



## Posiciones de jugadores de voleibol

Las posiciones en el voleibol son fundamentales a la hora de distribuir el juego, ya que determinan el papel que tiene cada jugador, tiene asignada una tarea y una función específica durante el partido dependiendo de la posición que ocupe dentro de la cancha. Las posiciones en el voleibol incluyen colocador, central, puntero, opuesto y libero. Para que no tengas que leer todo el reglamento de la FIVB, en este artículo te explicamos todo lo que debes saber para que puedas disfrutar jugando y viendo partidos de voleibol. Conoce las posiciones en el campo. Aprende las funciones de los jugadores en cada posición y qué diferencia hay entre un opuesto y un libero. Además, descubre como funcionan las rotaciones en la cancha. A la hora de practicar este deporte es fundamental entender la rotación de los jugadores. Además, te explicaremos cómo se divide la cancha de voleibol. Conoce las partes de la pista de voleibol, para qué sirven y qué jugadores ocupan esas posiciones ¡Quédate en nuestro artículo y conviértete en todo un experto de la estrategia del voleibol! También podría interesarte: Cómo organizar y planificar un torneo de Voleibol en Competize Posiciones básicas de los jugadores en el voleibol El voleibol es uno de los deportes de equipo que, a pesar de no ser tan conocido para el gran público como lo son otros deportes como el fútbol o el baloncesto, tiene un elevado nivel de estrategia y espectacularidad en sus acciones el campo. La rotación de sus jugadores es un elemento clave para analizar dentro de las estrategias. En este artículo partiremos de un nivel básico de conocimiento del reglamento de la FIVB para explicarte las posiciones básicas de los jugadores y sus rotaciones durante el partido. Cada equipo de volleyball tiene en todo momento a 6 jugadores en pista, los cuales están obligados a rotar cada vez que recuperan el sague. Rotar significa un cambio de las posiciones iniciales y por eso cada jugador de voleibol tiene que tener que saber jugar en diferentes posiciones en el campo. Solo hay una excepción a esto y es el líbero, que ya explicaremos más adelante Otro dato que no podemos olvidar es que en cada posesión el equipo puede realizar un máximo de 3 toques de balón además del bloqueo. De esta forma el primer toque será la recepción, el segundo la colocación y el tercero el remate. Tipos de posiciones en el voleibol Aunque dependiendo del país pueden variar la forma de llamarlas, estos son los nombres de las posiciones básicas en el campo de voleibol. Es importante matizar en la rotación, ya que los jugadores pueden ocupar diferentes posiciones en un partido. Colocador La posición de colocador en el voleibol es una pieza fundamental en cuanto a la estrategia ofensiva y a la distribución del juego del equipo. Normalmente una de las funciones principales del colocador es ser el encargado de realizar el balón y de pasar el balón hacia los rematadores para que realicen el ataque. El colocador o pasador necesita manejar mucha información y tomar decisiones de manera rápida en el campo . Tienen que ser jugadores de voleibol rápidos tanto físicamente (para llegar al balón) como también mentalmente (para decidir dónde y con quién colocar el balón). Un colocador también puede ser un rematador dependiendo de si se encuentra en las posiciones delanteras del campo. Si el colocadore stá en la primera fila, puede rematar o fintar para coger a la defensa del equipo en el campo. Suelen tener un toque suave y limpio del balón que les permite hacer una colocación perfecta y poner la pelota en las manos del rematador. Deben organizar el ataque y tener una gran visión de juego para decidir hacia dónde distribuirá el juego. Existen colocadores en varios deportes, pero es en el voleibol la suele ocupar un gran jugador versátil. Además, generalmente es la posición de ataque principal. No solo necesita grandes habilidades de coordinación e inteligencia, sino que también necesita ser un gran rematador y bloqueador para cumplir con sus funciones dentro de la cancha. El rematador externo es el jugador de voleibol que golpea y bloquea en el lado frontal izquierdo de la cancha (zona de 4). También es conocido como jugador de zona 4. Es uno de los principales actores en la ofensiva del equipo. El rematador de punta es el que realiza la mayor parte de los ataques del equipo. mejor forma de asegurar un buen pase es una bola alta a la parte exterior de zona 4. Opuesto El opuesto es el jugador que realiza la mayor parte de los remates del ared se ubica en la posición 1, siempre en la posición contraria al colocador. Tanto en la zona delantera como en la de zaguero, el opuesto es uno de los jugadores de voleibol que tiene mayor presencia en el ataque entre sus funciones. Su papel como bloqueador es fundamental, ya que bloquea en la zona derecha de la red. Esta es justo por la parte donde ataca el rematador externo del equipo contrario, que suele ser un jugador con gran pegada. Por tanto, un jugador opuesto con un gran bloqueo puede compensar la fuerza de ataque del equipo contrario. Además, el opuesto es el encargado de colocar la bola si el colocador no puede hacerlo, por lo que la posición de 2 debe ser cubierta por un jugador debe ser capaz de desenvolverse en todas las facetas del juego, inteligente y con rapidez. Es una especie de todo en uno o como se le conoce en otros deportes, comodín. Central El jugador que ocupa la posición 3 y, entre sus funciones, está que a menudo remata justo al lado del colocador con una bola rápida para coger a la defensa desprevenida. Cuando el balón está en el campo contrario, los centrales son los responsables del bloqueo. Tienen que cubrir al central del equipo contrario, los centrales son los responsables del bloqueo. Además, un buen central debe ser capaz de leer las intenciones del colocador contrario a la perfección para decidir en qué lado de la red debe bloquear. En el primer turno de defensa después de haber perdido el servicio, el central cede su puesto al líbero. Este es el especialista en defensa y recepción del equipo, por lo que para ocupar la posición de central en voleibol no es un requisito fundamental ser buen defensor. Por otro lado, para poder cumplir bien sus funciones, los centrales suelen ser las personas más altas del equipo, ágiles en la red y con un remate contundente. También son habilidosos en la rotación. Libero El líbero es el especialista defensivo del equipo. El jugador que ocupa la posición de líbero en voleibol lleva la camiseta de otro color y solo juega en la zona de atrás. No puede atacar ni bloquear, por lo que la altura no es un requisito y son rápidos y ágiles en defensa. Los necesitan para poder levantar balones imposibles. Normalmente el líbero se cambia con el central cuando este pasa a la zona de zaquero. Aún así, el líbero puede cambiarse por cualquier jugador de la zona de atrás cuando la pelota no esté en juego. Los cambios del líbero no cuentan en el computo total de cambiarse por cualquier jugador tantas veces como quiera siempre y cuando vuelva a ser sustituido por el mismo jugador. Además, el líbero no participa en la rotación del equipo que hay en pista. Como has visto, dentro de las posiciones en el voleibol, el líbero es una posición especial. Además de lo comentado, el libero debe cumplir los siguientes requisitos: No puede ser capitán de equipo ni capitán en juego. Tampoco puede sacar. Bloquear o hacer tentativa de bloqueo está prohibido. El líbero no puede completar un golpe de ataque cuando