



2024-2025 Volleyball Study Guide

NOTE: In the exam situations, Team S = serving team; Team R = receiving team. Additionally, LF = left front; CF = center front; RF = right front; RB = right back; CB = center back; LB = left back.

1. A volleyball match:
 - A. Consists of two teams of six players on a rectangular court.
 - B. Has a maximum of three minutes between sets unless an intermission is used.
 - C. Shall be forfeited when a team has fewer than six players to start the match, unless the state association determines otherwise.
 - D. All of the above.

2. The prematch procedure shall include:
 - A. The home team selecting its team bench.
 - B. A coin toss to determine who serves and who receives.
 - C. A conference conducted by the officials with only team captains.
 - D. Both A and B.

3. The center line:
 - A. Must be continuous and 2 inches (or 5 centimeters) wide.
 - B. Must be solid.
 - C. May be shadow-bordered 2 inches (or 5 centimeters) wide.
 - D. Both A and C.

4. The coaching zone is defined by:
 - A. The area near the sideline between the attack line and the center line.
 - B. The libero replacement zone and the area beyond the end line and sideline extended.
 - C. The area near the sideline between the attack line and the end line.
 - D. Not a defined area.

5. Team A submits a lineup listing a starting number that no team member is wearing. The team substitutes a player with a legal number into that position. Team A is:
 - A. Not charged with a substitution.
 - B. Charged with a substitution.
 - C. Charged with a substitution and an unnecessary delay (administrative yellow).
 - D. Not charged with a substitution, but assessed an unnecessary delay (administrative yellow).

6. Which of the following is incorrect concerning the net?
 - A. The net antennas shall be attached to the net in line with the outside edge of the sideline.
 - B. The height of the net shall be 7 feet, 6 inches for girls.
 - C. The height of the net shall be 7 feet, 11 5/8 inches for boys.
 - D. The net measured at the ends shall not exceed the standard height by more than 3/4 inch.

7. Which of the following equipment must be padded?
- A. Standards
 - B. Net support floor/wall cables
 - C. First Referee's platform
 - D. All must be padded.
8. Which of the following jewelry is allowed?
- A. Hoop earrings.
 - B. No jewelry is allowed.
 - C. Stud(s) or post(s) above the chin.
 - D. String or commemorative bracelets.
9. Assistant officials include:
- A. Scorer, first referee and line judges.
 - B. Libero tracker, line judges and scorer.
 - C. Line judges, second referee and timer.
 - D. None of the above.
10. If a net fault is whistled by the second referee, the second referee will:
- A. Indicate the player committing the fault, then the nature of the fault.
 - B. Indicate the nature of the play.
 - C. Indicate the nature of the fault, then the player committing the fault.
 - D. First mirror the first referee.
11. A team is allowed _____ substitutions per set.
- A. 15
 - B. 18
 - C. unlimited
 - D. 20
12. After an injury a coach has 30 seconds to:
- A. Complete a legal libero replacement for the injured libero and may substitute for the replacement player.
 - B. Leave the player in the set with play beginning immediately.
 - C. Take a team time-out if the team has not used its allotted time-outs.
 - D. All are correct.
13. The first referee is the head official who shall:
- A. In the spirit of good sporting conduct, promptly handle any unexpected situation.
 - B. Make decisions on matters not specifically covered by the rules.
 - C. Have general supervision of officials.
 - D. All of the above.

- 14 . Which of the following is a responsibility of the scorer?
- A. Enter on the scoresheet the uniform numbers of the starting players in proper service order.
 - B. Notify the first referee during play when there is a discrepancy with the score.
 - C. Record libero replacements and substitutions.
 - D. Time the prematch warm-up period.
- 15 . It is permissible for a player to compete with which piece of equipment:
- A. An elbow brace that extends more than halfway down the forearm.
 - B. A knee brace that has been altered from the manufacturer's original design.
 - C. A protective face mask made of hard material that is molded to the face with no protrusions.
 - D. A cast made of plaster on the hand.
- 16 . A ball becomes dead and out of bounds when:
- A. The ball touches a wall.
 - B. The ball touches the net antenna.
 - C. The ball touches the floor completely outside the court's boundary lines.
 - D. All are correct.
- 17 . Barrettes and other adornments in the hair are legal if they:
- A. Are less than 1 inch in length.
 - B. Do not increase risk to the player, teammates or opponent(s) and are securely fastened.
 - C. Match the color of the team uniform.
 - D. All are correct.
- 18 . Line judges shall:
- A. Report to the first referee no less than 20 minutes before the scheduled start time.
 - B. Stand near the intersection of the left sideline and the end line.
 - C. Stand up on the referee's platform.
 - D. Both A and B.
- 19 . Which of the following would make a uniform bottom illegal?
- A. Single manufacturer's logo/trademark/reference on the waistband.
 - B. Multiple manufacturer's logo/trademark/reference on the waistband.
 - C. A different-colored uniform bottom from the rest of the team.
 - D. School logo no more than 2 1/4 square inches.
- 20 . What is it called when opposing players commit a rule violation at the same time?
- A. A fault.
 - B. A double fault.
 - C. Multiple faults.
 - D. A double hit.

