Team will toss first in the next round

**Washer Toss** - Washer toss is again, the same ideas as bags and golf toss; meaning only one team can get points in a single round. You have the square target with a small circle target in the middle; if you get the washer in the center circle it's worth 3 points, if it lands in the square but outside of the circle it's worth 1 point. The points cancel out so only one team can receive points in any single round.

Scoring Example for Washer Toss:



Team has 4 points (1 in the hole, 1 in the target but outside of the center hole)

Team has 2 points (2 in the target but outside of the center hole)

$4 \text{ points} - 2 \text{ points} = 2 \text{ points for the } \bullet \text{ team}$

Team will toss first in the next round