el balón esta completar un golpe de ataque cuando el balón esta completar un golpe de ataque cuando el balón esta completar un golpe de ataque cuando el balón esta completar un golpe de ataque cuando el balón esta completar un golpe de ataque cuando el balón esta completar un golpe de ataque cuando el balón esta completar un golpe de ataque cuando el balón esta completar un golpe de ataque cuando el balón esta completar un golpe de ataque cuando el balón esta completar un golpe de ataque cuando el balón esta completar un golpe de ataque cuando el balón esta completar un vamos a realizar una primera distinción de posiciones en voleibol: zagueros y delanteros. Los delanteros pueden bloquear y rematar. Así mismo, los zagueros son los 3 jugadores que se sitúan entre la línea de 3 metros y la línea de fondo. Esta es la zona de recepción del servicio y de defensa. Los zagueros no pueden bloquear y en caso de que rematen, deberán hacerlo siempre por detrás de la línea de 3 metros. Posiciones en el voleibol: Delanteros Las posiciones en el voleibol para la zona delantera son las correspondientes a los números 2, 3 y 4. Estos números corresponden con las posiciones de ataque en voleibol. Los jugadores que se encuentran en la zona delantera de la cancha son los únicos que pueden rematar dentro de la línea de 3 metros. Además, estos jugadores también son los encargados de bloquear el ataque. Este jugador es el encargado de pasarle el balón al atacante y de distribuir el juego de forma estratégica. Por otro lado, el atacante finaliza el punto con un remate o una finta, que normalmente es el tercer toque del equipo. Cuando un jugador que es rematador se encuentra en la zona delantera de la pista, puede golpear la pelota desde cualquier parte sin importar si se encuentra por delante o por detrás de la línea de 3 metros. Además de colocar la pelota y repartir el juego de forma estratégica, los colocadores también pueden bloquear e incluso rematar el balón cuando están en la zona delantera. Posiciones en el voleibol: Zagueros Los zagueros son los jugadores que se encuentran posicionados por detrás de la línea de 3 metros. Concretamente, los zaqueros ocupan las posiciones 1, 5 y 6 en la cancha de voleibol, que son las posiciones para recibir el balón. Los jugadores de voleibol de esta fila de atrás son los encargados de recibir el balón. zona de zaguero es que los jugadores no pueden saltar por delante (ni siquiera pisar) de la línea de 3 metros, ya que incurrirían
en una falta y sería punto para el equipo contrario. Esto implica que cuando un jugador se encuentra en la zona de zaguero, no puede ir a la red a bloquear. Esta línea marca la diferencia para los jugadores que se encuentran en la posición de zaguero, ya que los limita en las acciones que pueden tomar. También podría interesarte: Qué es el voleibol La cancha de voleibol está dividida por varias áreas y cada una de ellas tiene su propósito o función en el desarrollo del juego. A continuación os indicamos las distintas zonas de la cancha de voleibol y las funciones que se desempeñan en cada una de las áreas. Zona libre Línea de fondo Raya lateral Línea de fondo Raya lateral Línea de ataque Primer árbitro Segundo árbitro Anotador Banquillo Zona Libre La zona libre es una zona de la cancha de voleibol que a concha está fuera de la cancha está fuera de la cancha, va que continúa en jugadores ir a recibir el balón mientras está fuera de la cancha es donde se sitúan los jugadores de ataque de 3. Desde esta zona de la cancha de voleibol se pueden bloquear las bolas del adversario o mandar la bola a la otra mitad. Zona de defensa. Esta posición de jugadores de voleibol la ocupan los responsables de recibir la mayoría de las bolas que vienen de la mitad del equipo adversario. Zona de Saque La zona de saque es la que queda en el fondo de cada lado de la cancha. Desde esta zona que se sientan más a gusto, como en cualquier otro deporte. Rotaciones en el voleibol Las rotaciones en voleibol se llevan a cabo cuando un equipo roba el saque al equipo contrario. Al sumar un punto al marcador, el equipo que anota será el encargado de poner en juego el balón. Cuando se arrebata el saque al contrario, los seis jugadores se vayan alternando en las posiciones de delanteros y zagueros. Para que la disposición sea correcta, no es necesaria una determinada geometría. Simplemente, al iniciar cada punto, en el golpe de saque, cada delantero debe tener al menos un pie más exterior que el jugador en posición central. A partir de ese momento cada jugador puede moverse libremente siguiendo el juego. Con estas reglas, las disposiciones iniciales pueden ser muy variopintas y las consiguientes estrategias suficientemente abiertas. Por otro lado, hay que aclarar que antes de empezar cada set el entrenador entrega a los árbitros la lista de los jugadores que van a jugar el set. Además, por analogía, los números del uno al seis suelen emplearse para designar las distintas posiciones en la zonas de FIVB Organiza tu torneo de voleibol en Competize Preguntas frecuentes sobre las posiciones en el voleibol ¿Cuáles son las posiciones en el voleibol? En general, las posiciones en el voleibol? En general, las posiciones en el voleibol? En general, las posiciones en el voleibol? rematen, deberán hacerlo siempre por detrás de la línea de 3 metros. Por otro lado, los delanteros ocupan las posiciones en el voleibol son las siguientes: Colocador. Rematador Externo o Punta. Opuesto. Central. Líbero. ¿Cuáles son las funciones de los jugadores de voleibol?Las funciones de los jugadores de voleibol son diferentes según cada posición. Las posiciones sirven para definir las habilidades que los jugadores de voleibol: Colocador. Fundamental en la distribución del juego. Rematador Externo o Punta. Posición de ataque principal. Opuesto. Realiza la mayor parte de los remates del equipo. Central. Principal baza de bloqueo. Líbero. Especialista defensivo del equipo. ¿Cuándo se realizan las rotaciones en el voleibol?Las rotaciones en el voleibol se llevan a cabo cuando un equipo roba el saque al equipo contrario. Además, el equipo que anota siempre será el encargado de poner en juego el balón. La rotación se realiza en el sentido de las agujas del reloj. Esto hace que todos los jugadores se vayan alternando en las posiciones. El voleibol es un deporte dinámico en el que cada jugador tiene un rol específico en la cancha. Conocer las posiciones del voleibol y entender sus funciones es fundamental para mejorar el rendimiento del equipo y para disfrutar más del juego, tanto si eres jugador como aficionado. Te enseñamos cuáles son las posiciones en voleibol, qué función cumple cada una, cómo se organizan durante el partido y cómo cambian a lo largo de las rotaciones. Además, te dejamos una tabla resumen para que no se te escape nada. Conocer bien las posiciones del voleibol y sus funciones es esencial para entender el juego y para mejorar el rendimiento en la cancha. Cada posiciones dominan su función, el equipo se vuelve mucho más eficaz.