CHAPTER – I
INTRODUCTION

1.1 PHYSICAL EDUCATION

Physical education is the perfect combination of theory and practical. It involves 50% theory and 50% practical. Here, practical means all sports i.e. Athletics, Adventure Games, Aquatic Games, Major Games, Combat Games, Ball and Rocket Games, Recreational Games, etc. there are total 44 games and Volleyball is one of them.

DEFINITION OF PHYSICAL EDUCATION

“Physical Education is broad and great education than other education. All education is involved in physical education. It is education through physical activities for the all round development of total personality of a child to its fullness, perfection in body, spirit and mind”.

Rustam and Khel Ratan,
Prof. Ramesh Kumar (Tiger)

Sports offer many opportunities for people to make the best use of their abilities, to become part of a cooperative team effort, to experience the joy, and sometimes the misery, of winning and losing. In ancient times, our ancestors exhibited extraordinary talents in terms of physical activity. Accompanied by fierce competition, the arena of sports and games have evolved to assume professional dimension. Somehow or other, irrespective of age, the human race is involved in different kinds of sports either for recreation or for competition. In the present world, Sports have become extremely competitive. It is not mere participation or practice that makes an individual victorious. Qualitative sports life is affected by various factors like physiology, biomechanics, sports training, sports medicine, sociology and coaching, computer application and psychology and so on.

To achieve top level performance in the international arena one must have a fitness regimen and systematic execution. To win medals, in the Olympics, there should be spotting of talent, systematic and scientific method of training, competitive exposure, etc. It is not only because of training, but also because of psychological, and
physiological aspects that goals are achieved. Experts in the field of sports have put their mind into it and made tremendous efforts to find out ways and means to achieve top level performance.

1.2 VOLLEYBALL HISTORY

Volleyball has come a long way from the dusty-old YMCA gymnasium of Holyoke, Massachusetts, USA, where the visionary William G. Morgan invented the sport back in 1895. It has seen the start of two centuries and the dawn of a new millennium. Volleyball is now one of the big five international sports, and the FIVB, with its 220 affiliated national federations, is the largest international sporting federation in the world.

Volleyball has witnessed unprecedented growth over the last decade. With the great success of world competitions such as the FIVB World Championships, the FIVB World League, the FIVB World Grand Prix, the FIVB World Cup, and the FIVB Grand Champions Cup as well as the Olympic Games, the level of participation at all levels internationally continues to grow exponentially.

The beach volleyball phenomenon also continues to amaze. The overwhelming spectator and television success of beach volleyball since its introduction to the Olympic Games at Atlanta in 1996 and the stunning success of the FIVB World Tour and World Championships has opened up volleyball to a completely new market.

1.2.1 THE ORIGIN

William G. Morgan (1870-1942), who was born in the State of New York, has gone down in history as the inventor of the game of volleyball, to which he originally gave the name "Mintonette".

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The young Morgan carried out his undergraduate studies at the Springfield College of the YMCA (Young Men's Christian Association) where he met James Naismith who, in 1891, had invented basketball. After graduating, Morgan spent his first year at the Auburn (Maine) YMCA after which, during the summer of 1895, he moved to the YMCA at Holyoke (Massachusetts) where he became director of physical education. In this role he had the opportunity to establish, develop and direct a vast programme of exercises and sport classes for male adults.

His leadership was enthusiastically accepted, and his classes grew in numbers. He came to realise that he needed a certain type of competitive recreational game in order to vary his programme. Basketball, a sport that was beginning to develop, seemed to suit young people, but it was necessary to find a less violent and less intense alternative for the older members.

At that time Morgan knew of no similar game to volleyball which could guide him; he developed it from his own sports training methods and his practical experience in the YMCA gymnasium. Describing his first experiments he said, "In search of an appropriate game, tennis occurred to me, but this required rackets, balls, a net and other equipment, so it was eliminated, but the idea of a net seemed a good one. We raised it to a height of about 6 feet, 6 inches (1.98 metres) from the ground, just above the head of an average man. We needed a ball and hence we tried was a basketball bladder, but this was too light and too slow. We therefore tried the basketball itself, which was too big and too heavy."

In the end, Morgan asked the firm of A.G. Spalding & Bros. to make a ball, which they did at their factory near Chicopee, in Massachusetts. The result was satisfactory: the ball was leather-covered, with a rubber inner tube, its circumference was not less than 25 and not more than 27 inches (63.5 cm and 68.6 cm, respectively), and its weight not less than 9 and not more than 12 ounces (252 gr and 336 gr, respectively).

Morgan asked two of his friends from Holyoke, Dr. Frank Wood and John Lynch, to draw up (based on his suggestions) the basic concepts of the game together with the first 10 rules.
Early in 1896 a conference was organized at the YMCA College in Springfield, bringing together all the YMCA Directors of Physical Education. Dr. Luther Halsey Gulick, director of the professional physical education training school (and also executive director of the department of physical education of the International Committee of YMCA's) invited Morgan to make a demonstration of his game in the new college stadium. Morgan took two teams, each made up of five men (and some loyal fans) to Springfield, where the demonstration was made before the conference delegates in the east gymnasium. The captain of one of the teams was J.J. Curran and the other of John Lynch who were respectively, mayor and chief of the fire brigade of Holyoke.

Morgan explained that the new game was designed for gymnasia or exercise halls, but could also be played in open air. An unlimited number of players could participate, the object of the game being to keep the ball in movement over a high net, from one side to the other.

After seeing the demonstration, and hearing the explanation of Morgan, Professor Alfred T. Halstead called attention to the action, or the act phase, of the ball's flight, and proposed that the name "Mintonette" be replaced by "Volley Ball." This name was accepted by Morgan and the conference. (It is interesting to note that the same name has survived over the years, with one slight alteration: in 1952, the Administrative Committee of the USVBA voted to spell the name with one word, "Volleyball", but continued to use USVBA to signify United States Volleyball Association).

Morgan explained the rules worked on them then gave a hand-written copy to the conference of YMCA directors of physical education in conference, as a guide for the use and development of the game. A committee was appointed to study the rules and produce suggestions for the game's promotion and teaching.

A brief report on the new game and its rules was published in the July 1896 edition of "Physical Education" and the rules were included in the 1897 edition of the first official handbook of the North American YMCA Athletic League.

1.2.2 WORLD WIDE GROWTH

The physical education directors of the YMCA, encouraged particularly by two professional schools of physical education, Springfield college in Massachusetts and
George Williams College in Chicago (now at Downers Grove, Illinois), adopted volleyball in all its societies throughout the United States, Canada (in 1900 Canada became the first foreign country to adopt the game), and also in many other countries: Elwood S. Brown in the Philippines (1910), J. Howard Crocker in China, Franklin H. Brown in Japan (19008), Dr. J.H. Gray in Burma, in China and in India, and others in Mexico and South American, European and African countries.

By 1913 the development of volleyball in the Asian continent was assured as, in that year, the game was included in the programme of the first Far-Eastern Games, organized in Manila. It should be noted that, for a long time, Volleyball was played in Asia according to the "Brown" rules which, among other things, used 16 players (to enable a greater participation in matches).

An indication of the growth of volleyball in the United States is given in an article published in 1916 in the Spalding Volleyball Guide and written by Robert C. Cubbon. In that article Cubbon estimated that the number of players had reached a total of 200,000 people subdivided in the following way: in the YMCA (boys, young men, and older men) 70,000, in the YWCA (girls and women) 50,000, in schools (boys and girls) 25,000 and in colleges (young men) 10,000.

In 1916, the YMCA managed to induce the powerful National Collegiate Athletic Association (NCAA) to publish its rules and a series of articles, contributing to the rapid growth of volleyball among young college students. In 1918 the number of players per team was limited to six, and in 1922 the maximum number of authorized contacts with the ball was fixed at three.

Until the early 1930s volleyball was for the most part a game of leisure and recreation, and there were only a few international activities and competitions. There were different rules of the game in the various parts of the world; however, national championships were played in many countries (for instance, in Eastern Europe where the level of play had reached a remarkable standard).

Volleyball thus became more and more a competitive sport with high physical and technical performance.
**Volleyball** is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. It has been a part of the official programme of the Summer Olympic Games since 1964.

A scene of volleyball play in an Erwadi village.

The complete rules are extensive. But simply, play proceeds as follows: a player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. The team may touch the ball up to 3 times but individual players may not touch the ball twice consecutively. Typically, the first two touches are used to set up for an attack, an attempt to direct the ball back over the net in such a way that the serving team is unable to prevent it from being grounded in their court.

The rally continues, with each team allowed as many as three consecutive touches, until either (1): a team makes a kill, grounding the ball on the opponent's court and winning the rally; or (2): a team commits a fault and loses the rally. The team that wins the rally is awarded a point, and serves the ball to start the next rally. A few of the most common faults include:

- causing the ball to touch the ground or floor outside the opponents' court or without first passing over the net;
- catching and throwing the ball;
- double hit: two consecutive contacts with the ball made by the same player;
• four consecutive contacts with the ball made by the same team;

• net foul: touching the net during play;

• foot fault: the foot crosses over the boundary line when serving.

The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body.

A number of consistent techniques have evolved in volleyball, including spiking and blocking (because these plays are made above the top of the net, the vertical jump is an athletic skill emphasized in the sport) as well as passing, setting, and specialized player positions and offensive and defensive structures.

T.D. JOSEPH (PAPPAN)

In solitude, usually, human being prefer to reminisce the best moment of their past experiences. But in my case things are a little different. It is the bitter moment of my life that percolate in to my mind when I try to think in my past life in the solitary moments it was quite painful the treatment. I was meted out by the kingpins of the Volleyball Federation of India and Kerala Volleyball Association after I have sweated out it in the Volleyball court for the country and our state for such a long time. If I have lost the most prestigious Arjuna award between the cup and my lip, it was only due to the step motherly attitude of the Federation of Association. These memories are really painful to me. They remain as the thorn in my flesh overshadowing all the joyous experiences I could get from the Volleyball courts.

When I was in VI standard in 1956-57 I entered the volleyball court for the first time. I was in the sixth standard then. In two years I was selected to the State team. I wore the Kerala jersey for the first time in 1958-59. I didn’t have to wait for the long to be selected in the national team.

I was in the attack line for the home side in the three test series against Russia in 1960. The test wee in Delhi, Allahabad and Calcutta.

I played for India again in two years. Let me humbly remind that we had achieved the best result for India in an Asiad in the Jakarta Asian Games. India reached the final
then the opponent in the final were Japan, the world power in Volleyball. It was a stiff fight. The teams had shared two sets each and the descending fifth set was latterly a hair-raisser even though we had to loose the set after a neck to neck battle, we returned with great pride.

I was also in the Indian team which finished third in the 1963 Pre-Olympic final at Delhi. The earlier decision was to select the player for Arjun award in Volleyball after the competition.

The governing body of the VFI discussed the matter and decided, after voting, to give the Padma Shree to Palanaiswamy and the Arjuna to me. A senior Vice-President of the Federation informed me about the decision though unofficially I had turned home from Delhi with great expectation.

1.2.3 HISTORY OF VOLLEYBALL IN INDIA

Tracing the history of Volleyball is an onerous task and to comprise the gathered information in a nutshell is still a more difficult job. We Indians are generally not bothered about our past unlike Europeans and Americans who record and keep all major events for the sake of future generation. There is a general belief that the game was introduced in India through the Madras YMCA in 1920. Some other believes that Mr. J.H. Gray had brought it in 1900. He was also credited with popularizing the game in Myanmar (Burma) and China. But reliable information push back the birth of the game in India to three or four more years.

When the Kunnamkulam YMCA was formed on Jan., 1, 1880 it was only the seventh in the country after Calcutta (1857), Trivendrum (1873), Bombay (1875), Madurai (1884), Bangalore (1885) and Otty (1886). The Madras YMCA was started only in 1890.

Mr. K.T. Paul from Calcutta was deputed to orgnise the YMCA activities here in its formative years. He was joined by Mr. J.H. Fowler later. The YMCA then was functioning in a small building which had a small courtyard. It was very difficult to get flat ground in Kunnamkulam – as its name indicated it is a town of hill and dales –for games like football, rugby or cricket. The YMCA ground was just enough to have a
Volleyball court so Mr. Fowler native of American who had learned the game at home, prepared a court and taught the game to the locals. While inaugurating the court Mr. Fowler said, “This is the first time the game of Volleyball is being played in India”. The year was 1896-97.

The game picked up in popularity very fast for several regions: the game was different from other game played in area; it could be played in the heart of the old town near their homes, the locals, most of them very tall, had the strength and stamina to play the game. The Volleyball of those days was very different from today. The old timers says the height of the net was only six feet six inches, any number of touch were allowed, each team had nine players, etc.

The game, slowly, spread in the surrounding areas like Thalikulam, Thriprayar, Chavakkad, Thrissur, Pazhanji, Pengamuck even crossed the border of Palakkad and Coimbtore where many from Kunnamkulam were doing business. The game was started in Madras when Mr. Buck started the Physical Education college. Incidentally, some students of its first batch were from Kunnamkulam who were expert in the game.

Cheeran Varghees, Chirakkal Maathu, Chiriyakku Master and Potten Varthu were excellent players of the early 20th century (all of them would be in the age group of the 125-145 years). A few reputed players in the 20s and 30s were Angloote Cheru and C.A. Mathai who died a few years ago aged 88-89. Kunjikkelavan Master of Thalikulum, Kelunny Nair, Pathithadam Kunjan, Adiyodi and others were juniors to them.

Chungathu Lyyu was a player of great repute. As a young boy he used to watch from the sidelines his father Chungath Tharappan playing the game. Mr. Thrappan was a founder member of YMCA.

The formation of Volleyball Federation of India at Ludhiana in 1951 with F.C. Arora as President and S.K. Basu as secretary gave a new direction to Indian Volleyball. Until then the game was managed by Indian Olympic Association. The first National was organized at Madras the next year. The formation of National Institute of sports in 1960 and its training program produced a number of qualified coaches who could give excellent training to upcoming stars.
So the 1950s saw a sudden spurt in volleyball activity in the country. Abdul Rahman of Vadakara was the star and his prowess brought big crowds to the grounds. He was the best spiker in the 1953 Nationals. Abdul Rahman and Kalathil Mukundan were selected to an Indian team which toured China and Japan, but they could not go due to personal reasons. The State Bank of India, Reserve Bank of India, Integral Coach Factory were the prominent teams in Madras which gave players job as well the playing opportunities. The Indian Railways, Army and its various’ units and at state level, the Police, AG’s offices, Electricity Boards and other institutions came in a big way to maintain volleyball teams. The result was a gold in an invitation tournament in Japan in 1955 and a bronze in the Tokyo Asian Games in 1958. The Asian Games teams had T.P. Nair, Gurbux Singh, Srikrishnan, Bharathan Nair, Munnalal, Abdul Rahman, Arunachalam, Gurdev Singh and Sardarilal. The 50s also had other great stars in Bhaskara Kurup, Gopinath Nair (Services), Palaniswamy and Athikannu (Railways).

India improved the show in the next Asian Games (1962, Jakarta) with a silver. Then all thought the Indians were picking up fast in volleyball. In the sixties India had great players like Achutha Kurup, Bhaskara Kurup, T.D. Joseph (Pappan), Nripjit Singh (Nippy), Hem Singh, Ranveer Singh, Tilak Gopal, Baldev Singh, Balwant Singh (Ballu), Kuttikrishnan, Ramana Rao and Suresh Mishra.

Somehow, there was a slump at this time. The Indian volleyball had to slog aimlessly for about a decade. This is despite the fact that T.D. Joseph, during the world championship in Russia, had been picked to a World selection, the only Asian to get such an honour in those days. Talents like Nippy, Ballu and Ramana were forced to rot in the country during this period. The condition never improved till the mid-70s though there were interesting rivalry in the Madras City League, Kerala State Championships and in the north Rajasthan, Haryana, UP, Punjab belt.

The FACT, led by Pappan, easily the best spiker in Asia at the time, was to set a new trend in Indian volleyball soon. His magical performances on court attracted young boys to the game.

