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Physical Education Practical
B.A. I

Out of 15 different sports a college has to choose only Five sports depending on administrative feasibility and exam will be taken out of only **05 sports**.

B.A. II

Out of 5 different sports in **B.A.- 1st year any Two Sports**

B.A. III

Out of **02** selected sports in B.A.- II year **any one Sports**

VOLLEYBALL



वॉलीबॉल (VOLLEYBALL)



विलियम जी. मॉर्गन (William G. Morgan)

वॉलीबॉल का इतिहास : वॉलीबॉल की शुरुआत **1895 ई.** में **विलियम जी. मॉर्गन** के द्वारा अमेरिका में किया गया। शुरुआत में वॉलीबॉल का नाम **मिंटोनेट (Mintonet)** था। विलियम जी. मॉर्गन Y.M.C.A. होलियोक, मस्सचुसेट अमेरिका में फिज़िकल डायरेक्टर थे, ये एक नया खेल की शुरुआत करना चाहते थे, अतः बास्केटबॉल, बेसबॉल, टेनिस, तथा हैंडबॉल, को मिलाकर एक नया खेल मिंटोनेट का स्वरूप तैयार किया, जो आगे चलकर वॉलीबॉल के नाम से प्रचलित हुआ। समय बीतने के साथ ही इस खेल में नए नए नियम बनते गए और बदलाव होते गये। आज वॉलीबॉल विश्व के पांच लोकप्रिये सर्वश्रेष्ठ खेलों में शामिल है।

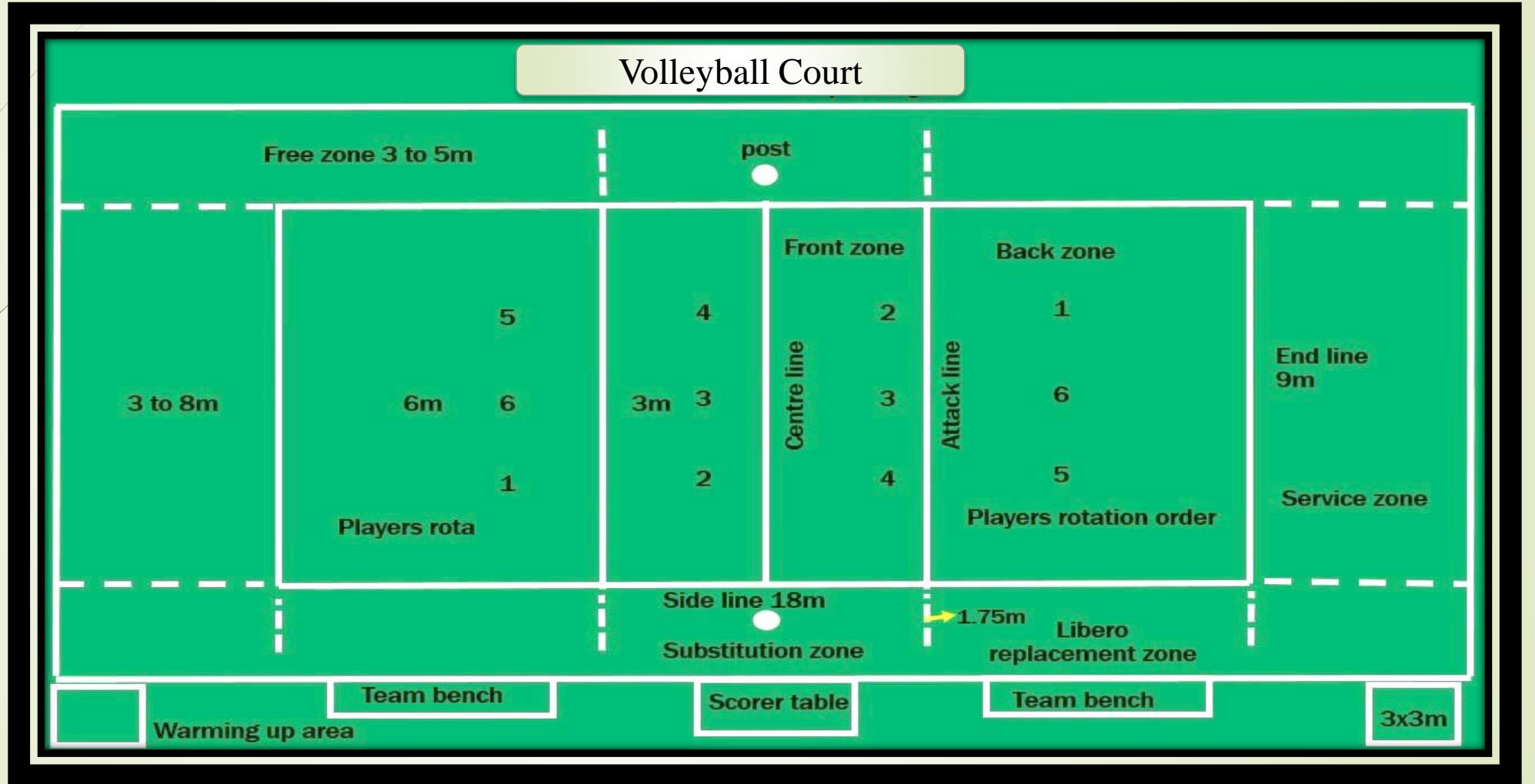
भारत मे वॉलीबॉल की शुरुआत:

