

# DTE - DC - PHYSICAL EDUCATION

## FURTHER READING

### VOLLEYBALL EQUIPMENT

#### Court equipment and official's equipment

##### 1. Volleyball Facilities

###### (a) Volleyball Court

- Size: 18 meters (59 feet) long × 9 meters (29.5 feet) wide.
- Attack Line: Located 3 meters from the net; separates front-row and back-row players.
- Center Line: Divides the court into two equal halves.
- Service Area: A 9-meter-wide section behind the end line for serving.

###### (b) Playing Surface

- Indoor Volleyball: Played on a wooden or synthetic court with a smooth, non-slip surface.
- Beach Volleyball: Played on sand with a smaller court size (16m × 8m).

###### (c) Boundary Lines

- Clearly marked with white or yellow lines to define the court limits.

##### 2. Volleyball Equipment

###### (a) Volleyball Ball

- Material: Synthetic leather or leather.
- Circumference: 65-67 cm.
- Weight: 260-280 grams.
- Pressure: 0.30-0.325 kg/cm<sup>2</sup>.
- Beach Volleyball: Slightly larger and softer than indoor volleyball.

###### (b) Volleyball Net and Posts

- Net Height:
  - Men's: 2.43 meters (7 feet 11 5/8 inches).
  - Women's: 2.24 meters (7 feet 4 1/8 inches).
  - Junior Volleyball: Lower heights for younger players.
- Net Width: 9.5 - 10 meters.
- Net Antennas: Vertical rods placed 1 meter outside the sidelines to mark legal play areas.
- Posts: Placed 0.5 to 1 meter outside the sidelines and padded for safety.

###### (c) Player Uniform and Gear

- Jerseys & Shorts: Each team wears matching uniforms.
- Knee Pads: Protect players from floor impact.
- Volleyball Shoes: Lightweight, non-slip, and designed for jumping.
- Arm Sleeves & Ankle Braces (optional): Provide extra support.

###### (d) Referee Equipment

- Whistle: Used to signal game actions.
- Scoreboard: Keeps track of points and sets.
- Red & Yellow Cards: Used for penalties and warnings.