¿Cuáles son las posiciones del voleibol y para qué sirven?En voleibol pista, un equipo está compuesto por seis jugadores en cancha, cada uno con un rol bien definido. Estas posiciones básicas son: Colocador Central Opuesto Receptor-Ataque (punta o 4) Líbero Estas posiciones no son aleatorias: cada una tiene una función específica y requiere habilidades particulares. A lo largo del partido, los jugadores rotan, pero sus roles principales se mantienen. Posición es armar la jugada de ataque tocando la segunda pelota y eligiendo al atacante más adecuado. Debe tener gran visión de juego, rapidez mental y precisión en el toque de dedos. Se ubica normalmente en la posición 1 (zona zaguera) o 2 (zona delantera). Debe moverse constantemente para llegar a la pelota tras la recepción. Organiza el juego ofensivo del equipo. Central El central es el especialista en bloqueo. Su rol principal es frenar los ataques del equipo contrario saltando en la red, tanto en el centro como cerrando bloqueos en los extremos. Juega en las posiciones 3 y 6 durante las rotaciones. Necesita gran velocidad de desplazamiento lateral y buen timing de salto. constante y versátil del equipo, ya que siempre está en posición de remate, tanto en primera como en segunda línea. No participa en la recepción. Suele colocarse en la posición 1 o 2. Su rol es atacar desde la zona zaguera y apoyar en el bloqueo derecho. Es la alternativa ofensiva principal cuando el equipo está en problemas. Receptor-Ataque (4 o Punta) Este jugador tiene un doble papel: recibe el saque del rival y también ataca desde el ala izquierda. Normalmente juega en las posiciones 4 y 6. Tiene que tener una buena recepción, defensa y potente remate. Suele ser uno de los jugadores más completos del equipo. Líbero El líbero es un defensor especialista. Usa camiseta de distinto color y no puede atacar, bloquear ni sacar. Entra y sale libremente sin necesidad de rotar. Solo juega en la línea de defensa (posiciones 5, 6 o 1). Aporta estabilidad en la recepción y control en defensa. Las rotaciones en el voleibol: cómo cambian las posiciones 5, 6 o 1). Aporta estabilidad en la recepción y control en defensa. particularidades del voleibol es que los jugadores rotan en el sentido de las agujas del reloj cada vez que ganan el saque tras un punto del rival. Esto significa que un jugador puede pasar de estar en una posición delantera (ataque) a una trasera (defensa), pero su rol no cambia.Por ejemplo, el colocador seguirá siendo colocador aunque esté en la zaga, y el líbero no rotará con los demás. Las posiciones numeradas del 1 al 6, empezando por el saque, son: 1. Zaguero derecho 3. Delantero izquierdo 5. Zaguero izquierdo 6. Zaguero izquierdo 5. Zaguero izquierdo 6. Zaguero derecho (saque) 2. Delantero derecho 3. Delantero izquierdo 5. reglas y evitar sanciones. El campo de voleibol y la colocación de los jugadores La cancha de voleibol tiene unas medidas estándar de 18x9 metros, dividida por una red. Cada mitad del campo se divide en dos zonas: zona de ataque y zona de defensa. Durante el saque, los jugadores deben colocarse en sus respectivas zonas según el orden de rotación. Después del saque, pueden moverse libremente, pero siempre respetando su posición inicial. En partidos de nivel medio-alto, los jugadores aprenden a colocarse estratégicamente para optimizar el ataque y la defensa, manteniendo sus funciones pero adaptándose a la jugada. Tabla resumen de posiciónFunción principalZona de juego habitual ColocadorOrganiza el ataqueZaga derecha / delantera CentralBloquea y ataca rápidoCentro OpuestoAtaca desde la derechaZaga derecha / delantera izquierda LíberoDefiende y recibeSolo zona de zaga Preguntas frecuentes sobre las posiciones en voleibol¿Cuántas posiciones hay en el voleibol? Hay 6 posiciones en la cancha, pero los roles principales se agrupan en 5: colocador, central, opuesto, receptor-ataque y líbero. ¿Cómo se llaman las posiciones del voleibol en inglés? Setter: colocador, central, opuesto, receptor-ataque y líbero no puede atacar ni sacar ni bloquear. Su función es únicamente defensiva. ¿Todos los jugadores rotan? Todos rotan excepto el líbero. Aunque cambien de posición en el campo, mantienen su función principal. Team sport This article is about the indoor team sport. For the beach team sport, see Beach volleyball. For other uses, see Volleyball (disambiguation). See also: Throwball and Newcomb ball This article needs additional citations for verification. Please help improve this article by adding citations to reliable sources: "Volleyball" - news · newspapers · books · scholar · JSTOR (September 2015) (Learn how and when to remove this message) VolleyballA volleyball game during the 2016 Summer Olympics between France and BrazilHighest governing bodyFIVBFirst played1895 in Holyoke, Massachusetts, U.S.CharacteristicsContactNoneTeam members6Mixed-sexSingleTypeTeam sport, Net sportEquipmentVolleyballGlossaryGlossary of volleyballPresenceCountry or regionWorldwideOlympic1964 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 official program of the Summer Olympic Games since Tokyo 1964. Beach volleyball was introduced to the program at the Atlanta 1996 Summer Olympics. The adapted version of volleyball at the Summer Paralympic Games is sitting volleyball. The complete set of rules is extensive, [2] but play essentially
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.[3] The receiving team must not let the ball to the other side of the court, but individual players may not touch the ball twice consecutively.[3] Typically, the first two touches are used to set up for an attack. An attack is an attempt to direct the ball back over the net in such a way that the team receiving the ball is unable to pass 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 player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four consecutive contacts with the ball made by the same player; four over the boundary line when serving or under the net when a front row player is trying to keep the ball in play. 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.[4] A number of consistent techniques have evolved in volleyball, including spiking and blocking (because those 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. Offensive are also key plays.[5] Further information: YMCA William G. Morgan in c. 1915 William G. Morgan invented the sport in 1895 while he was the YMCA physical education director in Holyoke, Massachusetts.[6] Because he originally derived the game for his clients at the YMCA, most of whom were middle-aged businessmen for whom the physical demands of basketball were too great.[8] The first rules, written down by Morgan, called for a net 6 ft 6 in (1.98 m) high, a 25 ft × 50 ft (7.6 m × 15.2 m) court, and any number of players. A match was composed of nine innings with three serves for each team in each inning, and no limit to the number of ball contacts for each team before sending the ball to the opponents' court. In case of a serving error, a second try was allowed. Hitting the ball into the net was considered a foul (with loss of the point or a side-out)—except in the case of the first-try serve.[9] After an observer, Alfred Halstead, noticed the volleying nature of the game at its first exhibition match in 1896, played at the International YMCA Training School (now called Springfield College), the game quickly became known as volleyball (it was originally spelled as two words: "volley ball"). Volleyball rules were slightly modified by the International YMCA Training School and the game spread around the country to various YMCAs.[9][10] In the early 1900s Spalding, through its publishing company American Sports Publishing Company, produced books with complete instruction and rules for the sport.[11] Japanese American women playing volleyball at the Manzanar internment camp during World War II in c. 1943 A nudist/naturist volleyball at the Manzanar internment camp during the 1958 Canadian Sunbathing Association (CSA) convention in British Columbia, Canada The first official ball used in volleyball is disputed; some sources say Spalding created the first official ball in 1896, while others claim it was created in 1900.