- भारत मे वॉलीबॉल की शुरुआत में 1920 ई. में YMCA मद्रास (चेन्नई) द्वारा किया गया। धीरे धीरे इसकी लोकप्रियता बढ़ी और पूरे भारत में फैल गया। 1936 से 1950 ई. तक वॉलीबॉल भारतीय ओलम्पिक फेडरेशन द्वारा नियंत्रित होता तथा प्रत्येक वर्ष इंटर स्टेट चैंपियनशिप हुआ करता था। 1936 में पहला इंटर स्टेट चैंपियनशिप लाहौर में आयोजित हुआ था। सन 1951ई. में वॉलीबॉल फेडरेशन ऑफ़ इंडिया की स्थापना हुई। तब से अब तक वॉलीबॉल फेडरेशन ऑफ़ इंडिया ही वॉलीबॉल को कार्ययान्वित और नियंत्रित करता हैं।

वॉलीबॉल का क्रमिक परिवर्तन :

- सन 1900ई. में वॉलीबॉल के बॉल का नया स्वरूप दिया गया। इससे पहले यह बास्केटबॉल के अंदर के रबर बलैडर से हुआ करता था।
- सन 1916 में सेट और स्पाइक की शुरुआत फिलीपीन्स से हुआ।
- सन 1917 में 21 पॉइंट्स(अंको) से 15 अंको के सेट में परिवर्तन हुआ।
- सन 1920 में तीन टच एवं बैक कोर्ट अटैक की शुरुआत हुआ।
- सन 1930 में बीच वॉलीबॉल का शुरुआत हुआ।
- सन 1934 ई. में नेशनल वॉलीबॉल रेफ़री को मान्यता एवं पहचान मिला।
- सन 1947 ई. में थे अन्तराष्ट्रीय वॉलीबॉल फेडरेशन [Federation Internationale De Volley-Ball (FIVB)] की स्थापना हुई।
- सन 1948 ई. में दो व्यक्ति बीच वॉलीबॉल प्रतियोगिता हुआ।
- सन 1949 ई. में वॉलीबाल का विश्व चैंपियनशिप की शुरुआत पैरागुए, चैस्लोवाकिया में हुआ।
- सन 1964 ई. में वॉलीबॉल ओलंपिक में शामिल किया गया जो टोक्यो जापान में हुआ।
- सन 1996 में बीच वॉलीबॉल को ओलंपिक में शामिल किया गया।
- सन 1998 में वॉलीबॉल Libero शामिल किया गया।

वॉलीबॉल का खेल मैदान (Volleyball Play Ground):



वॉलीबॉल खेल मैदान का माप :

