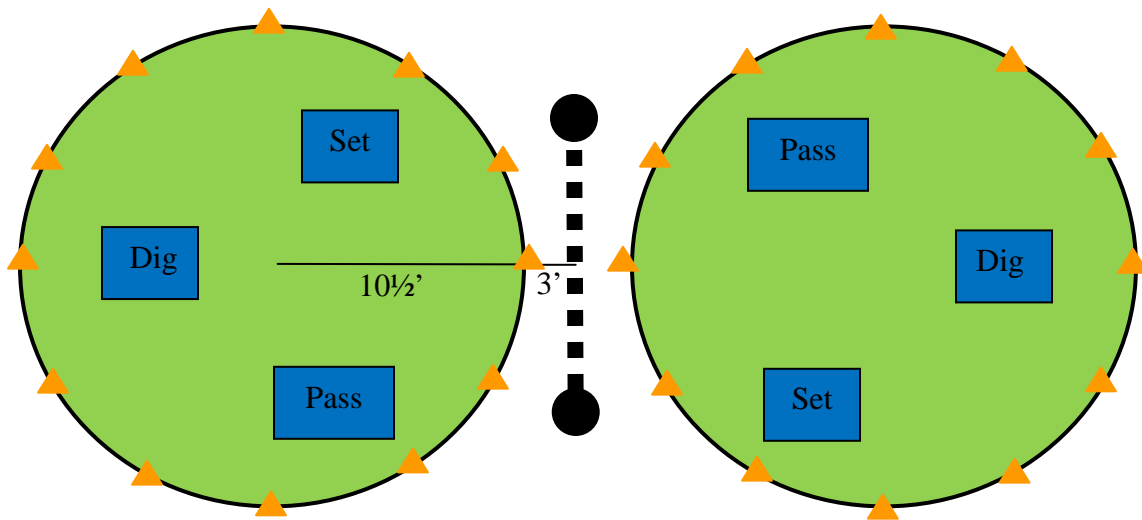


# Official OptiHealth Volleyball Play Book

**Court:** OptiHealth Volleyball is played on a modified volleyball court (see diagram below).

**Equipment:** 1 volleyball net, 1 volleyball, and 24 markers.

**Player Positions:** OptiHealth Volleyball games are played by 2 teams with 3 players on each team for a total of 6 players. Each player is assigned to a specific starting position: Dig, Set, or Pass. Each position occupies 1/3 of their team's circular court (21-foot diameter) on opposite sides of the volleyball net (8-feet wide, 7-feet high).



**Object of the Game:** Players dig, set, and pass the volleyball in order to score individual points on each turn.

**Play Time:** Each game consists of 60 turns per team. Each turn consists of each player on the team getting 1 attempt to hit (Dig, Set, or Pass) the volleyball according to their current positions. The players rotate positions after each turn in order to participate in a total of 20 plays in each of the 3 positions. An average of 7.5 seconds is allowed for each team's turn. Each full game of 60 turns per team takes 15 minutes to complete. Players sign-up to play games scheduled at 15-minute intervals.

**Cost:** OptiHealth Volleyball costs each Player 1 Game Ticket for each 15-minute game (60 turns).

**Position Rotation:** A team's turn consists of 1 attempt for each player to hit the volleyball according to their current positions. Players rotate clockwise after each turn:

The player in the Dig position moves to the Set position

The player in the Set position moves to the Pass position, and

The player in the Pass position moves to the Dig position.

## Description of Play

The game, and each consecutive turn, starts when the player in the Dig position "digs" the volleyball to the player in the Set position. **Dig:** 2-handed, clasped, under-hand hit with contact to the hands, wrists, and/or forearms.

Then, the player in the Set position “sets” the volleyball up for the player in the Pass position. **Set:** 2-handed, over-head hit with contact to the fingertips of their open hands.

Then, the player in the Pass position “passes” the volleyball over the net and between the posts for the player in the Dig position of the opposing team. **Pass:** Any legal hit (1-handed or 2-handed if over-head, 2-handed only if under-hand).

Play continues as the teams Dig, Set, and Pass the volleyball back and forth over the net. To remain in play, the volleyball must be hit sequentially by the appropriate players using the appropriate techniques.

Players may move anywhere inside or outside the team’s circle in order to attempt a fair hit on their turn. Double hits, carries, spikes, and blocks are not allowed.

Teams attempt to keep the volleyball in play by making “**fair**” hits. A hit is considered fair:

- A) If the next player hits or touches the volleyball
- B) If the volleyball is not touched or hit by the next player, and it lands inside the next player’s team circle.

Play is interrupted when a player fails to make a “fair” hit by committing a foul hit, a hit violation, or causes interference on another player’s turn.

A hit is considered to be **foul**:

- A) If the player misses a fair hit from the previous player and the volleyball lands inside the team’s circle.
- B) If the players in the Dig or Set positions hit the volleyball, but it lands on the ground outside the team’s circle.
- C) If the player in the Pass position hits the volleyball, but it doesn’t make it over the net, or if it does make it over the net, it lands outside the opponent’s circle.

A hit **violation** occurs when a player double-hits, carries, spikes, or blocks the volleyball.

Play resumes after a foul hit or hit violation by the player in the next position attempting his/her position determined hit.

**Interference** occurs when one player impedes another player in attempting to perform their hit. In this case, the player who was impeded resumes play by re-attempting his/her hit.

Players switch sides during the 1<sup>st</sup> interruption after 30 turns (half through the game).

## Scoring

Games are self-officiated by the players. Each player scores individual points based on the outcome of each player’s hit. Each Player is responsible for keeping his/her own score. Players are encouraged to have their own personal Score Keeper. (Refer to OptiHealth Volleyball Score Card.)

**+1 point** for each fair hit.

**0 points** for each foul hit.

**-1 point** for each hit violation or interference.