A set of new stars led by brothers Jose and Jimmy George, S. Gopinath, Manuel and Moosa took over. All of a sudden, the spectator interest returned to the volleyball courts. For the first time a college team St Thomas College, Palai in Kerala started
capturing headlines. In several all-India tourneys, they made mincemeat of the leading teams stuffed with internationals. The architects behind the show was a pack of young talents led by Jos George, jimmy George, S. Gopinath and George Mathew. A few talents from other colleges joined them to form the Kerala varsity team which dominated the all India Inter-University Volleyball for some time.

When the nucleus of this team along with other youngsters joined the stalwarts, the Premier Tyres, Kalamassery rose into fame in no time. In a season, out of the 12 all-India tourneys, the team had won nine trophies ruthlessly crushing their rivals. Apart from Jos, Jimmy and Gopinath, the team had Rajappan, Alex, Easwaran, Sojan, Kuriakose, Devassykutty and Johnson. Undoubtedly, Jimmy George was the first Indian to play club volleyball outside Asia. His performances in Italy (world's premier volleyball league) ensured rave reviews in Italian sports columns.

Very soon, the Kerala Police picked up these youngsters. Veteran G. Karunakara Kurup was the sports officer then. With a sports-loving chief in Mr. M.K. Joseph, a crack team was formed which continued the winning-spree in tourneys after tourneys. The team was comprised of Ramachandran Nair, Jos, jimmy, Gopinath, Blessen George, Moosa, Tommy, Balan Nambiar and Balan Nair. The trio of Abdul Razack, Udayakumar and Cyril Valloor who dominated Indian volleyball in the 80s joined the team a little later. N.C.Chacko, Danikkutty David, T.C.Iyothish and others made titanium a prominent side.

The Services also had their unit teams based in different centres. Prominent among them were EME, ASC (Bangalore), Artillery Centre (Hyderabad) etc which had illustrious stars like Rudrappa, Inder Singh, Mohinder Singh etc.

One shouldn't forget Nellai Friends and the force behind it John for promoting volleyball in India. Based in Madras, the club literally made the city a beehive of volleyball activity. In fact, John's first attempt was the National Volleyball Club formed in 1952. After John's demise, Chitrapandian is taking care of the Nellai Friends club now, which as in its older days still imparts training to youngsters. Madaswamy, Sulaiman, Arunachalam, Athikanu, Razack and Murugan were in its fold in the beginning. Later the club itself churned out Chitrapandian, Jagatheesan Ambazhagan, Prabhakaran, Dinakaran and Veeravel. Another promoter of the game in the city was Chank Abdul Khader.
The Madras City League also drew big crowds in the 60s and 70s. The rivalry between SBI and ICF was legendary. SBI had Ramalingam, Veeravelu, Ramana Rao, Nawab Jan, Sridhar, Manohar and Dhanapal while ICF could boast of Anwar, Anbazhagan, Chandran, Maria and Ravi. The RBI and Southern Railway also gave them tough fight.

The Nellai Friends Volleyball Tournament also attracted the best teams and players in the country. The tourneys featured Premier Tyres, AG’s, KSEB, Kerala Police, FACI (all Kerala teams), ITI, LRDE (Bangalore), BSF, Sri Ram Rayons (Kota) and the Tamil Nadu teams. The players who represented these teams were all well known: Ballu, Nippy (BSF); Aswathayya, Jose, Jimmy, Rajappan, Alex, Easwar, Johnson Jacob (Premier Tyres), Suresh Mishra, Shyamsundar Rao, R.K.Purohit (Laljee), Sumeer Singh, Prabhakar Raju (Rayonsl, Kuttikrishnan (EME), Ranveer Singh, Ilyas (UP Police), Pappan (FACT) and Ramana Rao.


As today, the women's volleyball hadn't made any impact in international level in the last century. Some of its star players have been produced by Kerala like K.C. Elamma, Saly Joseph, Jaisamma Moothedian, the Subbiah sisters Santhi, Sheela and Sasikala Annakutty, Annie Paul, Sony, Rachel George, Solomi Ramu ahd others. However, the first Arjuna awardee among women was Mulini Reddy of Andhra Pradesh who did yeoman service to the game as a player and coach.

1.2.4 REFINEMENTS AND LATER DEVELOPMENTS

The first official ball used in volleyball is disputed; some sources say that Spalding created the first official ball in 1896, while others claim it was created in 1900. The rules evolved over time: in the Philippines by 1916, the skill and power of the set and spike had been introduced, and four years later a "three hits" rule and a rule against hitting from the back row were established. In 1917, the game was changed from 21 to 15
points. In 1919, about 16,000 volleyballs were distributed by the American Expeditionary Forces to their troops and allies, which sparked the growth of volleyball in new countries.

The first country outside the United States to adopt volleyball was Canada in 1900. An international federation, the Fédération Internationale de Volleyball (FIVB), was founded in 1947, and the first World Championships were held in 1949 for men and 1952 for women. The sport is now popular in Brazil, in Europe (where especially Italy, the Netherlands, and countries from Eastern Europe have been major forces since the late 1980s), in Russia, and in other countries including China and the rest of Asia, as well as in the United States.

A nudist/naturist volleyball game at the Sunny Trails Club during the 1958 Canadian Sunbathing Association (CSA) convention in British Columbia, Canada.

Beach volleyball, a variation of the game played on sand and with only two players per team, became a FIVB-endorsed variation in 1987 and was added to the Olympic program at the 1996 Summer Olympics. Volleyball is also a sport at the Paralympics managed by the World Organization Volleyball for Disabled.

Nudists were early adopters of the game with regular organized play in clubs as early as the late 1920s. By the 1960s, a volleyball court had become standard in almost all nudist/naturist clubs.

Volleyball in the Olympics

The history of Olympic volleyball traces back to the 1924 Summer Olympics in Paris, where volleyball was played as part of an American sports demonstration event. After the foundation of FIVB and some continental confederations, it began to be considered for official inclusion. In 1957, a special tournament was held at the 53rd IOC
session in Sofia, Bulgaria to support such request. The competition was a success, and the sport was officially included in the program for the 1964 Summer Olympics.

The Olympic volleyball tournament was originally a simple competition: all teams played against each other team and then were ranked by wins, set average, and point average. One disadvantage of this round-robin system is that medal winners could be determined before the end of the games, making the audience lose interest in the outcome of the remaining matches. To cope with this situation, the competition was split into two phases with the addition of a "final round" elimination tournament consisting of quarterfinals, semifinals, and finals matches in 1972. The number of teams involved in the Olympic tournament has grown steadily since 1964. Since 1996, both men's and women's events count twelve participant nations. Each of the five continental volleyball confederations has at least one affiliated national federation involved in the Olympic Games.

The U.S.S.R. won men's gold in both 1964 and 1968. After taking bronze in 1964 and silver in 1968, Japan finally won the gold for men's volleyball in 1972. Women's gold went to Japan in 1964 and again in 1976. That year, the introduction of a new offensive skill, the backrow attack, allowed Poland to win the men's competition over the Soviets in a very tight five-set match. Since the strongest teams in men's volleyball at the time belonged to the Eastern Bloc, the American-led boycott of the 1980 Summer Olympics did not have as great an effect on these events as it had on the women's. The U.S.S.R. collected their third Olympic Gold Medal in men's volleyball with a 3–1 victory over Bulgaria (the Soviet women won that year as well, their third gold as well). With the U.S.S.R. boycotting the 1984 Olympic Games in Los Angeles, the U.S. was able to sweep Brazil in the finals to win the men's gold medal. Italy won its first medal (bronze in the men's competition) in 1984, foreshadowing a rise in prominence for their volleyball teams. The 1984 women's tournament was also won by a rising force, China.

At the 1988 Games, Karch Kiraly and Steve Timmons led the U.S. men's team to a second straight gold medal, and the Soviets won the fourth gold in the women's tournament. In 1992, underrated Brazil upset favourites C.I.S., Netherlands, and Italy in the men's competition for the country's first volleyball Olympic gold medal. Runner-up Netherlands, men's silver medalist in 1992, came back under team leaders Ron Zwerver
and Olof van der Meulen in the 1996 Games for a five-set win over Italy. A men's bronze medalist in 1996, Serbia and Montenegro (playing in 1996 and 2000 as the Federal Republic of Yugoslavia) beat Russia in the gold medal match in 2000, winning their first gold medal ever. In all three games the strong Cuban female team lead by Regla Torres and Mireya Luis won the Gold medal. In 2004, Brazil won its second men's volleyball gold medal beating Italy in the finals, while China beat Russia for its second women's title. In the 2008 Games, the USA beat Brazil in the men's volleyball final. Brazil was runner-up again at the 2012 Summer Olympics, this time losing to Russia after losing two match points in the third set. In both games Brazil's women team beat the United States for the gold medal.

1.3 RULES OF THE GAME

Volleyball court

The court dimensions

A volleyball court is 18 m (59 ft) long and 9 m (29.5 ft) wide, divided into 9 m × 9 m halves by a one-meter (40-inch) wide net. The top of the net is 2.43 m (8 ft 0 in) above the center of the court for men's competition, and 2.24 m (7 ft 4 in) for women's competition, varied for veterans and junior competitions.
The minimum height clearance for indoor volleyball courts is 7 m (23 ft), although a clearance of 8 m (26 ft) is recommended.

A line 3 m (9.84 ft) from and parallel to the net is considered the "attack line". This "3 meter" (or "10-foot") line divides the court into "back row" and "front row" areas (also back court and front court). These are in turn divided into 3 areas each: these are numbered as follows, starting from area "1", which is the position of the serving player:

After a team gains the serve (also known as siding out), its members must rotate in a clockwise direction, with the player previously in area "2" moving to area "1" and so on, with the player from area "1" moving to area "6".

The team courts are surrounded by an area called the free zone which is a minimum of 3 meters wide and which the players may enter and play within after the service of the ball. All lines denoting the boundaries of the team court and the attack zone are drawn or painted within the dimensions of the area and are therefore a part of the court or zone. If a ball comes in contact with the line, the ball is considered to be "in". An antenna is placed on each side of the net perpendicular to the sideline and is a vertical extension of the side boundary of the court. A ball passing over the net must pass completely between the antenna (or their theoretical extensions to the ceiling) without contacting them.
The ball

FIVB regulations state that the ball must be spherical, made of leather or synthetic leather, have a circumference of 65–67 cm, a weight of 260–280 g and an inside pressure of 0.30–0.325 kg/cm². Other governing bodies have similar regulations.

Game play

Buddhist monks play volleyball in the Himalayan state of Sikkim, India.

Each team consists of six players. Before starting the game, 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 opposing team must use a combination of no more than three contacts with the volleyball to return the ball to the opponent's side of the net. These contacts usually consist first of the bump or pass so that the ball's trajectory is aimed towards the player designated as the setter; second of the set (usually an over-hand pass using wrists to push finger-tips at the ball) by the setter so that the ball's trajectory is aimed towards a spot where one of the players designated as an attacker can hit it, and third by the attacker who spikes (jumping, raising one arm above the head and hitting the ball so it will move quickly down to the ground on the opponent's court) to return the ball over the net. The team with possession of the ball that is trying to attack the ball as described is said to be on offense.

The team on defence attempts to prevent the attacker from directing the ball into their court: players at the net jump and reach above the top (and if possible, across the plane) of the net to block the attacked ball. If the ball is hit around, above, or through the block, the defensive players arranged in the rest of the court attempt to control the ball
with a dig (usually a fore-arm pass of a hard-driven ball). After a successful dig, the team transitions to offense.

The game continues in this manner, rallying back and forth, until the ball touches the court within the boundaries or until an error is made. The most frequent errors that are made are either to fail to return the ball over the net within the allowed three touches, or to cause the ball to land outside the court. A ball is "in" if any part of it touches a sideline or end-line, and a strong spike may compress the ball enough when it lands that a ball which at first appears to be going out may actually be in. Players may travel well outside the court to play a ball that has gone over a sideline or end-line in the air.

Other common errors include a player touching the ball twice in succession, a player "catching" the ball, a player touching the net while attempting to play the ball, or a player penetrating under the net into the opponent's court. There are a large number of other errors specified in the rules, although most of them are infrequent occurrences. These errors include back-row or libero players spiking the ball or blocking (back-row players may spike the ball if they jump from behind the attack line), players not being in the correct position when the ball is served, attacking the serve in the front court and above the height of the net, using another player as a source of support to reach the ball, stepping over the back boundary line when serving, taking more than 8 seconds to serve,[18] or playing the ball when it is above the opponent's court.

**Scoring**

![Scorer's table just before a game](image)

When the ball contacts the floor within the court boundaries or an error is made, the team that did not make the error is awarded a point, whether they served the ball or not. If the ball hits the line, the ball is counted as in. The team that won the point serves
for the next point. If the team that won the point served in the previous point, the same player serves again. If the team that won the point did not serve the previous point, the players of the team rotate their position on the court in a clockwise manner. The game continues, with the first team to score 25 points by a two-point margin is awarded the set. Matches are best-of-five sets and the fifth set, if necessary, is usually played to 15 points. (Scoring differs between leagues, tournaments, and levels; high schools sometimes play best-of-three to 25; in the NCAA matches are played best-of-five to 25 as of the 2008 season.)

Before 1999, points could be scored only when a team had the serve (side-out scoring) and all sets went up to only 15 points. The FIVB changed the rules in 1999 (with the changes being compulsory in 2000) to use the current scoring system (formerly known as rally point system), primarily to make the length of the match more predictable and to make the game more spectator- and television-friendly.

The final year of side-out scoring at the NCAA Division I Women's Volleyball Championship was 2000. Rally point scoring debuted in 2001 and games were played to 30 points through 2007. For the 2008 season, games were renamed "sets" and reduced to 25 points to win.

Libero

In 1998 the libero player was introduced internationally. The libero is a player specialized in defensive skills: the libero must wear a contrasting jersey colour from his or her teammates and cannot block or attack the ball when it is entirely above net height. When the ball is not in play, the libero can replace any back-row player, without prior notice to the officials. This replacement does not count against the substitution limit each team is allowed per set, although the libero may be replaced only by the player whom he or she replaced.

The libero may function as a setter only under certain restrictions. If she/he makes an overhand set, she/he must be standing behind (and not stepping on) the 3-meter line; otherwise, the ball cannot be attacked above the net in front of the 3-meter line. An underhand pass is allowed from any part of the court.
The libero is, generally, the most skilled defensive player on the team. There is also a libero tracking sheet, where the referees or officiating team must keep track of whom the libero subs in and out for. There may only be one libero per set (game), although there may be a different libero in the beginning of any new set (game).

Furthermore, a libero is not allowed to serve, according to international rules, with the exception of the NCAA women's volleyball games, where a 2004 rule change allows the libero to serve, but only in a specific rotation. That is, the libero can only serve for one person, not for all of the people for whom she goes in. That rule change was also applied to high school and junior high play soon after.

**Recent rule changes**

Other rule changes enacted in 2000 include allowing serves in which the ball touches the net, as long as it goes over the net into the opponents' court. Also, the service area was expanded to allow players to serve from anywhere behind the end line but still within the theoretical extension of the sidelines. Other changes were made to lighten up calls on faults for carries and double-touches, such as allowing multiple contacts by a single player ("double-hits") on a team's first contact provided that they are a part of a single play on the ball.

In 2008, the NCAA changed the minimum number of points needed to win any of the first four sets from 30 to 25 for women's volleyball (men's volleyball remained at 30.) If a fifth (deciding) set is reached, the minimum required score remains at 15. In addition, the word "game" is now referred to as "set".

Changes in rules have been studied and announced by the FIVB in recent years, and they have released the updated rules in 2009.

**Skills**

Competitive teams master six basic skills: serve, pass, set, attack, block and dig. Each of these skills comprises a number of specific techniques that have been introduced over the years and are now considered standard practice in high-level volleyball.
Serve

Setting up for an overhand serve.

A player making a jump serve.

A player stands behind the inline and serves the ball, in an attempt to drive it into the opponent's court. His or her main objective is to make it land inside the court; it is also desirable to set the ball's direction, speed and acceleration so that it becomes difficult for the receiver to handle it properly. A serve is called an "ace" when the ball lands directly onto the court or travels outside the court after being touched by an opponent.