- मैदान की लम्बाई - 18 मी. (Length: 18m)
- चौड़ाई - 09 मी. (Width: 9m)
- सेंटर से अटैक लाइन की दूरी - 03 मी. (Centre line to Attacking line : 3m)
- अटैक लाइन से इंड लाइन - 03 मी. (Attacking line to End line: 3m)
- लाइन की चौड़ाई - 05 से.मी. (Lines thickness: 5cm (Inside of the court))
- अटैकिंग लाइन बहार की तरफ - 1.75 मी. (डॉटेड लाइन) (Attacking line extension from side line: 1.75m (dotted line))
- फ्री जोन - 03 मी. (Free zone: 3m (FIVB international matches 5m from side line, 6.5m from end line))

वॉलीबॉल का बॉल (The Ball) :



वजन - 260 से 280 ग्रा.

व्यास (circumference)- 65 से 67 से.मी.

हवा - 0.30 से 0.325 kg/cm²

रंग - पीला,ब्लू ,एवं सफ़ेद का पट्टी।

वॉलीबॉल पोल एवं नेट (Post and Net)



पोल की ऊंचाई (Height of the post): **2.55 मी.**

साइड लाइन से पोल की दूरी (Distance between side line to pole) : **0.50 मी. से 01 मी.**

पोल से पोल की दूरी (Distance between pole to pole) : **10 मी. to 11 मी.**

नेट की लम्बाई (Length of the Net) :) : **9.50 मी. से 10 मी.**

नेट की चौड़ाई (Width of the Net) : **1 मी.**

नेट की ऊंचाई [पुरुष वर्ग] (Height of the Net for Men) : **2.43 मी.**

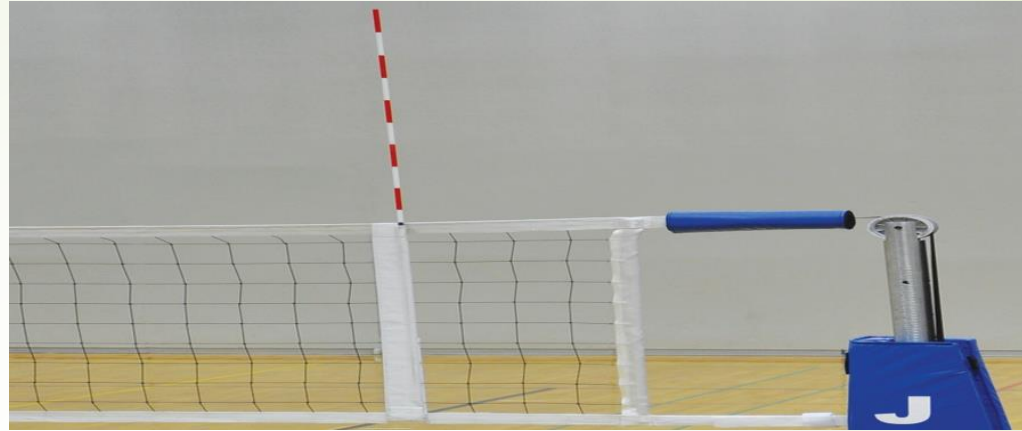
नेट की ऊंचाई [महिला वर्ग] (Height of the Net for women) : **2.24 मी.**

नेट की खाने की लम्बाई चौड़ाई (Mesh) : **10 x 10 से.मी.**

ऊपरी पट्टी की चौड़ाई (Top band) : **7 से.मी.**

साइड और नीचे पट्टी की चौड़ाई (Lower and Side band) : **5 से.मी.**

ऐन्टेना (Antenna) :



- ऐन्टेना की ऊंचाई (Height of the antenna) : **1.80 मी.**
- ऐन्टेना की ऊंचाई नेट के ऊपर (Height of the antenna above net) : **0.80 मी.** or **80से.मी.**
- ऐन्टेना की मोटाई (Circumference): **10mm** (Red & white)

Team:



- Team : 12 (FIVB International matches-14)
- Playing Players : 6
- Substitution : 6

Game :



- Best of five sets
- Each set 25 points (Last set – 15 points. 8 points court change)
- Time outs – 2 (Each set- Each team)
- Rest between sets : 3min
- Technical time outs: Every set up to 4th set, common technical time outs (8th and 16th) for two teams.
- This is only for FIVB international match only.
- No technical time outs to 5th set.
- Technical time outs duration : 60sec (Difference between 2 points continue until win the set)

Officials :

- First referee -1
- Second referee -1
- Scorer – 1
- Assistant scorer -1
- Line judges – 2 (Other competitions)
- Line judges – 4 (International matches)
- Line judges flags : 40x 40cm Cards :
- Yellow card : warning
- Red card: One point and service to opponent.
- Yellow and Red card jointly: Expulsion from set. Substitution allowed.
- Yellow and Red card separately: Disqualification from match. Substitution allowed.



