

**ENHANCING UNDERSTANDING OF RULES AND REGULATION OF VOLLEY  
BALL GAME THROUGH POWER POINT PRESENTATION AND PRACTICAL  
CLASS AMONG GOVERNMENT HIGH AND HIGHER SECONDARY SCHOOL  
PHYSICAL EDUCATION TEACHERS IN ANAICUT BLOCK , VELLORE  
DISTRICT**

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**INTRODUCTION;**

Volley ball is one of the major game in games. It's an American game, played using the hands. The ball is spherical and its color may be a uniform light color or a combination of colors. Volley ball is played by two teams on a playing court divided by a net.

**NEED FOR THE STUDY ;**

During the school visit the researcher discussed with physical education teacher about rules and regulations, officiating techniques and filling the score sheet of volley ball game . In that they need addition in understanding hence this action research is necessary.

**OBJECTIVES;**

1. To know exact paying area and Dimension of court in volley ball.
2. To know stipulated rules and regulation of playing volley ball.
3. To implement the officiating techniques during conducting the volley ball match.
4. To know to fill the score sheet in volley ball match.

**LIMITATION OF THE PROBLEM;**

Twelve (12)from government high and higher secondary school physical education teacher working in Anaicut block ,vellore district

**SOLUTION OF THE PROBLEM;**

1. To explain the playing area and dimension of playing court through power point presentation as well as practical class.

2. To explain rules and regulation through power point presentation as well as practical class.
3. To explain the officiating techniques through power point presentation as well as practical class.
4. To explain fill the volley ball score sheet through practical class

## **METHODOLOGY ;**

- ❖ Pre –test
- ❖ To explain playing area and dimension of the court through power point presentation and practical class.
- ❖ To explain rules and regulations through power point presentation as well as practical class.
- ❖ The expert explained the officiating techniques through practical class as well as power point presentation.
- ❖ The volley ball match score sheet was filled through practical class.
- ❖ After the above explanation power point presentation as well as practical class was used to evaluate the physical education teachers through post-test.

### **PRE –TEST**

Pre-test was conducted based on understanding question (20) recording volley ball rules and regulation, high and higher secondary school physical education teacher was evaluated.



## RESEARCH STRATEGY;

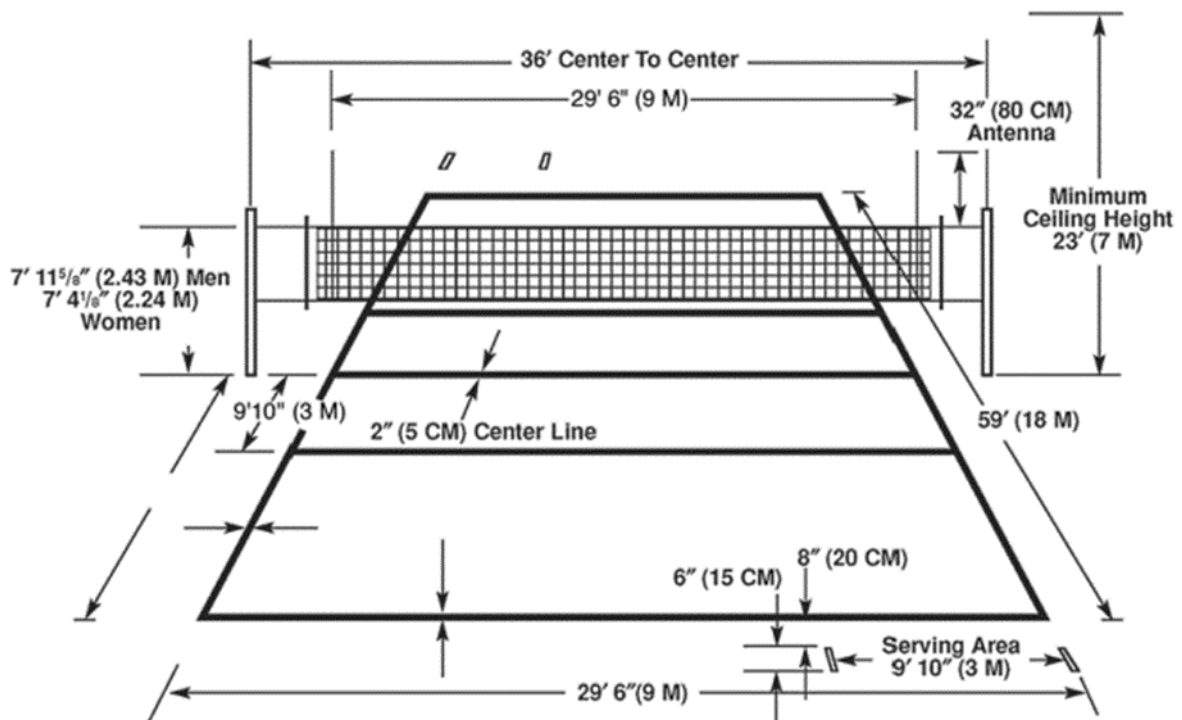
Volley ball rules and regulation was explained by the following headings.