In contemporary volleyball, many types of serves are employed:

- Underhand: a serve in which the player strikes the ball below the waist instead of tossing it up and striking it with an overhand throwing motion. Underhand serves are considered very easy to receive and are rarely employed in high-level competitions.
- **Sky ball serve**: a specific type of underhand serve occasionally used in beach volleyball, where the ball is hit so high it comes down almost in a straight line. This serve was invented and employed almost exclusively by the Brazilian team in the early 1980s and is now considered outdated. In Brazil, this serve is called Jornada nas Estrelas (Star Trek).

- **Topspin**: an overhand serve where the player tosses the ball high and hits it with a wrist span, giving it topspin which causes it to drop faster than it would otherwise and helps maintain a straight flight path. Topspin serves are generally hit hard and aimed at a specific returner or part of the court. Standing topspin serves are rarely used above the high school level of play.

- **Float**: an overhand serve where the ball is hit with no spin so that its path becomes unpredictable, akin to a knuckleball in baseball.

- **Jump serve**: an overhand serve where the ball is first tossed high in the air, then the player makes a timed approach and jumps to make contact with the ball, hitting it with much pace and topspin. This is the most popular serve amongst college and professional teams.

- **Jump float**: an overhand serve where the ball is tossed high enough that the player may jump before hitting it similarly to a standing float serve. The ball is tossed lower than a topspin jump serve, but contact is still made while in the air. This serve is becoming more popular amongst college and professional players because it has a certain unpredictability in its flight pattern.

**Pass**

A player making a forearm pass or bump.
Also called reception, the pass is the attempt by a team to properly handle the opponent's serve, or any form of attack. Proper handling includes not only preventing the ball from touching the court, but also making it reach the position where the setter is standing quickly and precisely.

The skill of passing involves fundamentally two specific techniques: underarm pass, or bump, where the ball touches the inside part of the joined forearms or platform, at waist line; and overhand pass, where it is handled with the fingertips, like a set, above the head. Either are acceptable in professional and beach volleyball, however there are much tighter regulations on the overhand pass in beach volleyball.

Set

Jump set

The set is usually the second contact that a team makes with the ball. The main goal of setting is to put the ball in the air in such a way that it can be driven by an attack into the opponent's court. The setter coordinates the offensive movements of a team, and is the player who ultimately decides which player will actually attack the ball.

As with passing, one may distinguish between an overhand and a bump set. Since the former allows for more control over the speed and direction of the ball, the bump is
used only when the ball is so low it cannot be properly handled with fingertips, or in beach volleyball where rules regulating overhand setting are more stringent. In the case of a set, one also speaks of a front or back set, meaning whether the ball is passed in the direction the setter is facing or behind the setter. There is also a jump set that is used when the ball is too close to the net. In this case the setter usually jumps off his or her right foot straight up to avoid going into the net. The setter usually stands about ⅔ of the way from the left to the right of the net and faces the left (the larger portion of net that he or she can see).

Sometimes a setter refrains from raising the ball for a teammate to perform an attack and tries to play it directly onto the opponent's court. This movement is called a "dump". This can only be performed when the setter is in the front row, otherwise it constitutes an illegal back court attack. The most common dumps are to 'throw' the ball behind the setter or in front of the setter to zones 2 and 4. More experienced setters toss the ball into the deep corners or spike the ball on the second hit.

**Attack**

A player, in red outfit, about to spike towards the opposite field, whose players try to block the way.

The attack, also known as the spike, is usually the third contact a team makes with the ball. The object of attacking is to handle the ball so that it lands on the opponent's court and cannot be defended. A player makes a series of steps (the "approach"), jumps, and swings at the ball.

Ideally the contact with the ball is made at the apex of the hitter's jump. At the moment of contact, the hitter's arm is fully extended above his or her head and slightly
forward, making the highest possible contact while maintaining the ability to deliver a powerful hit. The hitter uses arm swing, wrist snap, and a rapid forward contraction of the entire body to drive the ball. A 'bounce' is a slang term for a very hard/loud spike that follows an almost straight trajectory steeply downward into the opponent's court and bounces very high into the air. A "kill" is the slang term for an attack that is not returned by the other team thus resulting in a point.

Contemporary volleyball comprises a number of attacking techniques:

- Backcourt (or backrow)/pipe attack: an attack performed by a back row player. The player must jump from behind the 3-meter line before making contact with the ball, but may land in front of the 3-meter line.

- Line and Cross-court Shot: refers to whether the ball flies in a straight trajectory parallel to the side lines, or crosses through the court in an angle. A cross-court shot with a very pronounced angle, resulting in the ball landing near the 3-meter line, is called a cut shot.

- Dip/Dink/Tip/Cheat/Dump: the player does not try to make a hit, but touches the ball lightly, so that it lands on an area of the opponent's court that is not being covered by the defense.

- Tool/Wipe/Block-abuse: the player does not try to make a hard spike, but hits the ball so that it touches the opponent's block and then bounces off-court.

- Off-speed hit: the player does not hit the ball hard, reducing its speed and thus confusing the opponent's defense.

- Quick hit/"One": an attack (usually by the middle blocker) where the approach and jump begin before the setter contacts the ball. The set (called a "quick set") is placed only slightly above the net and the ball is struck by the hitter almost immediately after leaving the setter's hands. Quick attacks are often effective because they isolate the middle blocker to be the only blocker on the hit.

- Slide: a variation of the quick hit that uses a low back set. The middle hitter steps around the setter and hits from behind him or her.
• Double quick hit/"Stack"/"Tandem": a variation of quick hit where two hitters, one in front and one behind the setter or both in front of the setter, jump to perform a quick hit at the same time. It can be used to deceive opposite blockers and free a fourth hitter attacking from backcourt, maybe without block at all.

Block

3 players performing a block

 Blocking refers to the actions taken by players standing at the net to stop or alter an opponent's attack.

 A block that is aimed at completely stopping an attack, thus making the ball remain in the opponent's court, is called offensive. A well-executed offensive block is performed by jumping and reaching to penetrate with one's arms and hands over the net and into the opponent's area. It requires anticipating the direction the ball will go once the attack takes place. It may also require calculating the best foot work to executing the "perfect" block.

 The jump should be timed so as to intercept the ball's trajectory prior to it crossing over the net. Palms are held deflected downward about 45–60 degrees toward the interior of the opponents court. A "roof" is a spectacular offensive block that redirects the power and speed of the attack straight down to the attacker's floor, as if the attacker hit the ball into the underside of a peaked house roof.

 By contrast, it is called a defensive, or "soft" block if the goal is to control and deflect the hard-driven ball up so that it slows down and becomes more easy to be defended. A well-executed soft-block is performed by jumping and placing one's hands
above the net with no penetration into the opponent's court and with the palms up and fingers pointing backward.

Blocking is also classified according to the number of players involved. Thus, one may speak of single (or solo), double, or triple block.

Successful blocking does not always result in a "roof" and many times does not even touch the ball. While it's obvious that a block was a success when the attacker is roofed, a block that consistently forces the attacker away from his or her 'power' or preferred attack into a more easily controlled shot by the defense is also a highly successful block.

At the same time, the block position influences the positions where other defenders place themselves while opponent hitters are spiking.

**Dig**

Player going for a dig.

Digging is the ability to prevent the ball from touching one's court after a spike or attack, particularly a ball that is nearly touching the ground. In many aspects, this skill is similar to passing, or bumping: overhand dig and bump are also used to distinguish between defensive actions taken with fingertips or with joined arms. It varies from passing however in that it a much more reflex based skill, especially at the higher levels. It is especially important while digging for players to stay on their toes; several players choose to employ a split step to make sure they're ready to move in any direction.

Some specific techniques are more common in digging than in passing. A player may sometimes perform a "dive", i.e., throw his or her body in the air with a forward movement in an attempt to save the ball, and land on his or her chest. When the player
also slides his or her hand under a ball that is almost touching the court, this is called a "pancake". The pancake is frequently used in indoor volleyball, but rarely if ever in beach volleyball because the uneven and infirm nature of the sand court limits the chances that the ball will make a good, clean contact with the hand. When used correctly, it is one of the more spectacular defensive volleyball plays.

Sometimes a player may also be forced to drop his or her body quickly to the floor to save the ball. In this situation, the player makes use of a specific rolling technique to minimize the chances of injuries.

**Team play**

Volleyball is essentially a game of transition from one of the above skills to the next, with choreographed team movement between plays on the ball. These team movements are determined by the teams chosen serve receive system, offensive system, coverage system, and defensive system.

The serve receive system is the formation used by the receiving team to attempt to pass the ball to the designated setter. Systems can consist of 5 receivers, 4 receivers, 3 receivers, and in some cases 2 receivers. The most popular formation at higher levels is a 3 receiver formation consisting of two left sides and a libero receiving every rotation. This allows middles and right sides to become more specialized at hitting and blocking.

Offensive systems are the formations used by the offense to attempt to ground the ball into the opposing court (or otherwise score points). Formations often include designated player positions with skill specialization. Popular formations include the 4-2, 6-2, and 5-1 systems. There are also several different attacking schemes teams can use to keep the opposing defense off balance.

Coverage systems are the formations used by the offense to protect their court in the case of a blocked attack. Executed by the 5 offensive players not directly attacking the ball, players move to assigned positions around the attacker to dig up any ball that deflects off the block back into their own court. Popular formations include the 2-3 system and the 1-2-2 system. In lieu of a system, some teams just use a random coverage with the players nearest the hitter.
Defensive systems are the formations used by the defense to protect against the ball being grounded into their court by the opposing team. The system will outline which players are responsible for which areas of the court depending on where the opposing team is attacking from. Popular systems include the 6-Up, 6-Back-Deep, and 6-Back-Slide defense. There are also several different blocking schemes teams can employ to disrupt the opposing teams offense.

Some teams, when they are ready to serve, will line up their other five players in a screen to obscure the view of the receiving team. This action is only illegal if the server makes use of the screen, so the call is made at the referees discretion as to the impact the screen made on the receivers ability to pass the ball. The most common style of screening involves a W formation designed to take up as much horizontal space as possible.

Coaching

Basic

Coaching for volleyball can be classified under two main categories: match coaching and developmental coaching. The objective of match coaching is to win a match by managing a team's strategy. Developmental coaching emphasizes player development through the reinforcement of basic skills during exercises known as "drills." Drills promote repetition and refinement of volleyball movements, particularly in footwork patterns, body positioning relative to others, and ball contact. A coach will construct drills that simulate match situations thereby encouraging speed of movement, anticipation, timing, communication, and team-work. At the various stages of a player's career, a coach will tailor drills to meet the strategic requirements of the team. The American Volleyball Coaches Association is the largest organization in the world dedicated exclusively to volleyball coaching.
Strategy

An image from an international match between Italy and Russia in 2005. A Russian player on the left has just served, with three men of his team next to the net moving to their assigned block positions from the starting ones. Two others, in the back-row positions, are preparing for defense. Italy, on the right, has three men in a line, each preparing to pass if the ball reaches him. The setter is waiting for their pass while the middle hitter with no. 10 will jump for a quick hit if the pass is good enough. Alessandro Fei (no. 14) has no passing duties and is preparing for a back-row hit on the right side of the field. Note the two liberos with different color dress. Middle hitters/blockers are commonly substituted by liberos in their back-row positions.

Player specialization

There are 5 positions filled on every volleyball team at the elite level. Setter, Outside Hitter/Left Side Hitter, Middle Hitter, Opposite Hitter/Right Side Hitter and Libero/Defensive Specialist. Each of these positions plays a specific, key role in winning a volleyball match.

- **Setters** have the task for orchestrating the offense of the team. They aim for second touch and their main responsibility is to place the ball in the air where the attackers can place the ball into the opponents’ court for a point. They have to be able to operate with the hitters, manage the tempo of their side of the court and choose the right attackers to set. Setters need to have swift and skillful appraisal and tactical accuracy, and must be quick at moving around the court.

- **Liberos** are defensive players who are responsible for receiving the attack or serve. They are usually the players on the court with the quickest reaction time
and best passing skills. Libero means 'free' in Italian—they receive this name as they have the ability to substitute for any other player on the court during each play. They do not necessarily need to be tall, as they never play at the net, which allows shorter players with strong passing and defensive skills to excel in the position and play an important role in the team's success. A player designated as a libero for a match may not play other roles during that match. Liberos wear a different color jersey than their teammates.

- **Middle blockers** or **Middle hitters** are players that can perform very fast attacks that usually take place near the setter. They are specialized in blocking, since they must attempt to stop equally fast plays from their opponents and then quickly set up a double block at the sides of the court. In non-beginners play, every team will have two middle hitters.

- **Outside hitters** or **Left side hitters** attack from near the left antenna. The outside hitter is usually the most consistent hitter on the team and gets the most sets. Inaccurate first passes usually result in a set to the outside hitter rather than middle or opposite. Since most sets to the outside are high, the outside hitter may take a longer approach, always starting from outside the court sideline. In non-beginners play, there are again two outside hitters on every team in every match.

- **Opposite hitters** or **Right-side hitters** carry the defensive workload for a volleyball team in the front row. Their primary responsibilities are to put up a well formed block against the opponents' Outside Hitters and serve as a backup setter. Sets to the opposite usually go to the right side of the antennae.

At some levels where substitutions are unlimited, teams will make use of a **Defensive Specialist** in place of or in addition to a Libero. This position does not have unique rules like the libero position, instead, these players are used to substitute out a poor back row defender using regular substitution rules. A defensive specialist is often used if you have a particularly poor back court defender in right side or left side, but your team is already using a libero to take out your middles. Most often, the situation involves a team using a right side player with a big block who must be subbed out in the back row because they aren't able to effectively play back court defense. Similarly, teams might use a Serving Specialist to sub out a poor server situationally.
Formations

The three standard volleyball formations are known as "4–2", "6–2" and "5–1", which refers to the number of hitters and setters respectively. 4–2 is a basic formation used only in beginners' play, while 5–1 is by far the most common formation in high-level play.

4–2

The 4–2 formation has four hitters and two setters. The setters usually set from the middle front or right front position. The team will therefore have two front-row attackers at all times. In the international 4–2, the setters set from the right front position. The international 4–2 translates more easily into other forms of offense.

The setters line up opposite each other in the rotation. The typical lineup has two outside hitters. By aligning like positions opposite themselves in the rotation, there will always be one of each position in the front and back rows. After service, the players in the front row move into their assigned positions, so that the setter is always in middle front. Alternatively, the setter moves into the right front and has both a middle and an outside attacker; the disadvantage here lies in the lack of an offside hitter, allowing one of the other team's blockers to "cheat in" on a middle block.

The clear disadvantage to this offensive formation is that there are only two attackers, leaving a team with fewer offensive weapons.

Another aspect is to see the setter as an attacking force, albeit a weakened force, because when the setter is in the front court they are able to 'tip' or 'dump', so when the ball is close to the net on the second touch, the setter may opt to hit the ball over with one hand. This means that the blocker who would otherwise not have to block the setter is engaged and may allow one of the hitters to have an easier attack.

6–2

In the 6–2 formation, a player always comes forward from the back row to set. The three front row players are all in attacking positions. Thus, all six players act as
hitters at one time or another, while two can act as setters. So the 6–2 formation is actually a 4–2 system, but the back-row setter penetrates to set.

The 6–2 lineup thus requires two setters, who line up opposite to each other in the rotation. In addition to the setters, a typical lineup will have two middle hitters and two outside hitters. By aligning like positions opposite themselves in the rotation, there will always be one of each position in the front and back rows. After service, the players in the front row move into their assigned positions.

The advantage of the 6–2 is that there are always three front-row hitters available, maximizing the offensive possibilities. However, not only does the 6–2 require a team to possess two people capable of performing the highly specialized role of setter, it also requires both of those players to be effective offensive hitters when not in the setter position. At the international level, only the Cuban National Women's Team employs this kind of formation. It is also used in Women's NCAA play, partially due to the variant rules used which allow 12\(^{23}\) substitutions per set (as opposed to the 6 allowed in the standard rules).