सर्विस (SERVE):

A serve begins each rally. A player must hit the ball with his or her hand over the net to land inside the lines of the court. Players may serve underarm or overarm (hardly anyone at elite level would offer an underarm serve). A popular serve is the "jump" or "spike" serve: the player jumps and serves the ball while airborne.

Each player gets only one chance to serve. The serve can touch the net and continue into the opponent's court. Before this rule was introduced, a net touch on service ended the rally and the point was awarded to the receiving team. When the serving team loses a rally, it loses the right to serve. The receiving team then rotates one position on the court.



DIG: The "dig" is a forearm pass that is used to control the ball and pass it to the setter at the net. It is usually the first contact by the team and an effective shot to use in defence, such as when receiving a spike. The "libero" handles much of the team's serve reception and is pivotal in backcourt defence.



SET: The "set" is an overhead pass used to change the direction of the dig and put the ball in a good position for the spiker. It is usually the team's second contact. Setting is the tactical centre of Volleyball. A setter must be good enough to keep the big blockers from dominating the net. The setter must feed his or her best hitters while also looking for opponent's blocking weaknesses (such as a short player on the front line or a slow centre blocker).



SPIKE: The "spike" is when the ball is hit or smashed across the net. It is the most powerful shot in volleyball – and the most effective way to win a rally.



BLOCK :This is the first line of defence in Volleyball. The objective of the "block" is to stop the spiked ball from crossing the net or to channel the spike to defenders. The three front-court players share blocking. Teams usually opt for a "read and react" block (whereby they try to react to the ball leaving the setter's hands) or for a "commit" block (whereby they decide before the point whether to jump on the quick middle balls). The key to good blocking is penetration – the best blockers reach well over the net and into the opponent's court rather than reaching straight up, when the block can be easily penetrated by quality hitters.



