**VOLLEYBALL HONOR REQUIREMENTS**

**INSTRUCTOR REQUIRED**

This honor has been created thanks to the work of two divisions: ESD & SAD.

* Describe the current FIVB rules and mention the eight major rules of volleyball.
* What does the expression “fair play” or “clean game” mean especially to a Christian?
* Define the following terms:
	+ Ace
	+ Assist
	+ Attack
	+ Bump
	+ Carry
	+ Lift
	+ Dig
	+ Dink
	+ Double hit
	+ Dump
	+ Five-One & Six-Two
	+ Free ball
	+ Joust
	+ Kill
	+ Libero
	+ Match Point
	+ Middle hitter
	+ Opposite hitter
	+ Outside hitter
	+ Rotation
	+ Service / Serve
	+ Set
	+ Spike
	+ Time out
* Demonstrate and understand the different skills required for each position of volleyball.
* Demonstrate reasonable proficiency in the following areas:
	+ Underhand Serve
	+ Overhand Serve: The Floater
	+ Passing
	+ Hitting
	+ Blocking
	+ Setting
	+ Rolling
* If a beginning player, spend at least 4 hours learning and improving your volleyball skills from a more experienced player. If an experienced player, spend at least 4 hours helping a less skilled or younger player improve their skills in volleyball.
* Play at least ten games of volleyball with a full team (6 people). Show “fair play” during practice and games.
* Report through a paper, skit, or other display about a famous volleyball player. Talk about why you think this player is a good role-model for a Christian.
* Draw a to-scale volleyball court with properly defined boundaries. Label the dimensions including net height, sidelines, end lines, attack line, and center line.
* Discuss, with your leader, pastor or teacher, the problems faced by the Seventh-day Adventist young person who wishes to compete at the secondary and college level. What alternatives are there to allow continuous involvement in the sport?
* Discover and evaluate what Ellen G. White has to say about the proper use of competitive sports by Christians.
* Share at least one spiritual lesson that you have learned from your experience with a volleyball team.