5–1

The 5–1 formation has only one player who assumes setting responsibilities regardless of his or her position in the rotation. The team will therefore have three front-row attackers when the setter is in the back row, and only two when the setter is in the front row, for a total of five possible attackers.

The player opposite the setter in a 5–1 rotation is called the opposite hitter. In general, opposite hitters do not pass; they stand behind their teammates when the opponent is serving. The opposite hitter may be used as a third attack option (back-row attack) when the setter is in the front row: this is the normal option used to increase the attack capabilities of modern volleyball teams. Normally the opposite hitter is the most technical skilled hitter of the team. Back-row attacks generally come from the back-right position, known as zone 1, but are increasingly performed from back-center in high-level play.
The big advantage of this system is that the setter always has 3 hitters to vary sets with. If the setter does this well, the opponent's middle blocker may not have enough time to block with the outside blocker, increasing the chance for the attacking team to make a point.

There is another advantage, the same as that of a 4–2 formation: when the setter is a front-row player, he or she is allowed to jump and "dump" the ball onto the opponent's side. This too can confuse the opponent's blocking players: the setter can jump and dump or can set to one of the hitters. A good setter knows this and thus won't only jump to dump or to set for a quick hit, but when setting outside as well to confuse the opponent.

The 5–1 offense is actually a mix of 6–2 and 4–2: when the setter is in the front row, the offense looks like a 4–2; when the setter is in the back row, the offense looks like a 6–2.

**Variations and related games**

There are many variations on the basic rules of volleyball. By far the most popular of these is beach volleyball, which is played on sand with two people per team, and rivals the main sport in popularity.

Some games related to volleyball include:

- Beach volleyball: A game of indoor volleyball played with a beach ball instead of a volleyball.
- Buka ball: This is a rather similar game played only with the feet.
- Ecua-volley: A variant invented in Ecuador, with some significant variants, such as number of players, and a heavier ball.
- Footvolley: A sport from Brazil in which the hands and arms are not used but most else is like beach volleyball.
- Hooverball: Popularized by President Herbert Hoover, it is played with a volleyball net and a medicine ball; it is scored like tennis, but the ball is caught and then thrown back. The weight of the medicine ball can make the sport to be
quite physically demanding; annual championship tournaments are held annually in West Branch, Iowa.

- Newcomb ball (sometimes spelled "Nuke 'Em"): In this game, the ball is caught and thrown instead of hit; it rivaled volleyball in popularity until the 1920s.
  - Prisoner Ball: Also played with volleyball court and a volleyball, prisoner ball is a variation of Newcomb ball where players are "taken prisoner" or released from "prison" instead of scoring points. Usually played by young children.[24]

- Sepak Takraw: Played in Southeast Asia using a rattan ball and allowing only players' feet, knees, chest, and head to touch the ball.

- Throwball: became popular with women players at the YMCA College of Physical Education in Chennai (India) in the 1940s.

- Wallyball: A variation of volleyball played in a racquetball court with a rubber ball.

1.4 NATURE OF THE GAME

Volleyball is a sport played by two teams consisting of 12 players each on a playing court, divided by a net. The object of the game is to send the ball over the net in order to ground it on the opponent’s court and to prevent the same effort by the opponent. The team has three hits or contacts to return the ball.

To play volleyball one has to be good at vertical jump, known as explosive power. A volleyball match can be played for five sets which means a match can last about 90 minutes, during which a player can perform 250 -300 actions dominated by the explosive type of strength of the leg muscles. The total number of actions as jumps takes up around 50-60% high speed movements and change of direction in space about 30% and as falls about 15%. The spike and block actions are dominated by the corresponding explosive type of strength which is referred to as a player’s vertical jump which is usually the key to winning point.

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Volleyball is a dynamic and fast-paced game. The purpose of strength training for volleyball players is not to build big muscles, but to develop the physical attributes necessary to improve a player’s performance. So, strength training is very important to volleyball players and it should not be developed independently of other abilities such as agility, quickness and endurance. When watching a great volleyball player, the one word that comes to the mind is "quick". Everything the player does is short and quick. There are no long drawn out motions like sprinting in other sports. There is simply a succession of explosive bursts that keeps the ball in play and controls the flow of the game. The quickness that must be focused on, when training a volleyball player is not only quickness from side to side and front to back, but also quickness from up to down. Unique from other sports, volleyball players must be able to quickly change direction from the upward motion of a vertical jump to the downward motion of a point-saving dig or vice versa. One of the most crucial phases of volleyball is how players perform at the net. To be successful, teams must be able to control play at the net both offensively and defensively. Since this is the case, two of the most valued traits in a volleyball player are height and jumping ability. Both of these traits allow players to greatly influence the game because they can more easily go where the ball is inevitably going up, Since there is no way to train height (yet), the focus of training falls squarely on jumping ability. Developing an athlete's jumping skills allows them to elevate quicker and higher in order to take better shots by themselves and to block more of their opponent's shots. Since the same skills that send an athlete up also create quick first steps improving jumping skills will also positively influence other areas of a volleyball player's performance!

Participation requires expertise in many physical skills and performance is often dependent on an individual's ability to jump and land. The incidence of injury in volleyball is similar to the rates reported for sports that are considered more physical contact sports.

The sport of volleyball has continued to enjoy popular in participation since its inception over one hundred years ago. Volleyball has become one of the most widely played participant sports in the world with over 200 million players. The number of participants rivals the number of soccer participants (250 million) reported by the

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3 Aagaard et al., 1997; Briner and Kacmar, 1997
Federation International de Football Association. Another indication of the worldwide appeal of all forms of volleyball was the inclusion of beach volleyball as an Olympic sport in 1996. The potential reasons for the popularity of volleyball are that the sport requires a minimal amount of equipment and that individuals can participate throughout their lives at a variety of skill levels. Women's athletics is one segment of the sporting community that has seen particular support for volleyball.

The predominant requirement for success in a large number of athletic skills is explosive power. For the lower body, this is perhaps best exemplified by the vertical jump. During vertical jumping, the muscles about the hips, knees, and ankles act rapidly and with great force in an attempt to produce the greatest possible velocity of the body as it leaves the ground; the jump height is ultimately determined by the takeoff velocity. This article addresses the factors that contribute to vertical jumping ability and describes the training strategies that have been shown to be effective in achieving maximal jump performance.

1.4.1 TYPES OF VOLLEYBALL GAMES

There are mainly three types of volleyball games in India

1. Smashing volleyball

Smashing in volleyball is like hitting or spiking. It is called smashing because you are hitting the ball so hard and the ground it is like you are smashing something to the ground. Smashing/spiking/hitting is using great force off the attack line to score on your opponent. You can also hit from the back row. Smashing volleyball game is the major game which is played in India and worldwide.

2. Beach volleyball

A variation of the game rivaling the original sport of volleyball in popularity, beach volleyball evolved from the recreational games of volleyball played on many beaches around the world. It became an official Olympic sport in

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4 Dvorak et al., 2000
1996. This version, rather than being played on indoor hard courts, is played on sand courts which may either be formed naturally or built specifically for the purpose. Instead of a team of six, each team consists of only two players, but otherwise the rules are almost identical with some exceptions including:

- The size of the court (16m x 8m)
- The block counts as the first contact
- The banning of the open-hand *dink or dump* plays where a player uses his or her finger tips to redirect the ball into the opponent's court instead of a hard spike. A dink may be performed with a closed hand or knuckle
- Stricter rules around double-contacts during hand setting
- The time limit for serve is 5 seconds
- Games are usually played to 21 points, rather than 25 as common in indoor volleyball. The first team to win two sets wins the match. If a third deciding set is required, it is played to 15.

3. **Shooting volleyball**

   In shooting volleyball the team consists of normally 7 players. Three players play at the back side, three players play center of the court, and one player stands in front of the net. Any ball that goes to into the net is to be thrown out by the player who is standing in front of it, also known as the net man. Some players also smash the ball with high vertical leaps like Olympic volleyball but there is no setter in team. In this game players hit the ball with both hands by punching it with both hands. They try to hit as fast as they can in order to force a mistake from opponent players and try to get rebound as a setted ball for any player to smash it with jump using one hand and if the player standing under the net misses the ball than defender try to take ball using under hand and give maximum height to it. When one player smashes the ball with great skill the spectators give prize money to that player and the game has to stop at that time.
Shooting volleyball court is 35 ft and 70 ft in length. Net height was 8 ft before some years but nowadays the net height is 7.2 ft to 7.5 ft (2.20m) The ball size is same to handball. Shooting volleyball is popular in Pakistan (Punjab) and India, especially North Indian States.

1.5 THE SIGNIFICANT RULE CHANGES FROM 1985 TO 2002

The rules of volleyball have changed many times since William Morgan first developed the game in 1895 with an original purpose of providing some form of recreation and relaxation for businessmen at the Holyoke, MA Y.M.C.A.

The first rules, written by Mr. Morgan in long hand, contained the following basic features: The net was 6 feet, 6 inches high. The court was 25 X 50 feet Any number of participants was allowed. The length of the game was nine innings, with three outs allowed per team per inning. Continuous air dribbling of the ball was permissible up to a restraining line 4 feet from the net. No limit on the number of hits on each side of the court. A served ball could be assisted across the net. A second serve (as in tennis) was permitted if the first resulted in a fault. Any ball hitting the net, except on the first service, was a fault and resulted in side out.

1900: Net height was raised to 7 feet, 6 inches. Dribbling line was eliminated. Length of game was changed to 21 points.

1912:  
1. Court size became 35 X 60 feet.
2. Official ball was designated as 26 inches in circumference and was to weigh between 7 and 9 ounces.
3. Number of players on a side was established at six.
4. Teams required to rotate prior to serving.

1915  
Number of players on a side could range from one to six. Losing team served in each subsequent game. Official timer was included.

Between 1897 and 1915, the rules were published in the HANDBOOK OF THE ATHLETIC LEAGUE OF THE Y.M.C.A. In 1916 the American Sports published the rules through Publishing Company in a separate book called OFFICIAL
1916: Game points were reduced from 21 to 15 points. Two out of three games determined the winner of a match. The ball could be struck with the feet. The net height was raised to eight feet. The weight of the ball was changed to range from 8 to 10 ounces. Each man rotated in order and served in turn. A serve that hit the net or any outside object was out of bounds. The ball could not come to rest in the hands. The ball could not be touched a second time unless another player had played it.

1920: The ball could be played by any part of the body above the waist. The court size was changed to 30 feet by 60 feet. The ball could only be played three times by each team on its side of the court.

1922: Reaching over the net in any manner was prohibited. A back position player was prohibited from spiking when playing a back position. The double foul was written in the rules. The centerline was added as well as a scorer. It was necessary for one team to score two consecutive points to win if the score was tied at 14-14.

1923: Ceiling height minimum was to be 15 feet. Six players constituted a team and 12, a squad. Players were numbered. The team receiving the serve rotated clockwise. The right back player served. If a player touched the opponents' court in completing a play it constituted a foul.

1924: In 1924 the net specifications were written in detail: 3 feet wide, 4-inch square mesh of number 30 brown thread, canvas cover, top and bottom with 1/4 inch cable at tope and 1/4 inch rope at the bottom.

1925: The ball weight was changed to range from 9 to 10 ounces. An umpire was added. A player could not leave the court without the referee's permission. The ball had to cross the net over the sidelines. A team was permitted two times out per game. A 14-14-tie game was won by a team having a two-point advantage instead of 2 consecutive points.

1926: The court was measured to the outside edges of the lines. The net length was
placed at 32 feet. A team that was reduced to less than six players would forfeit the game.

1928: Four different sets of rules were published: the official rules, simplified rules, modified rules for the playground, and rules for girls and women. Although the last three sets of rules were changed many times and had interest and support from various groups, the official rules are the only ones covered.

No changes occurred from 1927 to 1931.

1932: The centerline was extended indefinitely. A tape was put on the net over the sidelines. Times out were limited to one minute. A player could not interchange positions or move outside his understood playing area. A player could go outside his court to make a play.

1934: A 3/8-inch cable replaced the 1/4-inch cable in the top of the net.

1935: Crosses were placed on the floor defining player positions. All players were required to wear numbers on their suits. It became a foul to deliberately screen an opponent from the server. Players could not leave their court unless the ball was on their side of the net. (At this time spikers would stand outside their court and wait till the ball was set to the outside of the court and come running in with a one-leg take-off spike). Any touching of the net was a foul. A play was not complete unless a player resumed normal control on the floor. Deliberate shouting and stomping the feet at an opponent was deemed unsportsmanlike.

1937: A third contact ball driven into the net causing the net to contact the opponent was not a foul. A player could re-enter a game once. A substitute was no longer restricted from talking to his teammate until the ball was put into play. Multiple contacts were allowed in receiving a hard drive spike.

1938: Blocking was first included in the rules in 1938. Blocking was defined as impeding the ball at the net. A one or two-man block was permitted, providing the blockers played in adjacent positions.
1939  No changes occurred

1940:  The official ball must be a twelve-piece lace less leather-covered ball.

1941:  Rules are reworded and clarified

1942:  Ball could be played with any part of the body from the knees upward. The score of a forfeited game would be 15-0.

1947:  Only the front line players could interchange positions to make a two-man block. The numbers on players' shirts had to be 4 inches high.

1948:  The rules were clarified and rewritten to aid in interpretation. Blocking was defined and the service area stipulated as being the right third of the back line. Other items clarified were:

   Each player should be in his own area before the ball leaves the server's hands. Points made from wrong server were cancelled. Simultaneous hits by two players constituted one hit. Time out for rest was one minute. Time out for injury was five minutes. Time out between games was three minutes.

1949:  The game was allowed to be played under a time limit of 8 minutes of ball in playtime. The winner was to have a 20-point advantage after expiration of time or 15 points, whichever came first. A timekeeper was included as one of the officials. Time-out period for injury was reduced to three minutes. A three-man block was made legal, provided they were front line players.

1950:  There should be no warm-up time allowed substitutes. A clarification of what constituted a held ball included "the ball must be clearly batted."

1951:  The service area and the court with crosses were clearly defined. A backcourt spiker was allowed to spike the ball provided he remained in the back court.

1952:  Any player was allowed to block at the net. A 7-foot line drawn back and parallel to the net as a restraining line for back court players blocking at the net. The
restriction was lifted on players leaving their position to perform any play except the back line spiker. A defensive player, when blocking, must indicate whether or not he touched the ball. The server was allowed to serve the ball from anywhere back of the service line. Teams were allowed to warm up during time out for rest or for injury. The players were allowed to leave the court without the referee's permission. The coach, captain, or manager was allowed to call time out.

1953: The rubber ball was ruled legal. A substitute was allowed to re-enter the game twice instead of once. Players were allowed to use any part of the body to play the ball. The whole format of the rules was changed and each rule items was numbered from 1 to 75 under 8 major headings. Errors and fouls were defined.

1954: Clarified the rule concerning players being in position until the ball was struck on the serve. A set of co-ed rules was adopted. An attempt to draft a standard set of rules failed due to the different styles of play used by various groups. Screening the serve was allowed.

1955: The official rules came out in a new format with 5 main headings and 24 sub-titles for cross reference and coverage. A back line player was allowed to take-off from in front of the 7-foot line but had to alight behind the line. Movement during a screen was allowed.

1956: The players were allowed to stand anywhere in the court during the serve as long as they were in rotation order. Teams automatically changed courts during the third game of a match when one team reached 8 points or 4 minutes of playtime expired.

1957: There were no changes but various innovations were tried.

Using a higher net. Twenty-one and fifty point games. Playing the ball off obstacles. Playing all underhand balls with the fist.

1958: There were no major changes made.

1959: Players screening the serve were allowed to wave their hands and move during the
serve. The umpire was given the authority to call ball-handling errors and to keep
time between games.

1960: Women's net height was lowered to 7 feet 4 inches. Teams were to alternate the
initial serve of each succeeding game in a match.

1961: Gloves were allowed to be worn during play.

1962: Clarification of timing rule and player position. A player was not allowed to grab
the officials' platform to keep from going over the centerline.

1963: Clarification of the overlapping rule of player positions on the serve.

1964: Defined the method of service whereby a server could hit the serve from a toss by
a teammate or from a bounce.