- 21 . Which of the following is not a responsibility of the second referee during the set?
- A. Assist the first referee by making sure a whistle is blown for each dead ball.
 - B. Determine the alignment of players on the receiving team at the moment of serve.
 - C. Whistle for each serve.
 - D. Signal how many time-outs each team has used at the beginning and the completion of a charged time-out.
- 22 . The attack is considered complete when the:
- A. Attacking team has completed three hits.
 - B. Attacking team has had the opportunity to complete the attack.
 - C. The ball is falling near the net, and in the referee's judgment, no legal member of the attacking team could make a play on the ball.
 - D. All are correct.
- 23 . Which of the following scenarios have the potential to be screens?
- A. A player on the serving team waves arms and jumps while the ball is served on a low trajectory over the player.
 - B. A player moves sideways or stands close to the server preventing the receiving team from seeing contact of the serve.
 - C. A group of two or more players, on the serving team, stand close together and the ball is served directly over them.
 - D. All would be potential screening.
- 24 . A replay may be declared when:
- A. A double whistle occurs on the serve.
 - B. A player intentionally serves the ball prior to the referee's signal.
 - C. The ball contacts a backboard hanging in the vertical position over a playable area, and in the judgment of the referee, the ball would have remained in play.
 - D. Both A and C.
- 25 . Which of the following statements is true regarding the lineup?
- A. One of the six starting players on the lineup sheet, or the libero, must be designated as the playing captain by placing a "C" next to the player's number.
 - B. Lineup must be submitted to the second referee no later than two minutes before the timed pre-match warmup ends.
 - C. Only one libero may be designated per set on the lineup sheet prior to each set.
 - D. All are true.
- 26 . The following are true regarding the serve except:
- A. A server may only serve when in the right back position.
 - B. A server shall not touch the end line at the instant the ball is contacted for serve.
 - C. A server must complete the serve within eight (8) seconds.
 - D. A server is granted one re-serve during each time of service.

- 27 . Which of the following is permitted after a replay is signaled by the first referee?
- A. A time-out request.
 - B. A substitution request.
 - C. A libero replacement.
 - D. None of the above.
- 28 . Proper substitution procedure includes:
- A. The substitute remaining in the substitution zone until the second referee releases the substitute and player.
 - B. The substitute remaining in the substitution zone until the first referee releases the substitute and player.
 - C. The substitute using the substitution zone, which is located along the sideline between the attack line and the serving line of the team's playing area.
 - D. None of the above.
- 29 . An assistant coach may stand in which of the following situations?
- A. During a dead ball in the coaching zone when one assistant coach is already standing.
 - B. During a live ball to review the accuracy of the score with the second referee.
 - C. During a dead ball in the coaching zone if no other assistant coach is standing.
 - D. During a dead ball to request a time-out.
- 30 . Which of the following statements is correct regarding a time-out?
- A. An assistant coach may verbalize or signal for a time-out.
 - B. A head coach or playing captain may verbalize or signal for a time-out.
 - C. A team non-captain may verbalize or signal for a time-out.
 - D. A head coach may request a time-out during a live ball.
- 31 . All of the following are correct, except:
- A. A time-out will last for a maximum of sixty (60) seconds.
 - B. Each team is limited to four (4) time-outs per set.
 - C. A time-out may be called by the head coach during a dead ball.
 - D. A time-out may be called prior to the start of a set.
- 32 . If using an intermission in a best three-of-five sets match, it shall be:
- A. Between the first and second sets.
 - B. Between the second and third sets.
 - C. Between the third and fourth sets.
 - D. Between the fourth and fifth sets.
- 33 . Which of the following are examples of legal uniform numbers?
- A. The numbers are the same color as the uniform with a clearly contrasting border not to exceed 1/2 inch in width.
 - B. The numbers clearly contrast from the uniform and include a border not to exceed 1/2 inch in width.
 - C. The numbers clearly contrast from the uniform and do not have a border.
 - D. B and C are legal uniform numbers.

- 34 . The first referee signals for the serve. The server tosses the ball and it hits the backboard. What is the correct call?
- A. A re-serve.
 - B. An illegal serve.
 - C. A service fault.
 - D. Unsporting conduct.
- 35 . At the moment of the serve, which statement about player positioning is not true?
- A. All players, including the libero, shall be in the correct serving order.
 - B. All players, including the libero, are not required to be in the correct serving order.
 - C. No player, other than the server, may have any part of the body touching the floor outside of the boundary lines.
 - D. All players, except the server, shall be within the team's playing court and boundary lines.
- 36 . For illegal alignment, loss of rally/point is awarded to the opponent for:
- A. Positioning, at the moment of a legal serve, of any player other than the server, outside the boundaries of the playing area.
 - B. Overlapping by players other than the server at the moment a legal serve occurs.
 - C. Both A and B.
 - D. None of the above.
- 37 . Which statement is correct regarding an unruly spectator disrupting the set?
- A. The first referee gives a yellow card to the coach of the team for whom the fan is yelling.
 - B. The first referee approaches the spectator and tells the spectator to leave the facility.
 - C. The first referee suspends the set until the host management resolves the situation, then play continues.
 - D. The second referee approaches the spectator and tells the spectator to leave the facility.
- 38 . Which is NOT considered unsporting conduct for a coach:
- A. Abusing the re-serve rule.
 - B. Making any excessive requests designed to disrupt the set.
 - C. Disrespectfully addressing, baiting or taunting anyone involved in the contest.
 - D. All of the above are considered unsporting conduct for a coach.
- 39 . Which of the following is true for substitution requests?
- A. Substitution requests can be made prior to the start of the set.
 - B. Substitutions requests can be made during a live ball.
 - C. Substitution requests can be made by an assistant coach.
 - D. Substitution requests can be made by a player on the court.
- 40 . Which of the following statements is false regarding music and/or sound effects?
- A. Music/sound effects are permitted prior to start of the set.
 - B. Music/sound effects are permitted during warm-ups.
 - C. Music/sound effects are permitted during play.
 - D. Music/sound effects are permitted during time-outs.