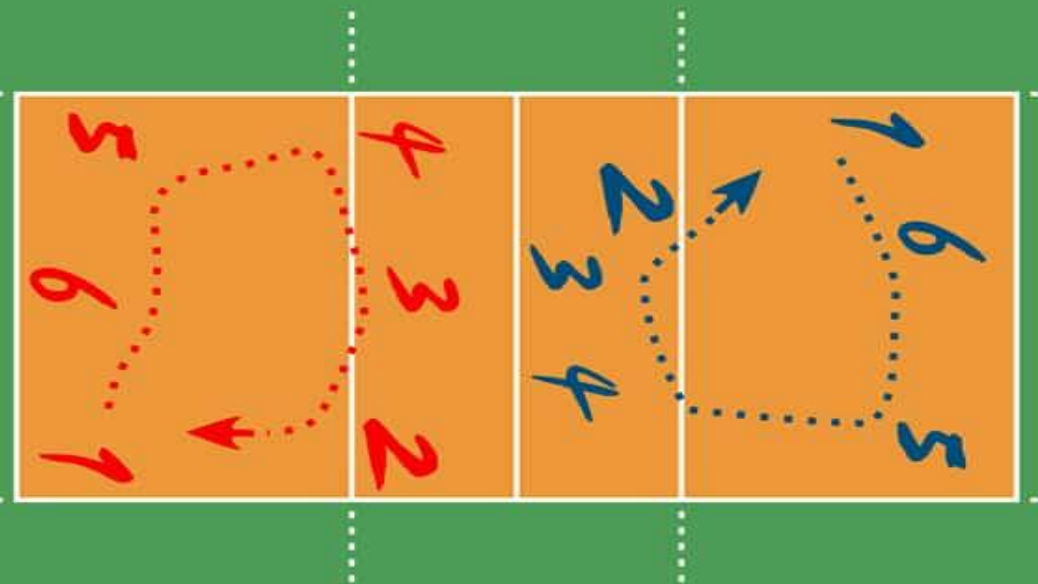
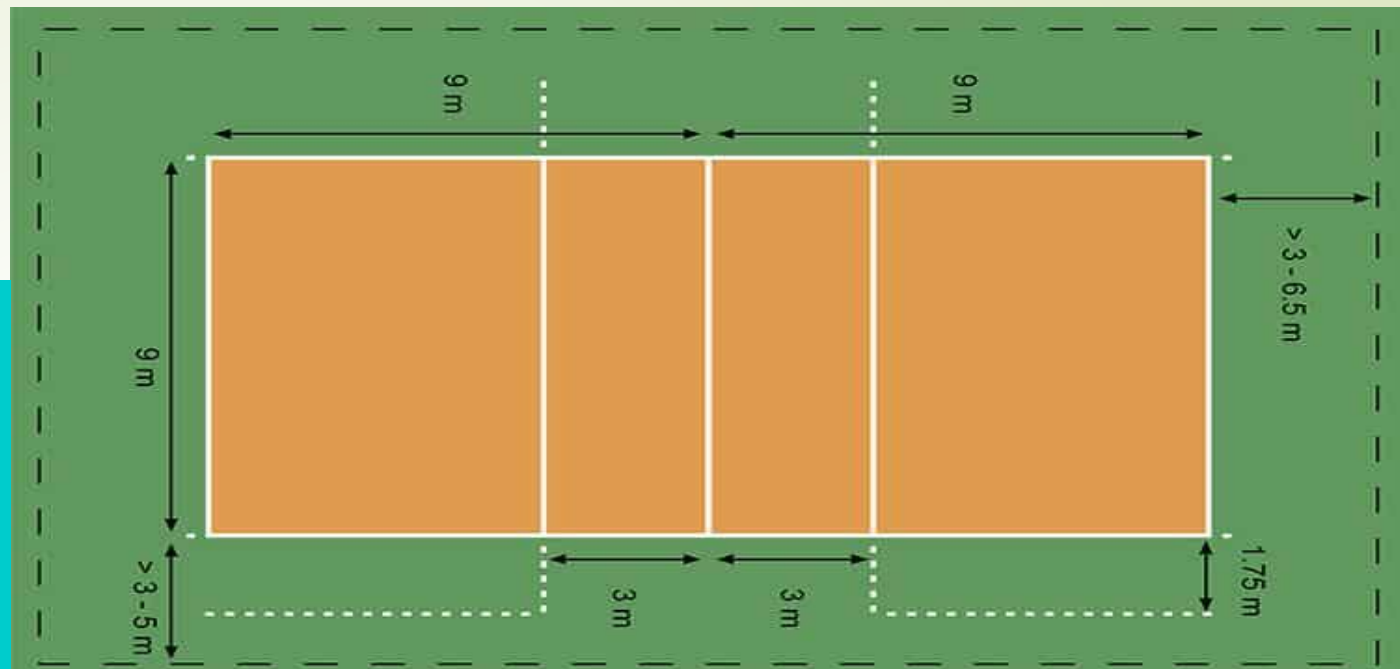
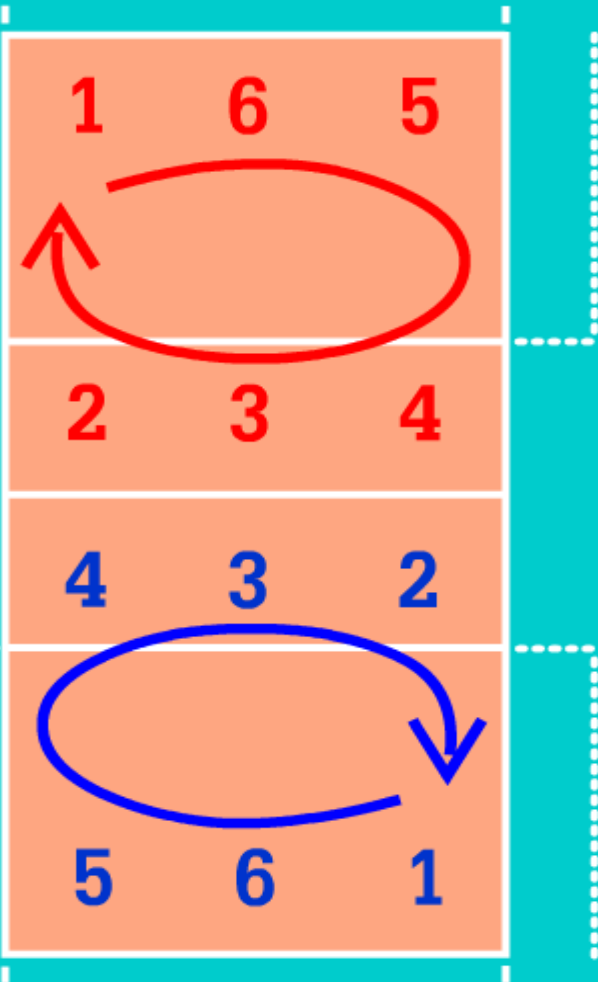
THE RALLY POINT SYSTEM: In 1998 the FIVB also tried some different scoring systems. At its World Congress in October 1998, the FIVB ratified the "rally point system." Every rally would now earn a point. The first four sets are played to 25, but the winning team must be ahead by at least two points. The fifth set is played to 15 – and again the winner must have a two-point margin. The system was designed to make the scoring system easier to follow and games faster and more exciting.