1965: Center line was limited only to the side of the court. A player could cross the
assumed extension if he did not attempt to play the ball. Screening was made
illegal.

1966: The blocker's fingers were permitted to stray across the net inadvertently as long
as they did not contact the ball or affect the play.

1967: No changes made due to the widespread use of International Rules.

1968: An attempt was made to draw USVBA rules and International Rules together,
causing several major changes to be made: Definition of fouls changed to include
ball-handling errors. Ceiling minimum height was raised to 26 feet. Lines
depicting the 10-foot serving area were added to the court. The server was required
to toss the ball into the air when initiating the serve. The spiking line was moved
from 7 feet to 10 feet back from the net. Blockers were allowed to reach across the
net as long as they did not contact the ball until after the attacker had contacted it.
One player from the rear could block but at no time could there be more than three
players deployed in position to block. Back line spikers were allowed to land in
front of the spiking line as long as they left the ground behind it. The ball could
not be played with any part of the body below the waist.

1969: Only front line players were permitted to block. A team was limited to 12 substitutions per game.

1970: Numbers on uniforms must be 6 inches on the front, 3 inches on the back, and at least 4 inches above the waist. The centerline was widened from 2 inches to 4 inches. Upon request by the referee, the umpire can call all violations not viable to the referee. The ball on the serve does not have to be tossed in the air before it is struck. When a player is injured, a substitute shall be put in without undue delay. Once a team has received the signal to take the court, the lineup cannot be changed.

1974 Antennae were added on the net, one ball's width outside the sidelines. Play ended as soon as the ball was "dead" (rescinding the "continuation" rule). Players were allowed three entries (starting counts as an entry) per game (completing the "twelve substitution" rule)

1976 (Adoption of the International Rules and rules format; old numbering system abandoned). Metric measurements introduced. Metric net heights introduced: 2.43m for men and 2.24m for women. Center lines reduced to 5cm. Antennae moved to the sidelines. Best of five games determined the winner of a match. Six substitutions per team and one entry per player allowed. ("Six substitution" rule). Balls must be released before they were served. Balls hitting the ceiling or any other obstruction were "dead." Blocks no longer counted as the first of a team's three hits. Double hits were prohibited on any type of dig (rescinding the "hard driven spike" rule).

Note: Major international rules changes are generally introduced only after Olympic competition

1984 A player could make multiple contacts of a team's first hit if there was only one attempt and there was no "finger action" on the ball. Blocking or attacking served became illegal
1988  "Rally point" scoring introduced for deciding games of three or five game matches. 17 point "cap" introduced for all games (i.e. 17-16 wins any game)

1990  Attacking a served ball is legal if the ball is not played entirely above the height of the net

1994  Prosthetic limbs may be worn if the referee determines the player will gain no artificial advantage. Ball may be contacted with any part of a player's body on or above the knee. Point limit on deciding games eliminated

1996  Service zone extended to include full width of 9m area behind end lines. Ball may be contacted with any part of a player's body.

1998  Server only receives one toss of the ball to execute the service

1999  All scoring changed to "rally." Non-deciding games played to 25 with no cap, deciding games to 15 with no cap.

2001  Ball allowed to touch the net while crossing it on the serve

2002  During play, a coach may give instructions to players on the court without delaying the match

From 1970 to the present, Volleyball became big business. Many of the rules from 1970 to the present differed between Federation (High School), National Association of Girls and Women in Sports, which has now been replaced by the NCAA, USA Volleyball and other amateur and professional associations. Each Association rulebook needs to be studied.

1.6  RULES AND REGULATIONS OF VOLLEYBALL (SMASHING) GAME

The playing area includes the playing court and the free zone. It is rectangular and symmetrical.
Dimensions

The playing court is a rectangle measuring 18 x 9 m, surrounded by a free zone which is a minimum of 3 m wide on all sides. The free playing space is the space above the playing area which is free from any obstructions. The free playing space shall measure a minimum of 7 m in height from the playing surface.

Playing Surface

The surface must be flat, horizontal and uniform. It must not present any danger of injury to the players. It is forbidden to play on rough or slippery surfaces.

Lines on the Court

All lines are 5 cm wide. They must be of a light colour which is different from the colour of the floor and from any other lines.

Boundary Lines

Two sidelines and two end lines mark the playing court. Both sidelines and end lines are drawn inside the dimensions of the playing court.

Centre Line

The axis of the centre line divides the playing court into two equal courts measuring 9 x 9 m each; however the entire width of the line is considered to belong to both courts equally. This line extends beneath the net from sideline to sideline.

Attack Line

On each court, an attack line, whose rear edge is drawn 3 m back from the axis of the centre line, marks the front zone.

Zones and Areas

Penalty area: A penalty area, sized approximately 1 x 1 m and equipped with two chairs, is located in the control area, outside the prolongation of each end line. They may be limited by a 5 cm wide red line.
Net and Posts

**Height of the Net:** Placed vertically over the centre line there is a net whose top is set at the height of 2.43 m for men and 2.24 m for women. Its height is measured from the centre of the playing court. The net height (over the two sidelines) must be exactly the same and must not exceed the official height by more than 2 cm.

**Structure:** The net is 1 m wide and 9.50 to 10 metres long (with 25 to 50 cm on each side of the side bands), made of 10 cm square black mesh. At its top a horizontal band, 7 cm wide, made of two-fold white canvas, is sewn along its full length. Each extreme end of the band has a hole, through which passes a cord, fastening the band to the posts for keeping its top taut. Within the band, a flexible cable fastens the net to the posts and keeps its top taut. At the bottom of the net there is another horizontal band, 5 cm wide, similar to the top band, through which is threaded a rope. This rope fastens the net to the posts and keeps its lower part taut.

**Side Bands:** Two white bands are fastened vertically to the net and placed directly above each sideline. They are 5 cm wide and 1 m long, and are considered as part of the net.

**Antennae:** An antenna is a flexible rod, 1.80 m long and 10 mm in diameter, made of fibreglass or similar material. An antenna is fastened at the outer edge of each side band. The antennae are placed on opposite sides of the net. The top 80 cm of each antenna extends above the net and is marked with 10 cm stripes of contrasting colour, preferably red and white. The antennae are considered as part of the net and laterally delimit the crossing space.

**Posts**

The posts supporting the net are placed at a distance of 0.50-1.00 m outside the sidelines. They are 2.55 m high and preferably adjustable.

**Balls**

The ball shall be spherical, made of flexible leather or synthetic leather case with a bladder inside made of rubber or a similar material. Its colour may be a uniform light colour, or a combination of colours. Synthetic leather material and colour combinations
of balls used in International Official competitions should comply with FIVB standards its circumference is 65-67 cm and its weight is 260-280 g. It’s inside pressure shall be 0.30 to 0.325 kg/cm²

A team may consist of a maximum of 12 players, one coach, one assistant coach, one trainer and one medical doctor. For FIVB World and Official Competitions, the medical doctor must be accredited beforehand by the FIVB. One of the players, other than the Libero (each team has the right to designate among the list of 12 players one (1) specialised defensive player "Libero". The Libero must be recorded on the score sheet before the match in the special line reserved for this. The Libero is allowed to replace any player in a back row position), is the team captain, who shall be indicated on the score sheet.

Equipment

A player’s equipment consists of a jersey, shorts, socks (the uniform) and sport shoes. The colour and the design for the jerseys, shorts and socks must be uniform for the team (except for the Libero). The uniforms must be clean. The shoes must be light and pliable with rubber or leather soles without heels.

Team Leaders

Both the team captain and the coach are responsible for the conduct and discipline of their team members. The Libero cannot be the team captain.

To Score a Point, to win a set and the Match

To Score a Point

Point: A team scores a point By successfully grounding the ball on the opponent’s court; When the opponent team commits a fault; When the opponent team receives a penalty

Fault: A team commits a fault by making a playing action contrary to the rules (or by violating them in some other way). The referees judge the faults and determine the consequences according to the rules:
If two or more faults are committed successively, only the first one is counted. If two or more faults are committed by opponents simultaneously, a DOUBLE FAULT is called and the rally is replayed.

**Consequences of Winning a Rally**

A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play. If the serving team wins a rally, it scores a point and continues to serve. If the receiving team wins a rally, it scores a point and it must serve next.

**To Win a Set**

A set (except the deciding, 5th set) is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two-point lead is achieved (26-24; 27-25;...).

**To Win the Match**

The match is won by the team that wins three sets. In the case of a 2-2 tie, the deciding set (the 5th) is played to 15 points with a minimum lead of 2 points.

**Positions**

At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order (except the server). The positions of the players are numbered as follows: (a)The three players along the net are front-row players and occupy positions 4 (front-left), 3 (front-centre) and 2 (front-right);

(b)The other three are back-row players occupying positions 5 (back-left), 6 (back-centre) and 1 (back-right).

**Rotation**

Rotational order is determined by the team’s starting line-up, and controlled with the service order, and players` positions, throughout the set. When the receiving team has gained the right to serve, its players rotate one position clock-wise: the player in position 2 rotates to position 1 to serve; the player in position 1 rotates to position 6, etc
**Time-out and Technical Time-outs**

All time-outs that are requested last for 30 seconds. For FIVB World and Official Competitions, in sets 1-4, two additional 60-second "Technical Time-Outs" are applied automatically when the leading team reaches the 8th and 16th points. In the deciding (5th) set, there are no "Technical Time-Outs"; only two time-outs of 30 seconds duration may be requested by each team. During all time-outs, the players in play must go to the free zone near their bench.

**Substitution of Players**

A substitution is the act by which a player, other than the Libero or his/her replacement player, after being recorded by the scorer, enters the game to occupy the position of another player, who must leave the court at that moment. Substitution requires the referee’s authorization. Six substitutions is the maximum permitted per team per set. One or more players may be substituted at the same time.

**Intervals and Change of Courts**

All intervals between sets last three minutes, during which, the change of courts and line up registrations of the teams on the score sheet are made. The interval between the second and the third sets can be extended up to 10 minutes by the competent body at the request of the organizer. After each set, the teams change courts, with the exception of the deciding set - where, once the leading team reaches 8 points, the teams change courts without delay and the player positions remain the same.

**1.7 INSTITUTIONAL SPORTS FOR VOLLEYBALL GAMES IN NORTH INDIA**

Promotion of volleyball game requires rigorous efforts at the level of both the individual and the government. The role of government in this field becomes all the more important in a developing country like India where around 40% of the population live under poverty line. In such a country, it becomes extremely essential for the government to locate and find out the sports talent, to provide them education and training, to provide them well nourished and balanced diet required for a sports person and to make them
available the latest equipment so that they may feel encouraged and concentrate all their energies and efforts on improving their performance in their respective games.\textsuperscript{5}

At this stage, therefore, it would be pertinent to know the different agencies created by the Government in the field of volleyball game, what functions have been assigned to them as well as the policy of the government for the promotion of volleyball in North India.

**1.7.1 DELHI UNIVERSITY SPORTS COUNCIL\textsuperscript{6}**

The University has highly qualified and experienced University appointed Teachers of Physical Education, designated as Director in Professor's scale and two Dy. Director(s) in Reader scale alongwith a Coach, to Plan, Coordinate and Execute the functioning of Physical Education and Sports Setup in the University, at various levels of Co-ordination and co-operation.

The Sports establishment accomplishes the objectives and its educational role in promoting Actively Oriented Education with various theoretical and desirable aspects of Co-ordination, monitoring, super visional and control mainly through a statutory body of the University known as Delhi University Sports Council. Whereas the Director is the execute head of the unit, of the Chairman plays the supervisory role in the functioning of the Sports Council. The establishment is also supported by 5-7 Coaches in Various disciplines deputed by the Sports Authority of India from time to time.

The main purpose of the organisation is to initiate, Coordinate, Executive and Manage various kinds of Sports Activities including Adventure Sports and other such programmes to promote general interest in Games and Sports in the University and to improve the standard of Competitive Sports and Games I in the University and also its affiliated colleges / institutions. The activities of the council are mainly conducted actively from Sept to Feb. in the ensuing academic years.

\textsuperscript{6} http://www.du.ac.in/index.php?id=915
1.7.2 SPORTS AUTHORITY OF INDIA

The **Sports Authority of India** (SAI) is a body set up by the Government of India. It was created in 1984 to help promote sport throughout the country. Presently, it has seven regional centres at Bangalore, Bhopal, Gandhinagar, Kolkata, Sonepat, Delhi, Mumbai and Imphal and two sub-centres at Guwahati and Aurangabad. Netaji Subhas National Institute of Sports, Patiala, the Lakshmibai National College of Physical Education, Thiruvananthapuram are the major sports institutes run by this body. It has also a High Altitude Training Centre at Shillaroo, Himachal Pradesh.

After independence, on May 7, 1961 the National Institute of Sports (NIS) was set up for the development of sports at the [Moti Bagh Palace| Motibagh Palace] grounds in Patiala. On January 23, 1973, it was renamed Netaji Subhas National Institute of Sports (NSNIS). On January 25, 1984, Sports Authority of India was established as a registered society. On May 1, 1987 the Society for National Institute of Physical Education and Sports (SNIPES) was merged with it and as a result, the Netaji Subhas National Institute of Sports (NSNIS), Patiala and its allied centres at Bhopal, Bangalore, Kolkata and Gandhinagar and the Lakshmibai National College of Physical Education at Thiruvananthapuram came under Sports Authority of India. The NSNIS, Patiala and the Lakshmibai National College of Physical Education, Thiruvananthapuram became its academic wings.

**SAI Sports Promotional Schemes**

The Sports Authority of India conducts various activities and schemes to promote sports in India. They include:

- National Sports Talent Contest Scheme (NSTC) - for Sub-Junior level trainees
- Army Boys Sports Company Scheme (ABSC) - for Sub-Junior level trainees
- SAI Training Centres Scheme (STC) - for Junior level trainees
- Extension Centre of STC /SAG

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7 http://en.wikipedia.org/wiki/Sports_Authority_of_India


- Special Area Games Scheme (SAG) - for Junior level trainees
- Centre of Excellence Scheme (COX) - for Senior level trainees

### 1.7.3 VOLLEYBALL FEDERATION OF INDIA

Since 1951, VFI has had a glorious history in India and today we are doing a lot of things for Volleyball, a very popular game in all parts of India. Hundreds of players participate in dozens of championships and events (under various categories) held domestically. In the SAF (South Asian Federation) Games as well as the Asian games our players have done well to enhance VFI's prestige by receiving numerous awards and recognitions.

Though, headquartered in Chennai VFI is an active organisation with activities spread across the length and breadth of the country. Our organisation has 74 honorary members in contributing at various levels for the promotion of the game in India. Volleyball is personally very close to my heart and we have indeed tried our best to provide the best facilities to the players as well as ensure development of Volleyball in India.

VFI is a member organisation of FIVB (Federation Internationale de Volleyball) as well as of Asian Volleyball Confederation. Further we are also accredited to Indian Olympic Association and General Association of National Sports Federation. I am happy to inform you that in 1996 we were awarded the Golden Palm Diploma for securing the 2nd position in '100 years in 100 days' Centenial Contest.

### India men's national volleyball team

The **India men's national volleyball team** represents India in international volleyball competitions. It's currently sponsored by Sahara and Asics.

### Current squad

- Ukkara Pandian (Captain*)
- Ranjit Singh
- Mandeep Singh

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8 [http://www.volleyballindia.com/OLD%201%20VFI/index.html](http://www.volleyballindia.com/OLD%201%20VFI/index.html)
India women's national volleyball team

The India women's national volleyball team represents India in international volleyball competitions.

