

**Vidya Bhawan Balika Vidya Peeth**

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**Subject – Physical Education**

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**Court Measurement Of Volleyball :**

- The volleyball court has a rectangular shape and has to measure 18 meters long and 9 meters wide.
- The field is divided into two equal parts and the line is called Center line.
- The length of the net is 9.50m and the width is 1m.
- The size of the square in the net is 10cm.
- The height of the net from ground is 2m 43cm for men.

- **The height of the net from ground is 2m 24cm for women.**
- **The circumference of the ball is 65cm to 67cm.**
- **The weight of the ball is 260g to 280g.**
- **The number on the chest and back's of the player length is 15cm and width is 2cm.**
- **The Air pressure in the ball is 0.40 to 0.45kg/cm sq.**
- **Types of service in volleyball :**
  - 1. Underhand service**
  - 2. Floater service**
  - 3. Round arm service**
  - 4. Smashing**
  - 5. Topspin service**
  - 6. Tennis service**