- 1.playing area and dimension of playing court(volley ball)
- 2.volley ball rules and regulation.
- 3.officiating techniques of volley ball.
- 4 fill the score sheet for volley ball match

## PLAYNG AREA AND DIMENSION OF THE COURT ;

The playing area includes the playing court and the free zone .It should be rectangular in shape. The playing court is a rectangle measuring 18mts length and 9mts breath surrendered by a free zone, which is a minimum of 3mts wide on all sides.

The free playing space is the space above the playing are and is free from any obstruction. The free playing space shall measure a minimum of 7mts height from the playing surface.



## **RULES AND REGULATION;**

### **NUMBER OF TOUCHES;**

The objective of the game is to send the ball over a net in order to ground it on the opponent's court and to prevent the same by the opponent.

Once the ball lands on the side the team has three chances to hit the ball and send it to the opponent's side. The opponent 3 chances to hit the ball including returning the ball.

### **PLAYER;**

The team consist of 12 players, of which 6 are main players and 6 are substitution players.

### **POSITION:**

At the movement of the ball is hit the server, each team must be positioned with in its own court in the rotational order (expect the server)

The positions of the player are numbered as follows:

The three players along the net are front row players and occupy positions 4(front-left) 3(front center) and 2(front right)

The other three are back row players occupying position 5,6,1

Each front row player must have at least a part of his\her foot closer to her center – line than the foot of the corresponding back row players.

Each right (left) side player must have at least a part of his\her foot closer to the right (left) side line than the foot of the center player in that row

Once the ball has been served the players may move around and occupy any position on their court and the free zone

### **SERVICE**

The service is the act of passing the ball in to play by the back right player placed in the service zone.

The first service of the first set as well as that of the deciding set (5<sup>th</sup>) is excted by the team determined by the test

The other sets will be started with the service of the team that did not serve first in the previous set

## **SERVICE ORDER**

The players must follow the service order recorded on the line up sheet after the first service in a set, the player to service is determined as follows.

When the serving team wins the rally points, the player who served before, serves again.

When the receiving team wins the rally points it regains the right to serve and rotates before actually serving

The player who moves from the front-right position to the back right position will serve

## **AUTHORIZATION OF THE SERVICE**

The first referee authorizes the service after having checked that the two teams are ready to play and that the server is in possession of the ball.

## **EXECUTION OF THE SERVICE**

The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand at the moment of the service hit or take off for a jump service, the server must not touch the court or the ground outside the service zone. After the hit he/she may step inside the court.

The server must hit the ball within 8 seconds after the first referee whistles for service

A service executed before the referee whistle is cancelled and repeated.

## **STARTS**

The game starts with the tossing a coin (wins the toss) team will put a service. Best of 3 sets or 5 sets are played and it depends upon the team managers and officials. Each set consists of 25 points. The team which leads by 2 points is declared as winner.

## **DIRECTION**

The players in the opponent court, stand in a comfortable direction position to meet the ball

## **DROPPING**

This is one of the advanced skills in volleyball and it is used technically in game situations to drop the ball into the opponent's court.

## **TWIST**

It is a technique to confuse the opponent; the opponent will get confused in judging the direction of the ball.

## **POSITIONAL FAULT**

The team commits a positional fault if any player is not in his\ her correct position at the moment, the ball is hit by the server.

## **ROTATIONAL FAULT**

A rotational fault is committed when the service is not made according to the rotational order. It leads to the following consequences: Fouls in playing the ball four hits – a team hits the ball four times before returning it.

## **ASSISTED HIT:**

A player takes support from a teammate or any structural object in order to reach the ball within the playing area.

## **CATCH:**

If a player does not hit the ball, the ball is caught.

## **DOUBLE CONTACT:**

If a player hits the ball twice in succession if the ball contacts various parts of his\her body.

## **PLAYERS FAULTS AT THE NET:**

If a player touches the net before landing the ball in the opponent's space.