Current squad

- Priyanka Khedkar
- Mannaparambil John Alphonsa
- S. Rekha, Anusri Ghosh
- V. Soumya, Tiji Raju
- Nirmala, Terin Antony
- N. Sruthi Mol
- Mini Mol Abraham
- Nishya Joseph
- K. Babitha
TABLE 1.1
VOLLEYBALL FEDERATION OF INDIA
OFFICE BEARERS - 2013-2017

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<thead>
<tr>
<th>Position</th>
<th>Name</th>
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<tbody>
<tr>
<td>President</td>
<td>Mr. CHAUDHARY AVADHESH KUMAR</td>
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<tr>
<td>Executive Vice-President</td>
<td>Mr. RAJKUMAR</td>
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<tr>
<td>Chief Executive Officer</td>
<td>Dr. K. MURUGAN</td>
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<td>Vice Presidents</td>
<td>Mr. S. KODANDARAMAIAH</td>
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<td>Mr. SHEKHAR BOSE</td>
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<td>Associate Vice-Presidents</td>
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<td>Mr. ANIL CHAUDHARY</td>
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<td>Dr. LALMALSAYMA NGHAKA</td>
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<tr>
<td>Secretary General</td>
<td>Mr. RAMAVTAR SINGH JAKHAR</td>
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<tr>
<td>Associate Secretaries</td>
<td>Mr. MOHD. AKRAM KHAN</td>
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1.8 POLICIES AND PROMOTIONAL SCHEMES BY THE GOVERNMENT

NATIONAL SPORTS TALENT CONTEST SCHEME (NSTC)

OBJECTIVE

The main concept of the scheme is to PLAY & STUDY in the same school. The scheme envisages scientific scouting of talent at optimum age essential for converting the genetically and physiologically gifted children into future medal hopes in various competitions at National and International level. The children in the age group of 8-14 years are inducted under the scheme.

ADOPTION OF SCHOOLS

Under the scheme the school having good sports infrastructure are adopted. Each adopted school in addition to the services of coaches for imparting training to the trainees will get financial assistance for purchase of consumable sports equipment.

Extension of NSTC scheme to Jawahar Navodaya Vidyalaya (JNV)

Further keeping in view the need to promote sports in remote and rural areas & to provide greater balance for village children, the Governing Body in its 27th meeting held on 9th July, 2001 approved the proposal for extension of NSTC Scheme to Navodaya Vidyalaya having the requisite infrastructure.

STAIRS

Opens 172 Sports Centers in Haryana as a Part of Stairs Khelo Haryana

Stairs, a Not-for-Profit, Non-Governmental, Non-Religious & Non-Political organization working towards sports, education and health of underprivileged children has opened 172 sports centers in Sirsa, Haryana as a part of its sports endeavor "Stairs Khelo Haryana. More than 10,000 children from villages in Sirsa district and Fatehabad district are regularly playing games like Volleyball and Sepak Takraw among others at these centers. Around 350 volunteers have come forward and enrolled themselves towards Stairs Khelo Haryana, which started on June 16, this year.
To mark the opening of 172th Stairs Khelo Haryana center, Mr. Siddhartha Upadhyay, Founder and Secretary General of Stairs conducted a meeting with the volunteers of Stairs Khelo Haryana. He interacted with the volunteers working at these centers, discussed new initiatives and ways to enroll more and more children to regularly come, play and utilize the facilities at these centers.

Stairs has opened these sports centers in 2 districts and 9 blocks of Sirsa district of Haryana. Stairs Khelo Haryana is conceptualized with the aim to provide free of cost - space, infrastructure and sports equipment to the less fortunate children of our society, to play. The aim of this project is to start games in Haryana and to make sure the maximum participation of underprivileged youth in sports. Stairs Khelo Haryana will be organized in three phases. First Phase of Stairs Khelo Haryana will cover 3 districts- Sirsa, Fatehbad & Jind (Narwana).

Commenting on the occasion, Mr. Siddhartha Upadhyay, the founder and Secretary General of Stairs said, "Built on the principle of sports for social change and upliftment of underprivileged youth, Stairs Khelo Haryana, in a short span of time has got encouraging participation from 172 centers spread across Sirsa. We are overwhelmed by the level of participation Stairs Khelo Haryana is witnessing with thousands of children coming out and playing. Seeing the kids play is a humbling experience; these children may lack in resources, but there is no dearth of talent, passion and enthusiasm. We would like to thank our volunteers for supporting our effort and for encouraging these children to play. Our sincerest hope is that the experiences and skills the children learn from this endeavor will create a positive impact on their lives and help them shape a better future for themselves. We plan to set up 250 such centers by January, 2013, which will have participation of children from Sirsa, Fatehabad and Jind (Narwana)."

Apart from Stairs Khelo Haryana, Stairs is successfully organizing this sports initiative in Delhi and Himachal Pradesh. Thousands of children are regularly playing at Stairs centers which have been established near the colonies where these children reside. Stairs is now planning to take this initiative to other parts of the country and encourage more children to come out and just play.
About Stairs:

Stairs is a non-profit organization working in the field of development of underprivileged youth through channelization of their energies in sports and education.

Since its inception in 2005, Stairs has been actively involved in the upliftment of the less fortunate children mainly through the field of sports by organizing cricket championships. The sporting initiatives undertaken by Stairs are aimed at providing a platform to these children to hone their skills and showcase their talent through camps. Stairs understands the amount of talent that exists among these children and believes in creating opportunities so that their talent is rightly tapped and nurtured. Talented children are chosen from these camps and provided coaching, sports scholarship and sports gear.

Some of the students who have been identified by Stairs are already doing well at the national level and are earning laurels for their state. Stairs also organizes sports camps at regular intervals to promote youth talent.

SPAT

Launched at Hon. Chief Minister's behest, SPAT has grown into a popular movement.

The program aims at popularizing sports and channeling resources to high potential athletes. The vision is to harness community building, preventive healthware and counter-delinquency potential of sports.

5000 Scholarships are on offer in SPAT 2014 for aspiring athlete in 8-19 years age group for year 2014-15.

The Haryana Government has made a career in sports as assured as in higher education. It is keen to create adequate income and employment opportunities.

What is SPAT?

SPAT stands for Sports & Physical Aptitude Test. It a battery of seven tests that reliably measures one's athletic potential in terms of agility, flexibility endurance and strength. There are 7 tests - 800 meter run, 30 meter race, 6x10 shuttle run, medicine ball
throw, forward bend and reach, vertical high jump and standing broad jump. Scoring is age and gender responsive.

Why you must take SPAT if you are in the age group of 8-19 years?

You come to know how good you are athletically. If you score above 75%, you can realistically aspire for a career in sports. In 75-60% slab, you can still use your will power and get to 75%-+ level by regular practice. In 60-45%, you need to hit the road now, you are hurting yourself with a sedate lifestyle. Below 45%, you are high-risk for a lifestyle disease; time to act is now.

What you stand to get for scoring above 75% and being among first 5000 in SPAT?

If you score 75%+ and are among first 5000, you will get a monthly scholarship delivered directly to your account @ Rs. 1500 for 8-14 years age group and Rs. 2000 for 15-19 years for a year along with coaching and opportunity to play in grass root tournaments whereby you can graduate to higher level on strength of your performance.

How will you receive the scholarship?

Under government's 'direct to athlete' approach, scholarship amount will be credited to your accounts directly. Process for delivering scholarship through EZ Paycard is on; the amount will be loaded to your paycard the moment your 22-days attendance in the playground is confirmed by your coach/trainer.

What are you expected do with the scholarship money?

Use is to meet your sports-related needs. For example, you may buy sports kit or pay for sports-related travel. Where you are in good numbers, you can organize yourself into team, pool your money and do things like hire a coach.

How a SPAT score is as important as a school grade?

It helps you in making right choices. If you score high, you can realistically aspire for a career in sports. If your score is in on lower side, you can help yourself with better diets and greater physical activities.
What precisely the government intends to achieve?

Increased participation in sports, particularly in schools. Idea is to raise health standards through higher physical activity, deliver social cohesion through increased interactions among different groups in a friendly setting, help build a culture of innovation, commitment and competitiveness through sports and put readjustment demand on the economy to create sufficient career opportunities around athletic aptitude.

How sport is as good a career option as higher education?

With the government's performance-linked Job Guarantee & Cash Award schemes, career in sports is now as assured as in Higher education.

How playing helps you, India?

Excellence in sports brings you benefits of sports quota in government jobs and college admissions. It enhances your job prospects in high-end private companies and admissions in good universities round the world. Private companies like Yahoo & Googles treat sports as key personality differentiator while manning their leadership positions. Commitment and competitiveness learnt in playgrounds will bring innovation in workplaces and help India in moving up the economic value chain.

What to do if you are not from Haryana?

You can still apply. A large number of you can prompt the governments to implement similar programs in your state. Introducing a certain number of scholarships for top-end performers at SPAT, even if you are not from Haryana, is under government's active consideration.

So, what to do now?

Be a part of ‘Play For India’ campaign. And log on to facebook.com/play4india to show your solidarity for 'play4india' campaign if you are anyone - student, player, teacher, parents, community leader, government officials, corporate employees, volunteer or a concerned citizens. A popular sports culture is need of the hour; just show that you care for sports.
1.9 THE VOLLEYBALL TIME LINE

1896

After a demonstration given at the YMCA in Springfield the name "Mintonette" is replaced with "Volleyball"

1900

The rules as modified by W.E. Day are accepted and published by the YMCA. Match length is set at 21 points. The height of the net is increased to 7-feet-6. Canada is the first "foreign" country to adopt Volleyball. A special ball was designed for the sport. The Young Men's Christian Association (YMCA) spread volleyball to Canada, Asia, and the Southern Hemisphere.

1906

Cuba discovers "6 Volleyball" in 1906, thanks to a North American army officer, Agusto York, who takes part in the second military intervention on the Caribbean island.

1907

Volleyball was presented at the Playground of America convention as one of the most popular sports

1908

Volleyball reaches Japan. It is Hyozo Omori, a Springfield College graduate in the United States, who first demonstrates the rules of the new game on the YMCA courts in Tokyo

1909

YMCA spread volleyball to Puerto Rico

1910

Volleyball officially lands in China, thanks to Max Exner and Howard Crokner. Up until 1917, play is between 16-man teams and goes to 21 points
The Philippines, too, got to know the new game. It is imported by Manila YMCA director Elwood Brown. In a very short space of time, there are 5,000 public and private courts.

In the USA, decisive impetus is given to the game by Prevost Idell, YMCA director in Germantown.

1912

YMCA spread volleyball to Uruguay. The court size is changed, becoming 35x60 feet. A uniform size and weight of the ball is established, calling for a circumference of 26 inches and a weight of between 7 and 9 ounces. Two other important innovations: the number of players on each team is set at six and it is decided to rotate players before service.

1913

Volleyball competition held in Far Eastern Games. Volleyball is put on the programme for the first Far Eastern Games held in Manila. Teams are made up of 16 players. George Fisher, secretary of the YMCA War Office, includes Volleyball in the recreation and education programme for the American armed forces.

1915

The number of players on court again becomes variable, anything from 2 to 6 for each team. Official game time is introduced and it is decided that the team losing a game has the right to begin serving in the next game. In Europe, Volleyball arrives on the French beaches of Normandy and Brittany with American soldiers fighting in the First World War. Its popularity grows rapidly, but the game takes root especially in Eastern countries, where the cold climate makes gym sports particularly attractive. The opening days of World War I brings Volleyball to Africa. The first country to learn the rules is Egypt.

1916

An offensive style of passing the ball in a high trajectory to be struck by another player, the set and spike, were introduced in the Philippines. The Filipinos developed the "bomba" or kill, and called the hitter a "bomberino". Many new rules are established.
The score for a "game" drops from 21 to 15, and it is determined that to win a match a team has to win two out of three "games." The ball can now be hit with a player’s feet. Net height rises to 8 feet, while ball weight climbs from 8 to 10 ounces. It is decided that holding on to the ball is a foul and that a player cannot have contact with the ball a second time until after it has been played by another athlete. Volleyball becomes a part of the program of the NCAA, the body that oversees college and university sports in the USA. The National Collegiate Athletic Association (NCAA) was invited by the YMCA to aid in editing the rules and in promoting the sport. Volleyball was added to school and college physical education and intramural programs.

1917

The game was changed from 21 to 15 points. YMCA spread volleyball to Brazil. At the Allied Forces air base in Porto Corsini, where Ravenna’s sports palace is now located, American airmen introduce the virus of Volleyball into Italy.

1918

The number of players per team is set at six. In Japan, the first High School Championship is played.

1919

American Expeditionary Forces distributed 16,000 volleyballs to its troops and allies. This provided a stimulus for the growth of volleyball in foreign lands. During the First World War, Dr. George J. Fisher, as Secretary of the YMCA War Work Office, makes Volleyball a part of the programme in military training camps, both in the USA and abroad, in the athletic handbooks written for those responsible for sport and recreation in the Army and Marines. Thousands of balls and nets are sent overseas to the U.S. troops and also presented to the Allied Army’s sports directors. More than 16,000 volleyballs are distributed in 1919 to the American Expeditionary Corps Forces only. The Inter-Allied Games are organized in Paris (but Volleyball is not included since the game is not yet known sufficiently well known in the 18 participating Allied countries to allow for a balanced competition). In China, the rules are modified. Play becomes 12 against 12, with matches going to 15 points.
1920

Institution of three hits per side and back row attack rules. Court size goes down to 30x60 feet, and the ball is allowed to be played by any part of the body above the waist. A major innovation involves the rule allowing a team to play a ball no more than three times before sending it over the net. The Philippines develop the first kind of spike. It is known as the "Filipino bomb" and it is a pretty lethal weapon. The first spontaneous attempts at blocking make their appearance, although they are not yet codified by the rules. Volleyball makes its first official appearance in Russia in the cities of the Volga, Gorky and Kazan, and at the same time in Khabarovsk and Vladivostok.

1922

The first YMCA national championships were held in Brooklyn, NY. 27 teams from 11 states were represented. Players in the back line are not permitted to spike. The "double hit" fault is added to the rules. Scoring rules are also changed, providing that, with the score at 14-14, two consecutive points are needed to win. The maximum number of consecutive ball contacts per team is set at three. The first National Federation is founded in Czechoslovakia, quickly followed by Bulgaria. The first National Championship is played in the USA, in which only YMCA teams compete. Volleyball gains in popularity in Italy too, thanks to Guido Graziani, a Springfield YMCA graduate.

1923

A team is to be made up of 6 players on court and 12 official substitutes, and each player has to have a numbered jersey. The team securing the right to serve has to rotate clockwise. The serve is to be made by the player placed on the right on the back line. If a player touches the adversary’s court during play it is a foul. Minimum ceiling height is set at 15 feet. The official birth date of Volleyball in Russia is set at 28 July, 1923, the day a match between men's team High Art and Theatre Workshop (Vhutemas) and State Cinema Technical School (GTK) is played in Moscow.

1924

The Olympic Games programme in Paris includes a demonstration of "American" sports, with Volleyball among them.
1925

Two time-outs per game for each team becomes the rule. There is also a change in the scoring rules for the most hotly contested sets: at 14-14 to win it is no longer necessary to score two consecutive points, but rather to have a two-point advantage. Once again the ball weight is modified, from 9 to 10 ounces.

Volleyball is played for the first time in the Netherlands. After a stay at the Seminary of Techny in Illinois, U.S., Father S. Buis introduces the sport to the Sint Willibrord mission house in Uden and has a few courts set up there.

1926

A team reduced to less than 6 players forfeits the match.

1927

The Japanese Federation is born and nine men's competitions are organised. In Russia, there is a "political" reaction by the Communist Party against the YMCA as a "capitalistic, bourgeois, and religious" organization, and it is obliged to leave the country.

But Volleyball is there to stay. China adopts the nine-player-per-team system, the same used in Japan.

1928

It became clear that tournaments and rules were needed; the United States Volleyball Association (USVBA, now USA Volleyball) was formed. The first US Open was staged, as the field was open to non-YMCA squads.

1929

Cuba organizes the first men's tournament according to "American" rules at the Caribbean and Central American Games. Between the two World Wars, great efforts are made to give unity to the Volleyball movement by establishing a single set of rules and creating an international federation. These are just initial efforts, with nothing concrete being set.

1930

Recreational sports programs became an important part of American life.