[12][13][14] The rules evolved over time: in 1916, in the Philippines, 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 requiring 21 points to win to a smaller 15 points to win. 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.[12] Like basketball, volleyball spread quickly due to its simplicity and promotion by the YMCA and YWCA.[8] The first country outside the United States to adopt volleyball in Europe, where clubsell in Europe, where clubsell in Europe, where clubsell was Canada in 1900.[12] During and after World War I, the presence of YMCA instructors in American forces led to the spread of volleyball in Europe, where clubsell was Canada in 1900.[12] During and after World War I, the presence of YMCA instructors in American forces led to the spread of volleyball was Canada in 1900.[12] During and after World War I. were established in France as well as several Soviet nations.[8] An international federation Internationale de Volleyball (FIVB), was founded in 1947, and the first World Championships were held in 1949 for men and 1952 for women.[15] The sport is now popular in Brazil, in Europe, where especially Italy, the Netherlands, and Eastern Europe have been major forces since the late 1980s, in Russia, in other countries, including China and the rest of Asia, and in the United States.[10][9][15] 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.[12][15] Created by William G. Morgan in 1895, beach volleyball is a game of volleyball played by two teams of two players on an outdoor sandy court.[16] Volleyball is also a sport at the Paralympics managed by World ParaVolley.[17] Nudists were early adopters of the game with regular organized play in clubs as early as the late 1920s.[18][19] By the 1960s, a volleyball court had become standard in almost all nudist/naturist clubs.[20] Recently a debate has arisen within the sport regarding the inclusion of transgender teammates, many professionals, sports analysts, and fans of volleyball either express concerns about the legitimacy and fairness of having transgender players. [21] Main article: Volleyball at the Summer Olympics Volleyball at the Summer Olympics program for both men and women consistently since 1964. A volleyball court Rotation pattern A volleyball court is 9 m × 18 m (29.5 ft × 59.1 ft), divided into equal square halves by a net with a width of one meter (39.4 in).[22] The top of the net is 2.43 m (7 ft 11+11/16 in) above the center of the court for men's competition, and 2.24 m (7 ft 4+3/16 in) for women's competition, varied for veterans and junior competitions.[3] Typically in beach volleyball there is a playing area and a free zone area. The dimensions are 52'6" x 26'3" (including the free zone), and end line. In Beach volleyball scoring is similar to regular volleyball. 3 matches are being played. The minimum height clearance for indoor volleyball courts is 7 m (23.0 ft), although a clearance of 8 m (26.2 ft) is recommended.[22] A line 3 m (9.8 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 and the back court and front court.[22] 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".[3] Each player rotates only one time after the team gains possession of the service; the next time each player rotates will be after the other team wins possession of the ball and loses the point. [22] 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.[23] All lines denoting the boundaries of the team court and the attack zone are drawn or painted within 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 antennae (or their theoretical extensions to the ceiling) without contacting them.[3] Main article:
Volleyball (ball) FIVB regulations state that the ball must be spherical, made of leather or synthetic leather, have a circumference of 65-67 cm (26-26 in), a weight of 260-280 g (9.2-9.9 oz) and an interior air pressure of 0.30-0.325 kg/cm2 (4.26 to 4.61 psi; 294.3 to 318.82 mbar or hPa).[24] Other governing bodies have similar regulations. Finnish children playing volleyball in the Himalayan state of Sikkim in India Each team consists of six players. [22] To get play started, a team is chosen to serve by coin toss. A player from the serving team throws the ball into the air and attempts to hit the ball so it passes over the net on a course such that it will land in the opposing team 's court (the serve). [22] The opposing team must use a combination of no more than three contacts with the volleyball to return 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.[3] The team with possession of the ball that is trying to attack the ball as described is said to be on offence. 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.[3] 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 offence. 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.[22] 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 is "in" if any part of it touches the inside of a team's court or 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 instead 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. A standard competitive volleyball match is 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 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, [26] or playing the ball when it is above the opponent's court. A scorer's table shown just before a volleyball game A point is scored when the ball strikes one team's side of the court, the other team gains a point; and when an error is made, the team that did not make the error is awarded a point, in either case paying no regard to whether they served the ball or not. If any part of the ball hits the line, the ball is counted as in the court. The team that won the point serves again. If the team that won the point serves again. If the team that won the point served the ball or not. previous point, the players of the team acquiring the serve 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 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.)[27] 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 length of the match more predictable and to make the length of the match more predictable and source 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,[28] and games were played to 30 points through 2007. For the 2008 season, games were renamed "sets" and reduced to 25 points to win. Most high schools in the U.S. changed to rally scoring in 2003,[29][30][31] and several states implemented it the previous year on an experimental basis.[32] In beach volleyball, The first scoring match rules are:[33] First to 21 points Must win by 2 No cap When playing a game to 21, teams switch sides of the court after 7 points. If a third game is needed, it is played first to 15 points Must win by 2 No cap When playing a game to 21, teams switch sides of the court after 7 points. If a third game is needed, it is played first to 15 teams switch after 5 points. \*If a 3rd game is needed, the first team to 15 points wins. The libero player was introduced internationally in 1998,[34] and made its debut for NCAA competition in 2002.[35] The libero is a player specialized in defensive skills: the libero must wear a contrasting jersey color from their 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 replaced only by the player whom he or she replaced. Most U.S. high schools added the libero position from 2003 to 2005.