THE LIBERO : In 1998, the FIVB introduced a new specialist role: the libero. This player wears a different coloured uniform from the rest of the team and can be substituted in backcourt for any player on the team. The libero cannot serve, spike the ball over the net or rotate into the front-line positions, but plays a vital role for the team in serve reception and backcourt defence. There must be at least one point played between a libero substituting off for a player and going back on the court for another player – hence he/she cannot be on the court for the whole game. The libero has added an extra dimension to backcourt defence, improving the reception of teams, lengthening the rallies and giving a vital role to shorter players.



ROTATION:



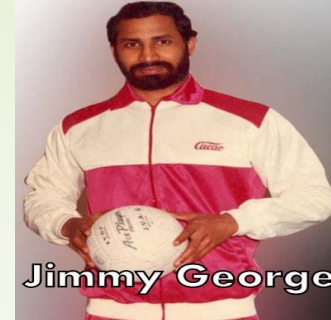


ROTATION: Each of the six players on an indoor team rotates a position after winning back service from the opponent. This is the key to the tactics of indoor Volleyball – you cannot simply keep your best blockers and spikers at the net or your best defenders in backcourt.

After serving from position one, players rotate to position six (middle back), then position five (left back), position four (left front), position three (middle front) and position two (right front) before returning to serve.

A team must be in correct rotation order before the serve is put into play. Once the ball is served, the players can move positions but backcourt players cannot move to the net to block or spike. They must make all attacking actions from behind the attack line (hence the advent of the backcourt attack to have great spikers participating in all six rotations). The rotation rule explains why a setter often appears to be "hiding" behind his or her players before a point. The setter must be in proper rotation order before sprinting to the net or a point is given to the opposition.

Legends of Indian Volleyball:



Jimmy George



Balwant Singh(Ballu)



Ramanna Rao



Udai Kumar



Riaz Ahmad



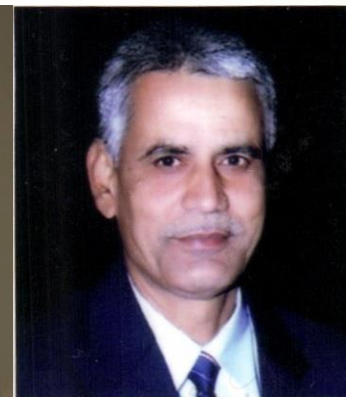
Ravikant Reddi



G.E. Shridharan



Nripjit Singh Bedi



Dalel Singh



Tom Joshef



Ramavatar Singh Jakhar