**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.