[30][36] The modern-day libero often takes on the role of a second ball and sets to the front row attacker. The libero may function as a setter only under certain restrictions. To make an overhand set, the libero 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. and out for. Under FIVB rules, a libero is not allowed to serve. By contrast, a libero can serve in NCAA volleyball, but only in a specific rotation. That is, the libero can only serve for one person, not for all of the people for whom he or she goes in. That rule change was implemented in 2004 and applied to high play soon after. Under FIVB rules, each team can designate two liberos at the beginning of play, only one of whom can be on the court at any time, and each libero can serve in one specific rotation. This rule was implemented in NCAA women's volleyball, effective with the fall 2024 season.[37] 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 allow players to serve from anywhere behind the end line but still within the theoretical extension of the sidelines. 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.[38] In 2008, the NCAA changed the minimum number of points needed to win any of the first four sets from 30 to 25 in 2011). 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".[27] The Official Volleyball Rules are prepared and updated every few years by the FIVB's Rules of the Game and Refereeing Commission.[39] The latest edition is usually available on the FIVB's website.[2] Competitive teams master six basic skills: serve, pass, set, attack, block and dig.[3] Each of the skills consists of a number of specific techniques which have been introduced over the years and are now considered standard practice in high-level volleyball. A player making a jump serve A float serve A float serve stands behind the inline and serves the ball in an attempt to drive it into the opponent's court. The 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.[3] A serve is called an "ace" when the ball either lands directly onto the opponent's court or the first opponent to touch the ball is unable to volley it (hit it upwards enough for a teammate to continue). In contemporary volleyball, many types of serves are employed: Underhand throwing it with an overhand throwing motion. Underhand serves are considered very easy to receive and are rarely employed in high-level competitions.[40] 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. During the 2016 Olympic Games in Rio de Janeiro, however, the sky ball serve was extensively played by Italian beach volleyball player Adrian Carambula. In Brazil, this serve is called
Jornada nas Estrelas (Star Trek).[41] Topspin: an overhand serve where the player tosses the ball high and hits it with a wrist snap, 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 generally hit hard and aimed at a specific returner or part of the court. in baseball.[40] 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 among college and professional teams.[40] 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 among college and professional players because it has a certain unpredictability in its flight pattern. [40] 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.[3] 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 waistline; and overhand pass in beach volleyball. When a player passes a ball to their setter, it is ideal that the ball has relatively little spin to make it easier for the setter. Jump set The set is usually the second contact that a team makes with the ball.[3] 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.[3] The setter coordinates the offensive movements of a team, and is the player who ultimately decides which player will 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 too close to the net. In this case, the setter usually jumps off their right foot straight up to avoid going into the net. The setter usually stands about two-thirds of the way from the left to the right of the net and faces the left (the larger portion of net that the setter 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".[42] This can only be performed when the setter or in front of the setter or in front of 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 is in the front row, otherwise it constitutes an illegal back court attack. corners or spike the ball on the second hit. As with a set or an overhand pass, the setter/passer must be careful to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the same time.[3] If one hand is noticeably late to touch the ball with both hands at the Volleyball offensive systems A Spanish player, #18 in a red outfit is shown about to spike towards the Portuguese field, whose players are performing a block The attack, also known as the spike, is usually the third contact a team makes with the ball.[3] The object of attacking is to handle the ball so that it lands on the opponent's court and cannot be defended.[3] 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 jumps, and swings at the ball. Ideally, the contact with the ball is made at the apex of the hitter's jumps. hit. The hitter uses arm swing, wrist snap, and a rapid forward contraction of the entire body to drive the ball.[3] 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 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: [43] Backcourt (or back row): an attack performed by a back-row player. The player must jump from behind the 3-meter line. A Pipe Attack is when the center player in the back row attacks the ball. Line and Cross-court Shot: refers to whether the ball flies in a straight trajectory parallel to the sidelines, 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 defence. Tool/Wipe/Block-abuse: the player does not try to make a hard spike, but hits the ball hard, reducing its speed and thus confusing the opponent's defence. 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/"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 back-court, maybe without block at all. Three players performing a block, also known as a triple block Blocking refers to the actions taken by players standing at the net to stop or alter an opponent's attack.[3] A block which is aimed at completely stopping an attack, thus making the ball remain in the opponent's court, is called an offensive block. 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 court, is called an offensive block. will go once the attack takes place.[3] It may also require calculating the best footwork to executing the "perfect" block. The jump should be timed so as to intercept the ball's trajectory prior to it crossing over the plane of the net. Palms are held deflected downward roughly 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 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 easier to defend. 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 backwards. Blocking is also classified according to the number of players involved. Thus, there are single (or solo), double, and triple blocks.[3] Successful blocking does not always result in a "roof" and many times does not even touch the ball. While it is obvious that a block was a success when the attacker away from their 'power' or preferred attacker away from their block. At the same time, the block position influences the positions where other defenders place themselves while opponent hitters are spiking. A volleyball player preparing 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.[3] 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.