## **RESEARCH TOOL**

Pre and post- test questionnaire

## POST TEST

The post test was conducted based on understanding question (20) recording volley ball rules and regulation, high and higher secondary school physical education teacher was evaluvated



## RESEARCH TOOL

Pre and pos- test questionarre

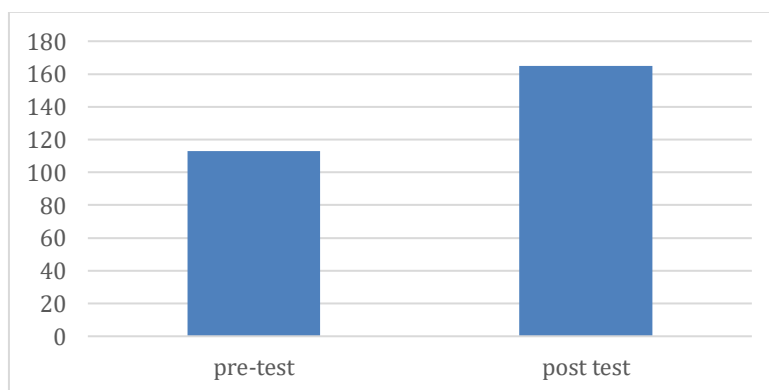
## DATA COLLECTION

The data was collected by conducting pre-test and post –test

S.NO	NAME OF THE TEACHER	PRE-EST SCORE	POST-TEST SCORE
1	A.SOWBAGHYA	15	18
2	P.K. RAJESWARI	08	10

3	M.S.KUMARAN	11	15
4	A.MALAR VIZHI	05	12
5	V .VAN MOZHI	12	14
6	K. BALAJI	11	14
7	S.SIVA KUMAR	07	11
8	M. RADHA	05	17
9	S. VENKATESAN	06	10
10	A.WAJEETHI	09	15
11	K.M. HARI KRISHNAN	12	15
12	G.KRISHNAN	12	14
	<b>TOTAL</b>	<b>113</b>	<b>165</b>

Pictorial presentation comparison of pre and post test



## Research Evaluation

### Comparison of pre test and post test score

Total pre test score :113

Total post test score :165

### Calculation of arithmetic mean

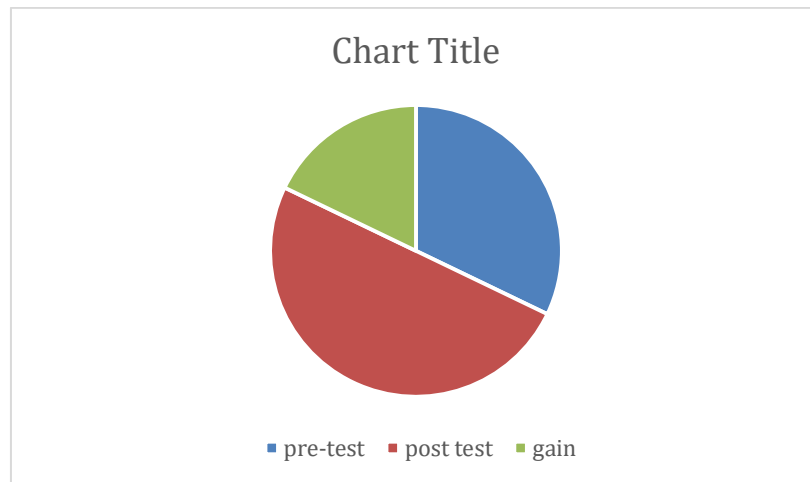


Mean = Total score \ No of teachers

Pre test mean =  $113 \div 12 = 9.4$

Post test mean =  $165 \div 12 = 13.7 = 14$

Gain = post test score - pre test score =  $14 - 9 = 5$



## RESULT CONSOLIDATION

After explain the volley ball rules and regulation through power point presentation as well as practical class they were significant changes in enhance the under standing of the teacher

## FEED BACK

- ❖ The teacher got an opportunity to enhance and understanding of rules and regulation of the volley ball
- ❖ All the teachers were actively participated
- ❖ All the teachers were enhance the officiate techniques
- ❖ They are ready to conduct the match
- ❖ All the teachers were enhance the fill the score sheet

## EDUCATIONAL IMPLICATIONS

- ❖ The teachers will become know the proper rules and regulations of the volley ball after practical class as well as power point presentation of volley ball game.

- ❖ The Action Research help the teacher to conduct the intra mural competition as well as extra mural competition
- ❖ As the game rules and regulations involves to increase their span of attention in officiating techniques and filling the score sheet.

## DISSEMINATION

- ❖ The strategy developed during Action Research can be disseminated to physical education teacher at vellore district level
- ❖ The activities developed during this action research can be disseminated at block level
- ❖ The strategy can be disseminated to other district teachers.

## INFERENCE

- ❖ From the action research it was inferred that the mental rediness can be improved through officiating techniques in the game .
- ❖ As each component in volley ball rules and regulation focused to conducted the game in the school.

## REFERENCES

Volley ball rules and regulations book

## PHOTOS