- 41 . A referee shall stop play when:
- A. A ball is played over a nonplayable area and the player has a body part in contact with a playable area at the same time the ball is contacted.
 - B. The ball contacts a cable used to retract a ceiling-suspended net system.
 - C. The ball contacts any part of a backboard or its supports, over the playable area.
 - D. Both B and C.
- 42 . In the case of an injury/illness to the libero during the set and the libero cannot continue to play, the head coach is permitted to:
- A. Replace the libero with any player on the bench.
 - B. Complete a legal libero replacement and request a substitution for another player on the court during the injury time-out.
 - C. Complete a legal libero replacement for the injured/ill player and may substitute for the replacement player.
 - D. Take as much time as needed to decide if the player can continue play.
- 43 . When a player changes uniforms due to blood or damage, the following is true:
- A. If the number changes, the roster is corrected.
 - B. No penalty is assessed.
 - C. A loss of a time-out will be assessed to the offending team.
 - D. A and B are correct.
- 44 . The first referee shall whistle and direct players to their respective end lines prior to the first set. What players are permitted to stand on their respective end lines?
- A. Any rostered player.
 - B. Starting players only.
 - C. Starting players and libero only.
 - D. Non-starting players only.
- 45 . Which of the following fault penalties are false?
- A. For a double fault during a live-ball play, a loss of rally/point is awarded to the opponent.
 - B. For a double fault during a dead ball, the penalty is assessed against the serving team followed by the receiving team with both teams rotating.
 - C. For a simultaneous fault during a dead ball, all applicable penalties are accessed.
 - D. For a multiple fault, only one penalty is assessed (loss of rally/point).
- 46 . Unless state association rules determine otherwise, a match shall be declared a forfeit when:
- A. A disqualified individual violates conduct rules following disqualification.
 - B. A team refuses to play when directed to do so by the first referee.
 - C. A coach is removed for unsporting conduct and no school personnel is present to assume responsibility for the team.
 - D. All of the above.

- 47 . Which of the following statement(s) is true regarding the volleyball?
- A. The volleyball shall include the NFHS Authenticating Mark.
 - B. The volleyball shall be spherical with a laceless molded cover.
 - C. The volleyball shall measure at least 21 inches but no more than 24 inches in circumference.
 - D. A and B are true.
- 48 . When should a scoresheet be supplied to the officials' table?
- A. At least 5 minutes before the match.
 - B. At least 10 minutes before the match.
 - C. At least 15 minutes before the match.
 - D. At least 20 minutes before the match.
- 49 . Failure to submit a roster to the second referee at the pre-match conference results in the following penalty:
- A. An administrative red card shall be assessed at the start of the set.
 - B. An unnecessary delay (administrative yellow card) shall be assessed at the start of the set.
 - C. Offending team is charged a time-out.
 - D. A loss of rally/point is given to the offending team.
- 50 . Once a first referee signals for service, which of the following requests is permitted prior to the ball being served?
- A. Libero replacement
 - B. Substitution
 - C. Time-out
 - D. None of the above

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- 51 . What signal is being demonstrated by the line judge?
- A. Antenna Violation
 - B. Service Line Fault
 - C. Obtaining R1's Attention
 - D. Inbounds

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- 52 . The first ball contact by player No. 11 is an illegal contact.
- A. True
 - B. False

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- 53 . What is the correct call when judging the action of the setter dump in red assuming that the ball is not completely above the height of the net?
- A. The setter's contact is legal.
 - B. The setter's contact is illegal.

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- 54 . Does the libero in white commit a back-row attack violation?
- A. Yes, contact is made in front of the attack line and is a fault regardless of where the ball is in relation to the height of the net.
 - B. No, contact is made when the ball is partially below the height of the net.

<https://exam-creator.s3.amazonaws.com/volleyball/Game 3-Wantagh vs Niagara Winfield-e44df47a9ae5490f8a93aceb9ca64c25.mp4>

- 55 . Which of the following statements is true regarding the assistant coach on the near-side?
- A. The assistant coach is standing legally throughout the play in the coaching zone.
 - B. The assistant coach is standing illegally throughout the play in the coaching zone.