The first two-man beach game was played.
1932

Time-outs are limited to one minute. To make a play, an athlete can step off his own court; but he cannot change position in the starting line-up

1933

The first USSR National Championship is held, where there are already over 400,000 players. For Soviet Volleyball, it is the year of enshrinement. In January, a challenge between Moscow and Dnepropetrovsk is played on no less important a stage than that of the Bolshoi Theatre. A book entitled Volleyball: Man’s Game by Robert E. Laveaga, published by A S Barnes & Co of New York, makes an important impact on teaching methods and scientific training techniques. Volleyball for Women by Katherine M. Montgomery is also very useful for teaching the game

1934

National volleyball referee approval and recognition. The first concrete steps to establish international relations in Volleyball are taken during the International Handball Federation Congress in Stockholm

1935

Crosses are to be marked on the floor to determine player position. Touching the net is to be considered a foul. An important rule involves spikers: it is forbidden to step off the court as long as the ball is in play on the spiker’s side (it had been customary for spikers waiting for a set to take a running start from way off and then leap from one foot). In Tashkent and Moscow, the USSR plays the first official international matches against Afghanistan

1937

Action was taken at the Amateur Athletic Union (AAU) convention in Boston to recognize the USVBA as the official national governing body in the US. Multiple ball contacts were permitted in defence against particularly violent spikes
1938

The Czechs perfect blocking which is officially introduced into the rules under the concept of "a counteraction at the net by one or two adjacent players." For almost 20 years before, blocking had been a part of the game but was not spelled out in the rules. The Czechs are the first (soon followed by the Russians) to attribute decisive importance to the new skill, which facilitates the ungrateful task of volleying defences

1939

How to push for homogeneous rules throughout the world? The Annual USVBA Reference Guide and the Official Rules of the Game of Volleyball gave useful information on the game and provided a forum where experiences and ideas emanating from different sources could be exchanged. During the War, thousands of these guides were used throughout the world

1940

William G. Morgan, the creator of Volleyball, dies at the age of 68. A man of high moral standards, Morgan suffered no pangs of jealousy and continued to follow with enthusiasm the progress of his game, convinced that real Volleyball, for real athletes, would be a success. 1940s Forearm pass introduced to the game as a desperation play. Most balls played with overhand pass

1941

In several countries, including Italy, experiments are made with a system of timed play. Two 20-minute sets are played (with supplementary time in case of a tie). But after various and prolonged trials, the experiments are abandoned, but taken up again in the United States at the close of the Second World War. Another innovation is time-limit Volleyball, whereby a game lasts eight minutes of actual play. To win, a team has to have either a two-point advantage at the end of the eight minutes or be the first to score 15 points. But even there, the idea finds little acceptance
1942

The ball can be played by any part of the body from the knees up. Everywhere from the South Pacific to the Finnish front, Volleyball draws crowds among troops engaged in the Second World War, even aboard aircraft carriers. Volleyball is recommended by Chiefs of Staff for training the troops, believing it keeps them in condition, strengthens their morale, and teaches them how to stay together as a group - something essential at this point of the War.

1943

During the summer, Mr. Friermood joins the management of the United States YMCA and quickly becomes Secretary/Treasurer of the USVBA and works closely with Dr. Fisher, its President. Through international YMCA contacts in more than 80 countries and also military personnel around the world, communications are established and begin to produce information on the interpretation and development of Volleyball and those who are managing it. Correspondence with the Polish managers during the War draws attention to the post-war endeavours to establish an international Volleyball organization.

1945

First postage stamp on a Volleyball subject is issued in Romania.

1946

A study of recreation in the United States showed that volleyball ranked fifth among team sports being promoted and organized. In January, the Spartak Prague team goes to play in Poland, signaling a resumption of contacts after the War years aimed at creating an international Volleyball organization. On the occasion of a friendly match between the Czech and French national teams on August 26, a meeting is held in Prague between representatives of the federations of Czechoslovakia, France, and Poland. The meeting produces the first official document of the future FIVB, with the creation of a commission for the organization of the International Federation, the promotion of a constituent congress, and the decision to launch a European or World Championship at an early date.
1947

The Federation Internationale De Volley-Ball (FIVB) was founded in Paris. Only front-line players are allowed to exchange positions for a two-player block and spike. Egypt is the first Arab and African country to organize Volleyball activities and establish a National Federation. From April 18 to 20 in Paris, 14 federations found the FIVB, with the headquarters in Paris. Frenchman Paul Libaud is the first President. American and European rules of the game are harmonized. The court is to measure 9 x 18 metres; and net height is to be 2.43 metres for men and 2.24 for women. Only in Asia, the rules are different: the court has to measure 21.35 x 10.67 metres, and the net has to be 2.28 high for men and 2.13 for women; there is no rotation of players and on court there are nine athletes arranged in three lines.

1948

The first two-man beach tournament was held - The European Championship - in Rome and won by Czechoslovakia. After the War, the rules are rewritten and clarified to make interpretation easier. In particular, a better definition is given to the idea of blocking, and service is limited to the right third of the back court boundary. It is also made clear that each player has to be in his right place during service; points scored by the wrong server are to be nullified; simultaneous contacts by two players are to be considered one; time-outs are to last one minute, while time-out due to injury can last five minutes; and rest time between one game and another is set at three minutes.

1949

The first World Championships were held in Prague, Czechoslovakia. The first Men's World Championship is held in Prague and won by the USSR. This is also the first time a setter can penetrate from the back line, leading to a three-player attack. USVBA added a collegiate division, for competitive college teams. For the first ten years, collegiate competition was sparse. Teams formed only through the efforts of interested students and instructors. Many teams dissolved when the interested individuals left the college. Competitive teams were scattered, with no collegiate governing bodies providing leadership in the sport.
1951

Volleyball now played by over 50 million people in over 60 countries. At its third Congress, the FIVB decides that a player's hands can "invade" at the net during blocking but only in the final phases of spiking. Furthermore, a back-line player can spike, providing that he remains in his zone and does not move up to the front line. China begins to participate in international tournaments.

1952

The first Women's World Championship was held in Moscow and won by the USSR.

1953

At its fourth Congress, the FIVB defines referee action and terminology. The Chinese Federation is born.

1954

The Asian Confederation is founded in Manila.

1955

Pan American Games included volleyball. At the FIVB Congress in Florence, the Japanese Federation adopts the international rules and commits itself to gradually introducing them in Asia. The 1st Asian Championship is played in Tokyo; both 6- and 9-player tournaments are scheduled. Volleyball is put on the program for the Pan American Games.

1956

First issue of the official FIVB bulletin is published. The first truly globe-spanning World Championship is held in Paris, France (with 24 men's teams from four continents). Czechoslovakia Men and USSR Women win the coveted titles.
1957

The International Olympic Committee (IOC) designated volleyball as an Olympic team sport, to be included in the 1964 Olympic Games. Consideration is given to the introduction of a second referee; duration of time-outs is limited to one minute, 30 seconds. During the 53rd IOC session in Sofia, Bulgaria, from September 22 to 26, a demonstration tournament is played for the IOC members who then decide to include Volleyball on the programme for the Games celebrating the XVII Olympiad in Tokyo, 1964

1958

Once again it is the Czechs who introduce a new defensive hit - the bagger - which amazes spectators at the European Championship in Prague

1959

International University Sports Federation (FISU) held the first University Games in Turin, Italy. Volleyball was one of the eight competitions held. At the FIVB Congress in Budapest it is decided to forbid "screening" on the serve and to limit "invasion" at the net onto the opponent's court to the whole foot.

1960s

New techniques added to the game included - the soft spike (dink), forearm pass (bump), blocking across the net, and defensive diving and rolling. The United States Junior Olympic Volleyball (USJOV) program was established

1960

For the first time, a World Championship (Men's) is played outside of Europe, in Brazil. USSR claims victory, as it also does in the women’s event. Seven mid-western institutions formed the Midwest Intercollegiate Volleyball Association (MIVA)

1961

The idea of Mini Volleyball is born in East Germany
1962

The World Championships are played in Moscow. The USSR Men confirm their status as the best, while it is a first victory for the Japanese Women’s team

1963

The European Confederation is founded on October 21

1964

Southern California Intercollegiate Volleyball Association (SCVIA) was formed in California

New rules on blocking: airborne invasion during blocking is prohibited, while blockers are permitted a second hit. The first Olympic Volleyball tournaments are played in Tokyo during the Olympic Games from October 13 to 23, with 10 men's teams and 6 women's teams. The gold medal for the men goes to the USSR, and the women to Japan. Volleyball was introduced to the Olympic Games in Tokyo. (The Japanese volleyball used in the 1964 Olympics, consisted of a rubber carcass with leather paneling. A similarly constructed ball is used in most modern competition.)

1965

The California Beach Volleyball Association (CBVA) was formed. The first men's World Cup is played in Poland and won by the USSR

1966

The first scientific symposium is held in Prague on the occasion of the men's World Championship, won by Czechoslovakia

1967

The first African Continental Championship is played, and the African Zone Commission is founded. The Women's World Championship, scheduled a year after the men's, is played in Tokyo and won once again by Japan
1968

National Association of Intercollegiate Athletics (NAIA) made volleyball their fifteenth competitive sport. The use of antennas to limit the court air space and facilitate the referee's decision on ball crossing outside the side line is recommended to the Congress in Mexico. The USSR take home two Olympic gold medals.

1969

The Executive Committee of the National Collegiate Athletic Association (NCAA) proposed addition of volleyball to its program. A Coaches Commission is established. The FIVB recognizes its fifth Continental Sport Zone Commission when NORCECA is born in Mexico, July 26, with the merging of USA, Canada and other countries joining to form the North Central American and Caribbean Confederation (NORCECA). The first NORCECA Championships take place in Mexico. In Berlin, East Germany wins the second edition of the men's World Cup

1970

The World Championships are held in Bulgaria. Victorious are the East German men and the USSR women

1971

The first FIVB coaching courses are held in Japan and Egypt. The FIVB Medical Commission is established. The sub-commission for Mini Volleyball of the FIVB Coaches’ Commission is established

1972

The five Sports Zone Commissions (Africa, Asia, Europe, Norceca, and South America) become Continental Confederations. The Japanese Men’s team win the Munich Olympics with playmakers Nekoda and Matsudaira. Systematic use of its fast game clinches for the first time the gold medal for an Asian Country. The Women's tournament is won by the USSR. The official rules of Mini Volleyball are established. The first South American Junior Championships are held in Rio
1973

The first Women's World Cup is played in Uruguay and won by the USSR

1974

The World Championships in Mexico were telecast in Japan. At the FIVB Congress in Mexico City it is decided to make two changes to be put into force after 1976: lateral antennas are to be moved to the courtside boundaries and three ball contacts are to be permitted after blocking. During the World Championship, Polish athlete Wojtowicz amazes everybody by spiking from the back line. In Mexico City, Poland wins the Men's gold; while, in Guadalajara, Japan holds on to the Women's title. The first Junior National Championship was conducted at the Catonsville Community College in Catonsville, MD

1975

The US National Women's team began a year-round training regime in Pasadena, Texas (moved to Colorado Springs in 1979, Coto de Caza and Fountain Valley, CA in 1980, and San Diego, CA in 1985) The first Mini Volleyball Symposium is held in Sweden, with 19 nations participating. The first Asian Championships are held in Australia

1976

At the Montreal Olympic Games, Poland confirms its leadership among the Men’s teams and Japan among the Women's. After blocking, not two but three ball contacts are permitted; the distance between the antennas is shortened from 9.40 metres to 9 metres

1977

The US National Men's team began a year-round training regime in Dayton, Ohio (moved to San Diego, CA in 1981) The first Junior World Championships are held in Brazil. The Winners are the USSR Men and South Korea Women. Kuwait organizes the first Arabian Championship. The World Cup is granted to Japan on a permanent basis for
both men and women. Triumphing in Tokyo are the Soviet Men and the Japanese Women

1978

The Men's World Championship is held in Rome, with the USSR winning ahead of Italy. The women play in Leningrad and it is a surprise first world title for Cuba, placing ahead of Japan and USSR

1980

At the Moscow Olympic Games, it was a dual victory for the USSR. 17th FIVB Congress: the rules of the game were adopted in three languages: French, English and Spanish. 1981 World Cup in Tokyo: the USSR win for the men and China for the women. 1982 Ball pressure is increased from 0.40 to 0.46 kg/cm². The Women's World Championship is held in Peru where, for the first time, China takes the title after an outstanding and spectacular performance. The Men's World Championship (in Argentina) is won by the USSR. 1983 The Association of Volleyball Professionals (AVP) was formed. On July 19, the Brazil vs. USSR challenge at Rio de Janeiro's Maracaná stadium attracts nearly 100,000 spectators. 1984 The US won their first medals at the Olympics in Los Angeles. The Men won the Gold, and the Women the Silver. The 19th Congress of the FIVB is held in Long Beach, California; and, after 37 years at the helm, the founding French President Paul Libaud steps down and becomes Honorary President. A Mexican lawyer, Dr. Rubén Acosta H., is elected as the new President. The USA win the Men's Olympic gold and the Chinese Women’s team also claim gold. At the Los Angeles Olympic Games, the Brazilians (silver medallists) attract attention with their ability to make jumping serves. The idea is not new (Argentina had already tried it at the 1982 World Championship), but no one has ever seen it used so effectively before. After Los Angeles, it is no longer possible to block a serve, and referees became more permissive in evaluating defence. The first International Volleyball Cinema Festival is held in Perugia. December 15: FIVB moves its quarters to a temporary office in Lausanne while preparing its permanent headquarters in this city. 1985 May 28: for the first time, a Volleyball representative (FIVB President Dr. Acosta) is named for an IOC Commission - the prestigious Olympic Movement Commission. World Cup in Tokyo: Victory goes to the USA Men, while China confirms its dominance among the women. December 28-31:
the first Women’s World Gala is played in China, (two matches in Beijing and Shanghai). A world All-Star line-up challenges the Olympic Champion China, which wins both matches and the Hitachi Cup

1986

The Women’s Professional Volleyball Association (WPVA) was formed. In Paris, USA win the Men's World Championships. China claim the women's gold medal in Prague. Beach Volleyball receives official status by the FIVB.

1987

The FIVB added a Beach Volleyball World Championship Series. From February 17-22, the first Beach Volleyball World Championship is played in Ipanema, Brazil.

1988

The US Men repeated the Gold in the Olympics in Korea. On May 6, the FIVB inaugurates its new headquarters in Lausanne. The Olympic Games in Seoul sees the number of teams for the men's tournament rise from 10 to 12. The USA win the men's gold medal; the USSR take the women's after a dramatic final match against Peru. The World Congress approves the turning of the fifth set into a tiebreak rally-point system in which each serve is worth a point. Final scoring per set is limited to 17 points with one point difference. The first edition of the FIVB Super Four is held in Japan, a bi-yearly competition between the three medallists from the Olympic Games (or the World Championships). In the first Super Four, the Soviet Men and Chinese Women re-affirm their superiority.

1989

The FIVB Sports Aid Program was created. The year brings the first edition of the Beach Volleyball World Series (a world circuit) and the second World Gala in Singapore (men's and women's All Stars against the Olympic champions). World Cup in Japan: Cuba Men and Women do the double. men, Italy places second in the men’s tournament. From December 6 to 10, the first World Championship for Clubs is played in Parma and won by home team Mexico.
1990

The first edition of the men's World League gets underway, a revolutionary idea for a team sport, with US$1 million prize money, professional organization and wide TV broadcasting in a multi-location competition reaching all corners of the world. The playing formula for the World Championship is changed. After the qualification phase, play proceeds by direct elimination matches right up to the finals for first to eighth place. Italy wins the first US$1 million World League in Tokyo, Japan, before a crowd of 10,000 spectators. Italy upset Brazil in Rio de Janeiro and becomes the first Western European country to win the Men's Volleyball World Championship. USSR win the women's world title against China in Beijing.

1991

The first edition of the Women's World Championship for Clubs is played in Brazil. Winner is Sadia Sao Paulo. Italy wins the second consecutive World League with US$2 million prize money for the teams. The final is in Milan in front of 12,000 spectators against Cuba.

1992

The Four Person Pro Beach League was started in the United States. Barcelona applauds the first Olympic victory by the Brazil Men and Cuba Women. After Barcelona, the tiebreak is modified. At 16-16, play continues until one team has a two-point advantage. The World League increases Prize Money to US$3 million and for the third time Italy win, in front of 9,000 spectators in Genoa against the Netherlands. Brazil triumphs in the men's Super Four and Cuba in the women's.