[3] It varies from passing, however, in that it is a much more reflex-based skill, especially at the higher levels. It is especially at the higher levels. It is especially at the higher levels arms.[3] It varies from passing, however, in that it is a much more reflex-based skill, especially at the higher levels. make sure they are 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 their body in the air with a forward movement in an attempt to save the ball, and land on their chest. When the player also slides their hand under a ball which is almost touching the court it is called a "pancake". The pancake is frequently used in indoor volleyball, but rarely if ever in beach volleyball plays. Sometimes a player may also be forced to drop their 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. The U.S. women's team huddling in 2007 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. The team's movements are determined by the receivers, 4 receivers, 3 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 right sides and a libero receiving every rotation. This allows middles and right sides and right sides and a libero receiving every rotation. into the opposing court (or otherwise score points). Formations often include designated player positions with skill specialization, below). There are also several different attacking schemes teams can use to keep the opposing defence off balance. Coverage systems are the formations used by the offence 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 defence to protect against the ball being grounded into their court by the opposing team. depending on where the opposing team is attacking from. Popular systems include the 6-Up, 6-Back-Deep, and 6-Back-Slide defence. There are also several different blocking schemes teams 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 referee's discretion as to the impact the screen made on the receiving team's 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. An international match between Italy and Russia in 2005; the Russian player on the left has just served with three men from his team next to the net moving to their assigned block 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 his pass while the middle hitter (#10) will jump for a quick hit if the pass is good enough. Alessandro Fei (#14) has no passing duties and is preparing for a back-row hit on the right side of the field. There are five positions filled on every volleyball team at the elite level: setter, outside hitter (left-side hitter), middle hitter (middle blocker), opposite hitter (right-side hitter) and libero / defensive specialist. Each of the positions plays a specific, key role in winning a volleyball match. Setters have the task for orchestrating the offence of the team. They aim for the 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 used to usually be the shortest players of a team (before liberos were introduced), not being typically required to perform jump hits, but that would imply need for short-term replacement by taller setters (e.g. Fabio Vullo, Peter Blangé) began being deployed, in order to improve blocks. Liberos are defensive players who are responsible for receiving the attack or serve. They are usually the middle blocker). Libero means 'free' in Italian—they receive this name as they have the ability to substitute for any other players on the court during each play (usually the middle blocker). Liberos are not permitted to block or perform attacks, meaning 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 colour jersey than their teammates.[44] Middle hitters, or middle blockers, 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. At elite levels, middle hitters, are usually the tallest players, whose limited agility is countered by their height enabling more effective blocks. Outside hitters, attack from near the left antenna. The outside hitters 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 hitters are slightly shorter than middle hitters and opposite hitters, but have the best defensive skills, therefore always re-placing to the middle while 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. Therefore, they are usually the most technical hitters since balls lifted to the right, and with their back to the attacker), and also having to jump from the back row when the setter is on the front row. At elite level, until the 1990s several opposite hitters used to be able to also play as middle hitters (e.g. Andrea Zorzi, Andrea Zorzi, Andrea Zorzi, Andrea Zorzi, Andrea Zorzi, and reading a contract of a defensive several opposite hitters used to be able to also play as middle hitters (e.g. Andrea Zorzi, Andrea Zorzi, Andrea Zorzi, Andrea Zorzi, and reading a contract of a defensive several opposite hitters (e.g. Andrea Zorzi, Andrea Zorzi, Andrea Zorzi, Andrea Zorzi, Andrea Zorzi, Andrea Zorzi, and reading a contract of a defensive several opposite hitters (e.g. Andrea Zorzi, Andrea Zorzi, Andrea Zorzi, Andrea Zorzi, Andrea Zorzi, Andrea Zorzi, a defensive several opposite hitters (e.g. Andrea Zorzi, Andrea Z 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 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 are not able to effectively play backcourt defence. Similarly, teams might use a serving specialist to sub out a poor server. The three standard volleyball formations a team using a right-side player with a big block who must be subbed out in the back row because they are not able to effectively play backcourt defence. 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 in high-level play. 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 offence. The setters line up opposite each other in the rotation. 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 the middle front. Alternatively, the setter moves into their assigned positions, so that the setter moves into their assigned positions. hitter, allowing one of the other team's blockers to "cheat in" on a middle block. The clear disadvantage with this offensive weapons. Another aspect is to see the setter as an attacking force, albeit a weakened force, because when the setter is in the frontcourt 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. 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. As a result all six players act as hitters at one time or another, while two can act as setters. So the 6-2 formation is now a 4-2 system, but the back-row setter penetrates to set. setters, a typical lineup will have two middle hitters. By aligning like positions opposite themselves 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 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 by NCAA teams in Division III men's play and women's play.[47] The 5-1 formation and the standard rules—12 in matches involving two Division III men's play.[47] The 5-1 formation. has only one player who assumes setting responsibilities regardless of their position in the rotation. The team will, therefore, have three front-row attackers. The player opposite the setter is in the front row, for a total of five possible attackers. The player opposite the setter is in the setter is in the front row, for a total of five possible attackers. 