

1. EXPLANATION OF VOLLEYBALL:

Volleyball is a game played by two teams, usually of six players on a side, in which the players use their hands to bat a ball back and forth over a high net, trying to make the ball touch the court within the opponents' playing area before it can be returned. To prevent this a player on the opposing team bats the ball up and toward a teammate before it touches the court surface—that teammate may then volley it back across the net or bat it to a third teammate who volleys it across the net. A team is allowed only three touches of the ball before it must be returned over the net.

2. FIVE (5) RULES AND REGULATION IN VOLLEYBALL:

- Only 6 players on the floor at any given time: 3 in the front row and 3 in the back row.
- Points are made on every serve for the winning team of the rally (rally-point scoring).
- Players may not hit the ball twice in succession (a block is not considered a hit).
- Ball may be played off the net during a volley and on a serve.
- A ball hitting a boundary line is in.

3. FACILITIES AND EQUIPMENT IN VOLLEYBALL

- Volleyball balls.
- Volleyball shorts.
- Volleyball t-shirts.
- Volleyball shoes.
- Volleyball net and poles.

4. DEFINITION OF DISEASE:

A condition of the living animal or plant body or of one of its parts that impairs normal functioning and is typically manifested by distinguishing signs and symptoms.