1993

The first edition of the World Grand Prix with US$1 million in Prize Money, the women's version of the World League, is played entirely in Asia and the Final is won by Cuba against China. The World League final is held in São Paulo and Brazil win the title. During the 101st IOC session in Monte Carlo on September 18, Beach Volleyball is admitted as a gold medal discipline to the 1996 Olympic Games in Atlanta. Debut of another major event: the Grand Champions Cup is to be played every four years in Japan,
alternating on odd years with the World Cup; participants will be the continental champions. First gold medal winners are Italy Men and Cuba Women

1994

The fifth edition of the World League offers record Prize Money of $6 million. Italy win for the fourth time, beating Cuba in the Final. The World Congress in Athens approves new rules to go into force officially on January 1, 1995: The possibility of contacting the ball with any part of the body, including the feet; the service zone extended to the whole 9-meter back line; elimination of the "double hit" fault on the first touch of a ball coming from the opponent's court; and the permission to touch the net accidentally when the player in question is not trying to play the ball. The Italians win the Men's World Championship for the second time in a row, equalling a previous USSR award. At the Women's World Championship in Brazil, 26,000 spectators in Belo Horizonte attend the matches, setting a new record for women's event. Later on in São Paulo, 12,000 spectators watch Cuba win its second world title, this time in a Final against Brazil

1995

The sport of Volleyball turns 100 years old! The anniversary is observed throughout the world with awards ceremonies, tournaments, and special stamp issues and postmarks. The FIVB celebrates the event by bringing together "100 years of Volleyball in 100 days" in a special calendar of events and publishes a magnificent book, "100 Years of Global Link". The World League is again won by the Italians. In the World Grand Prix, a surprise victory goes to the United States. Italy win the Men's World Cup for the first time and Cuba the women's event for the third time in a row. In the World Gala, the Italian Men beat the All Stars and receive the Centennial Cup from IOC President Juan Antonio Samaranch.

1996

The Atlanta Olympic Games makes Beach Volleyball the latest Olympic Medal Sport. A newly built 8,000-seat stadium in the historic area of Clayton County struggles to accommodate the enthusiastic crowds. Volleyball competitions have two ad hoc
facilities; the Atlanta convention centre and the Georgia University Hall in Athens. Netherlands and Italy show Volleyball at its best and, after five strenuous sets, the team led by the Van de Goor brothers gives Netherlands their first gold medal in Volleyball history.

1998

The Men and Women's World Championships for the first time go to Japan, and the best Championships in Volleyball history take place. After matches in 14 cities watched by over 500,000 spectators, and the highest TV ratings in Japan since the 1964 Japanese Olympics gold for women, the Italians, led by Giani and Gardini, make history with their third consecutive crown, defeating Yugoslavia. Cuba Women, led by Regla Torres, set the same record of three crowns for women, defeating Russia. The Congress makes a historic change in the rules, adopting the "Rally Point System" of 25 points for each of the first four sets and a 15-point fifth tiebreak set for a two-year testing period. Other changes immediately adopted are the colour ball, Libero player and allowance of interactive coaches.

2000

Olympics held in Sydney, Australia. Points were now at stake for every rally and a "libero" player was added. The "libero" is free to substitute in back row defense at almost every turn. The Italians win their eighth World League pennant in 12 editions defeating Russia. Cuba Women defeat Russia once more, 3-2, and win their third consecutive Olympic gold, setting an all-time record. Following the phenomenal success of Beach Volleyball during the Sydney Olympics, the IOC Executive Committee declares Beach Volleyball an official part of the Olympic programme. Karch Kiraly of the USA and Regla Torres of Cuba are crowned as the 20th Century Best Volleyball Players. Italy Men (1990-98) and Japan Women (1960-1965) are declared the 20th Century Best Volleyball Teams. The 20th Century Best Volleyball Coaches titles are awarded to Yasutaka Matsudaira, Japan Men (1964-1974), and Eugenio George, Cuba Women (1990-2000).
2001

Beach Volleyball is confirmed as a full Olympic program sport

2002

The FIVB World Congress in Buenos Aires adopts a Code of Conduct and rules against conflicts of interest and introduces height limit competitions (185 cm for men, 175 cm for women). Italy win the FIVB Women’s World Championship for the first time in Berlin

2003

Brazil Men win all 11 games in Japan to claim the FIVB World Cup for the first time. China Women do likewise to win their first World Cup title

2004

Olympics will be held in Athens, Greece China’s Women win the Olympic Volleyball title in Athens for the second time following their victory 20 years earlier in Los Angeles. Brazil’s Men also win for the second time, their first Olympic title being claimed in 1992. China’s Women win the Olympic Volleyball title in Athens for the second time following their victory 20 years earlier in Los Angeles. Brazil’s Men also win for the second time, their first Olympic title being claimed in 1992

2006

Dr. Rubén Acosta is unanimously reelected as President of the FIVB by delegates representing 196 of the FIVB’s 219 National Federations at the 30th FIVB World Congress in Tokyo, Japan. The Brazilian Men defend their World Championship crown by beating Poland in the final in Tokyo. Russia’s Women win their sixth World Championship and their first since 1990.

2007

Brazil’s Men defend their FIVB World Cup title in Japan, while the Italian Women win their first World Cup title. Brazil claim the World League for the fifth straight year and sixth time overall. They pick up a winner's cheque for US$1 million.
Brazil claims the World League for the fifth straight year and sixth time overall. They pick up a winner's cheque for US$1 million. The Netherlands win the World Grand Prix in Ningbo, China, their first trophy in major FIVB competition. The Europeans become the sixth team to win the renowned annual women’s title and snap Brazil's run of three straight triumphs. The Netherlands win the World Grand Prix in Ningbo, China, their first trophy in major FIVB competition. The Europeans become the sixth team to win the renowned annual women’s title and snap Brazil’s run of three straight triumphs.

2008

The FIVB opens it new premises of “Château Les Tourelles” in May, a gorgeous building by Lake Geneva in Lausanne, Switzerland. The 31st FIVB World Congress takes place in Dubai, United Arab Emirates, in June. USA Men win the World League before crowning a magnificent year with Olympic gold in Beijing. The Brazilian Women do the double as well: Olympic gold following first place in the World Grand Prix. Dr. Rubén Acosta makes official his announced retirement from the Presidency of the FIVB at the end of the World Congress. It is agreed that Mr. Jizhong Wei of China, FIVB First Executive Vice President, is to take over the leadership of the organization as President, unanimously elected until the next elections in 2012, according to the Congress decision to follow again in four years’ time the Olympiad cycle.

1.10 AWARDS AND INCENTIVES

ARJUNA AWARD

The Arjuna Awards were instituted in 1961 by the government of India to recognize outstanding achievement in National sports. The award carries a cash prize of ₹500,000, a bronze statuette of Arjuna and a scroll.

Over the years the scope of the award has been expanded and a large number of sports persons who belonged to the pre-Arjun Award era were also included in the list. Further, the number of disciplines for which the award is given was increased to include indigenous games and the physically handicapped category.

The Government has recently revised the scheme for the Arjun Award. As per the revised guidelines, to be eligible for the Award, a sportsperson should not only have had
good performance consistently for the previous three years at the international level with excellence for the year for which the Award is recommended, but should also have shown qualities of leadership, sportsmanship and a sense of discipline.

From the year 2001, the award is given only in disciplines falling under the following categories:

- Olympic Games / Asian Games / Commonwealth Games / World Cup / World Championship Disciplines
- Indigenous Games
- Sports for the Physically Challenged

**TABLE 1.2**

**SHOWING THE ARJUNA Awardees Volleyball Players**

<table>
<thead>
<tr>
<th>YEAR</th>
<th>AWARDEES</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Men</strong></td>
<td><strong>Women</strong></td>
</tr>
<tr>
<td>1962</td>
<td>Shri. Nirpjit Singh</td>
<td>--</td>
</tr>
<tr>
<td>1972</td>
<td>Shri. Balwant Singh</td>
<td>--</td>
</tr>
<tr>
<td>1973</td>
<td></td>
<td>Smt. G. Mulini Reddy</td>
</tr>
<tr>
<td>1974</td>
<td>Shri. M. Shyam Sunder Rao</td>
<td>--</td>
</tr>
<tr>
<td>1975</td>
<td>Shri. Insp. Ramveer Singh</td>
<td>Km. K. C. Elamma</td>
</tr>
<tr>
<td>1976</td>
<td>Jimmy George</td>
<td>--</td>
</tr>
<tr>
<td>1977-78</td>
<td>Shri. A. Ramana Rao</td>
<td>--</td>
</tr>
<tr>
<td>1978-79</td>
<td>Shri. Kutty Krishnan</td>
<td>--</td>
</tr>
<tr>
<td>Year</td>
<td>Name</td>
<td>Position</td>
</tr>
<tr>
<td>--------</td>
<td>-----------------------------</td>
<td>--------------</td>
</tr>
<tr>
<td>1979-80</td>
<td>Shri. S. K. Misra</td>
<td>--</td>
</tr>
<tr>
<td>1982</td>
<td>Shri. G. E. Shridaran</td>
<td>--</td>
</tr>
<tr>
<td>1983</td>
<td>Shri. R. K. Purohit</td>
<td>--</td>
</tr>
<tr>
<td>1984</td>
<td>--</td>
<td>Km. Saley Joseph</td>
</tr>
<tr>
<td>1986</td>
<td>Shri. Cyril C. Vallor</td>
<td>--</td>
</tr>
<tr>
<td>1989</td>
<td>Shri. Abdul Basith</td>
<td>--</td>
</tr>
<tr>
<td>1991</td>
<td>Shri. Dalel Singh</td>
<td>--</td>
</tr>
<tr>
<td>1992</td>
<td>Shri. K. Udaya Kumar</td>
<td>--</td>
</tr>
<tr>
<td>1999</td>
<td>Mr. Sukhpal Singh</td>
<td>--</td>
</tr>
<tr>
<td>2000</td>
<td>Mr. P.V. Ramana</td>
<td>--</td>
</tr>
<tr>
<td>2001</td>
<td>Mr. Amir Singh</td>
<td>--</td>
</tr>
<tr>
<td>2003</td>
<td>Mr. V. Ravikanth Reddy</td>
<td>--</td>
</tr>
<tr>
<td>2010</td>
<td>Mr. K.J. Kapildev</td>
<td>--</td>
</tr>
<tr>
<td>2011</td>
<td>Mr. Sanjay Kumar</td>
<td>--</td>
</tr>
</tbody>
</table>
### TABLE 1.3

SHOWING THE BHIM AWARDEES VOLLEYBALL PLAYERS

<table>
<thead>
<tr>
<th>YEAR</th>
<th>AWARDEES</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Men</strong></td>
</tr>
<tr>
<td>1984</td>
<td>Dr. Dalel Singh</td>
</tr>
<tr>
<td>1985</td>
<td>Mr. Om Parkash</td>
</tr>
<tr>
<td>2002</td>
<td>Mr. Amir Singh</td>
</tr>
<tr>
<td>2005</td>
<td>Mr. Sanjay Kumar</td>
</tr>
<tr>
<td>2007</td>
<td>Mr. Dinesh Kumar</td>
</tr>
<tr>
<td>2013</td>
<td>Mr. Sube Singh</td>
</tr>
</tbody>
</table>

2002-03 - Mr. Omprakash was awarded "Dhyan Chand Award"

### DRONACHARYA AWARD

Dronacharya Award is an award presented by the government of India for excellence in sports coaching. The award comprises a bronze statuette of Dronacharya, a scroll of honour and a cash component of Rs.500,000. The award was instituted in 1985.

As the best sportsperson award is named Arjuna Award, it is appropriate that the coaching award is named after Dronacharya, as he was the teacher of Arjuna. B.I. Fernandez is the first foreign coach to be awarded Dronacharya Award.
### TABLE 1.4
SHOWING THE ARJUNA Awardees Volleyball Coaches

<table>
<thead>
<tr>
<th>YEAR</th>
<th>Awardees</th>
</tr>
</thead>
<tbody>
<tr>
<td>1990</td>
<td>Shri. A. Ramana Rao</td>
</tr>
<tr>
<td>1995</td>
<td>Shri. M. Shyam Sunder Rao</td>
</tr>
<tr>
<td>2008</td>
<td>Shri. G.E. Sridharan</td>
</tr>
</tbody>
</table>

### TABLE 1.5
SHOWING THE MAHARAJA RANJIT SINGH Awardees Volleyball Players

<table>
<thead>
<tr>
<th>YEAR</th>
<th>Awardees</th>
</tr>
</thead>
<tbody>
<tr>
<td>1979</td>
<td>Shri. Balwant</td>
</tr>
<tr>
<td>1980</td>
<td>Shri. Jagir Singh</td>
</tr>
<tr>
<td>1980</td>
<td>Shri. Miss Varinder Kaur</td>
</tr>
<tr>
<td>1980</td>
<td>Sh. Chanchal Singh</td>
</tr>
<tr>
<td>1989</td>
<td>Sh. Sukhpal Singh</td>
</tr>
<tr>
<td>1989</td>
<td>Sh. Charanjit Singh</td>
</tr>
<tr>
<td>1994</td>
<td>Smt. Nirmal Milkha Singh</td>
</tr>
<tr>
<td>2000</td>
<td>Sh. Manoj Kumar</td>
</tr>
<tr>
<td>2000</td>
<td>Sh. Rattan Lal</td>
</tr>
<tr>
<td>2000</td>
<td>Sh. Roy Joseph</td>
</tr>
<tr>
<td>2000</td>
<td>Sh. Surjit Singh</td>
</tr>
<tr>
<td>2001</td>
<td>Sh. Jagbir Singh</td>
</tr>
<tr>
<td>2001</td>
<td>Sh. Pritpal Singh</td>
</tr>
</tbody>
</table>
1.11 SIGNIFICANCE OF THE STUDY

The main aim of this study is to describe the challenges and the level of historical development of the volleyball games in Northern India. The objective of this study is to find out the achievements of the volleyball games and volleyball players in Northern India.

This study provides an opportunity to give suggestions for the promotion and development of the volleyball game. This is to find out the why the Northern Indian players are lacking in the volleyball games and what are the main reasons for the lacking in various championships. While our federations state that we have progressed a lot but only participating can never be a criterion of progress, we have to win medals for that. The Indian volleyball team is still in the queue to Olympics. Indian volleyball team has never participated in the Olympics. After going through all these details, researcher intimate feeling made him to research the reasons behind all this.

1.12 STATEMENT OF THE PROBLEM

“HISTORICAL DEVELOPMENT OF VOLLEYBALL GAME IN NORTHERN INDIA”

1.13 OBJECTIVES OF THE STUDY

Followings are the objectives of the present research work:

1. To study the development and promotional level of the volleyball game according to the changing scenario in Northern India.
2. To study the motivation, efficiency and interest of the youngsters in the volleyball game in Northern India.
3. To study the various policies and schemes provided by the Indian Govt. for the development of the volleyball game in Northern India.
4. To study all the hurdles and obligations from the society, weak govt. policies for the development of the game and growth of the women players in Northern India.
5. To study the incentive schemes of govt. and other institutions towards the promotion of the volleyball game in Northern India.
6. To give suggestions and recommendations helpful for the development of the volleyball game and also help to remove all the limitations on the women players in Northern India.

1.14 HYPOTHESIS OF THE STUDY

Followings are the hypothesis of the study:

1. There is no significant difference in the growth and development levels of the men and women volleyball players in Northern India.
2. Government policies played a vital role in the development of the volleyball games.
3. Government policies and facilities motivated the rural volleyball players significantly.
4. There is no respectable place for India at the International Volleyball games.
5. There are low development of infrastructure, techniques, training and administration to bring about excellence in the arena of volleyball game in India.

1.15 LIMITATIONS OF THE STUDY

1. Keeping in view the time and resources. The study is limited to Northern India only.
2. Only those department and agencies, which are organizing and promoting volleyball game in India is discussed.
3. The lack of time and money for the research work is very limited.