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 technically 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-centre in high-level play. The big advantage of the system is that the setter always has 3 hitters with which to vary sets. If the setter performs 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: as a front-row player the setter is allowed to jump and "dump" the ball onto the opponent's side. option to jump and dump or set to one of the hitters. A good setter knows and they are able to confuse the opponent. The 5-1 offence is 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 4-2; when the setter is in the back row, the offense looks like a 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 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is a mix of 6-2 and 4-2; when the setter is in the back row, the offense looks like a 4-2; when the setter is a mix of 6-2 and 4-2; when the setter is a mix of 6-2 and 4-2; when the setter is a mix of 6-2 and 4-2; when the setter is a mix of 6-2 and 4-2; when the setter is a mix of 6-2 and 4-2; when the setter is a mix of 6-2 and 4-2; when the setter offense looks like a 6-2. Side Out (1990): A law student goes to California and ends up playing professional volleyball.[48] Air Bud: Spikes Back (2003): A sequel in the Air Bud series that shows the titular golden retriever playing volleyball.[49] All You've Got (2006); A TV movie starring hip hop artist Ciara.[50] The Miracle Season (2018): A team comes together after the death of their star player in hopes of winning the state championship.[51] Attacker You! (1984): A Japanese anime about a junior high school boys volleyball team striving to be the best in Japan. Harukana Receive (2018): A Japanese anime about teen girls playing beach volleyball team's journey to victory. Main article: Volleyball team's journey to victory. Main article: Volleyball team's journey to victory. Main article: Volleyball team's journey to victory. many variations on the basic rules of volleyball. By far the most popular of these is beach volleyball include: Crossnet: a four-way volleyball game, combining volleyball and foursquare. 9-man: A variant invented by Chinese immigrants to the United States in the 1930s. 9-man is still played in Asian countries and North America, being recognized for its historic and cultural significance. In 2014, a documentary was produced about the sport, [52] and a YouTube documentary was made in 2017. [citation needed] Beachball volleyball: A game of indoor volleyball played with a beach ball instead of a volleyball. Biribol: an aquatic variant, played in shallow swimming pools. The name comes from the Brazilian city where it was 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 it is otherwise similar to 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; it is scored like tennis, but the ball is caught and then thrown back. annual championship tournaments are held 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, prisoner Ball: Also played with volleyball court and a volleyball in popularity until the 1920s. "taken prisoner" or released from "prison" instead of scoring points. This version is usually played by young children.[53] Sepak Takraw: Played in Southeast to touch the ball. Snow volleyball: a variant of beach volleyball that is played on snow. The Fédération Internationale de Volleyball has announced its plans to make snow volleyball part of the future Winter Olympic Games programme.[54][55][56] Throwball: became popular with female players at the YMCA College of Physical Education in Chennai (India) in the 1940s. Towel volleyball is a popular form of outdoor entertainment. The game takes place in a volleyball court, and players work in pairs, holding towels in their hands and attempting to throw the ball into the opponent's field. This version can also be played within a squash court or similar sized enclosed space Wallyball: A variation of volleyball played in a racquetball court with a rubber ball. Volleyball players - lists of volleyball players, and fictional players, and fictional players, and fictional players - lists of volleyball injuries ^ 2018. Retrieved March 21, 2007. ^ a b "Official Volleyball Rules, 2017-2020" (PDF). 35th FIVB World Congress, Buenos Aires, Argentina, 2016. 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He challenge is ports such as baseball, basketball, handball and badminton. took the name from badminton ^ a b c Levinson, David; Christensen, Karen, eds. (2005). Berkshire encyclopedia of world sport. Vol. 3. Great Barrington, Mass: Berkshire Pub. Group. p. 1142. ISBN 978-0-9743091-1-8. ^ a b c "How Volleyball Began". Northern California Volleyball Began". Northern California Volleyball Association. Archived from the original on July 1, 2007. Retrieved September 21, 2007. ^ a b "The Volleyball Story". Fédération Internationale de Volleyball (FIVB). Archived from the original on January 27, 2007. A b c d "History Of Volleyball". Volleyball". Volleyball". Volleyball World Wide. Archived from the original on May 13, 2011. Retrieved September 21, 2007. "History of Volleyball". volleyball". volleyball.com. Archived from the original on September 24, 2007. Retrieved September 21, 2007. September 21, 2007. ^ a b c "FIVB History". Fédération Internationale de Volleyball. 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A triple block in a game of 9-man volleyball team sport to the documentary film, see 9-Man (film). sport was played by Chinese immigrants to the US, who predominantly hailed from Toisan (Taishan) city in Guangdong province of China.[1] In the late 1930s, the sport was used as a means to socially connect the laborers in Chinatowns across the United States. 1938, which later spread to Chinatowns in other large US and Canadian cities.[2] The North American version of 9-Man continues to grow today with a popular rotating tournament called the NACIVT[2] uniting thousands of players and spectators each September over Labor Day weekend. It is unclear whether the sport was also played in the Asian Games in 1958 and in 1962, held in Tokyo and Jakarta, respectively, or if they were simply playing volleyball with nine players. The sport has not made a reappearance in the Asian Games since, and many believe that the rules of nine-man are exclusive to the community that plays in North America. The sport is the subject of an award-winning documentary called 9-Man that was completed in 2014 and had its world premiere at IFFBoston on April 27, 2014, at 1pm.[3][4] The film was broadcast on the PBS World Channel series America ReFramed on May 5, 2015. NACIVT rules stipulate that at any given time, each team must have at least six players of "100 percent" Chinese descent on the court. The remaining three players must be of Asian descent; the NACIVT explicitly states who qualifies as Asian based on the country of origin of his ancestors - (Asian: origins from: Myanmar (formerly Burma), Cambodia, China, Hong Kong, Indonesia, Japan, Korea, Laos, Malaysia, Mongolia, Philippines, Singapore, Taiwan, Thailand, and Vietnam). In addition, only men are allowed to play 9-man.[2] There are a number of ways in which 9-man rules differ from traditional Volleyball rules. As only men can play by six-player Volleyball rules. As only men can play 9-man, during international volleyball. As such players tend to specialize in two or three positions.[5] Serving: Only 3 players are allowed to serve per team, it may be any 3 players. Teams must rotate servers. The players may serve from any position behind the line. Jump serves are not allowed to serve per team, it may be any 3 players. system. Teams do not have to be serving in order to win a point. The first team to 21 points while holding a lead of at least two points is the winner. If there is no two-point lead, the first team to 25 points wins.[5] Touch Limit: Each team is allowed three touches before the ball must be sent over the net to the opposing team. A block counts as a touch A team is awarded an additional touch if the ball contacts the net during a volley. The other team is awarded a point if the ball comes into contact with your head, the play goes to the other team. Ball Handling: There are several specialized moves in traditional nine-man. The preferred method of passing the ball is typically the centermost position in the offense that has a signature move resembling a basketball dunk. The player pushes the ball in a single non-upward direction and then quickly changes the direction of the ball slamming it to the ground. A net ball (pushing the ball into the net so that it rebounds and you can play it again) is often performed by the setter to upset the timing and rhythm of the game and throw off the defense. NACIVT rules stipulate that at any given time, each team must have at least six players of "100 percent" Chinese descent on the court. The remaining three players must be of Asian descent. If this rule is violated through another team issuing a challenge, a warning may be given to the team. Following the warning, failure to cooperate may result in either loss of game or disqualification. The North American Chinese Invitational Volleyball Tournament (NACIVT) is held every Labor Day weekend and features men's 9-man volleyball teams. The tournament is generally held outdoors and played on pavement, with the courts typically set-up in a large parking lot or even on the streets. Because of changes in climate the tournament can also be held indoors (ex: Convention Centers.) It is very much a cultural phenomenon; two-thirds of the players on each team must be 100% Chinese, and the rest must be of Asian descent. The inaugural NACIVT tournament was held in Boston in 1944. Today there are teams representing Boston, Maryland, Los Angeles, Chicago, North Carolina, Houston, Montreal, New York City, Philadelphia, San Francisco, San Diego, Toronto, and Washington, D.C. In 2009, a team from Shanghai was invited to participate in the Los Angeles NACIVT, and the players who were only familiar with six-person volleyball played with 9-man rules for the first time. Each year there are also mini tournaments held in Toronto, New York City, Philadelphia, Washington D.C., Los Angeles and San Francisco leading up to the biggest tournaments leading up to the Labor Day weekend Nationals. It is held in Seward Park in Chinatown, averaging about 80 teams per year. Generally it is held in mid-July with teams participating from Boston, Washington D.C., Philadelphia, Toronto, Montreal and North Carolina. The August in Boston at Reggie Wong [6] Memorial Park (formerly Pagoda Park)[7] in Chinatown on Kneeland Street. This tournament features 9-man teams from the Boston area including the Boston Rising Tide, Boston Chinese Freemasons, Boston Knights, and the Boston Hurricanes. Toronto typically hosts a mini tournament during Canada Day in which teams from Toronto and Montreal play.[8] The 69th NACIVT was hosted in Washington, D.C. over the 3-day 2013 Labor Day weekend.[9] The 70th NACIVT was hosted by San Francisco teams in Las Vegas over the 2014 Labor Day weekend. The 73rd NACIVT was hosted in Fort Lauderdale over the 2017 Labor Day weekend. The 74th NACIVT was hosted in Montreal over the 2018 Labor Day weekend. The 75th NACIVT was hosted in Toronto over the 2019 Labor Day weekend. ^ "9-MAN — a streetball battle in the heart of Chinatown". Kickstarter. Retrieved Jan 26, 2020. ^ a b c Nehamas, Nicholas (17 December 2012). "Chinese-Americans find community, slam dunks in "street volleyball". Latitude News. Archived from the original on 26 April 2014. Retrieved 29 January 2013. ^ "9-Man". Retrieved Jan 26, 2020 - via www.imdb.com. ^ "synopsis/trailer". 9-Man. Retrieved Jan 26, 2020 - via www.imdb.com. ^ "synopsis/trailer". 9-Man". 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Retrieved Jan 26, 2020. ^ dc.nacivt.com R by Ursula LiangProduced by Ursula LiangStarring Kevin Wong Ty Hua Jeff Chung Robert Chung Robert Chung Ray Szeto Paul Chin Patrick "2E" Chin Wendall Chin Henry Oi Jimmy Wong Wen Wei Lin CinematographyUrsula LiangEdited by Michelle ChangMusic by Scott "CHOPS" Jung Adam Rubenstein Release dates April 27, 2014 (2014-04-27) (Independent Film) Festival Boston) May 5, 2015 (2015-05-05) (United States) Running time89 minutesCountriesUnited StatesCanadaLanguagesEnglishChinese 9-Man is a 2014 American documentary."[2] The film, which had its world premiere at IFFBoston on April 27, 2014,[3] won six film festival awards[4] and was broadcast on the PBS World Channel series America ReFramed on May 5, 2015 and January 24, 2017.[5] The film, which follows the all-male[6] sport of 9-man, was produced by a largely female crew, led by first-time director Ursula Liang and editor Michelle Chang. [7][8] Featured in the film are U.S. volleyball Olympian and NBC commentator Kevin Wong[9][10] and Chinatown historian John Kuo Wei Tchen. 9-Man also features the now deceased "mayor" of Boston's Chinatown, Reggie Wong, who was a leader in the 9-man community.[11] 9-Man was part of the SkyFest series on Virgin America airlines in the summer of 2015.[12] The music for the film was written by Adam Rubenstein and Scott CHOPS Jung, the pioneering Chinese-American hip-hop producer and member of Mountain Brothers.[13] The documentary follows several modern-day 9-man teams throughout one season framed by a historical portrait of Chinatown history and the game of 9-man. The first act of the film introduces the Boston Knights, Washington CYC (Chinese Youth Club), Toronto Connex, and the Boston Freemasons as they begin the season preparing for competing Mini tournament crowning an early-season favorite. The second act of the film introduces the history of the game-traveling to Toisan (Taishan), China-and its modern-day rules, which include limiting participation by players who are not "100% Chinese." The sport and isolation of the game are revealed as direct descendants of the Chinese Exclusion Act and racism faced by the community. The final act of the film unites the characters, teams, and conflicts at the NACIVT championship tournament in Boston's Chinatown, setting up Olympian Kevin Wong as the player to beat. As teams fight for the title, they also bring to light the cultural belonging and loss of the modern Chinatown and 9-man community. The film concludes with a scene featuring the funeral of a beloved community member and another scene where 9-man leaders contemplate moving the tournament to a new city—with no Chinatown.[14] Jury Award for Best Feature Documentary, CAAMFest [15] Audience Award, Los Angeles Asian Pacific Film Festival[16] Special Jury Prize: Best Director, Los Angeles Asian Pacific Film Festival Grand Jury Award, Best Documentary Feature, Austin Asian American Film Festival Director's Choice Award, Best Feature Documentary, Boston Asian American Film Festival [17] ^ "Synopsis/Trailer". 9-man.com. Retrieved 2015-12-10. ^ Genzlinger, Neil (3 May 2015). "Review: '9-Man' Is More Than a Game for Chinese-Americans". The New York Times. Retrieved 8 July 2015. ^ "Awards". 9-Man'. The Boston Globe. Retrieved 8 July 2015. ^ "Awards". 9-Man' Is More Than a Game for Chinese-Americans". The New York Times. Retrieved 8 July 2015. ^ "Awards". 9-Man' Is More Than a Game for Chinese-Americans". The New York Times. 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