

NFHS VOLLEYBALL PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What happens if a player contacts the net during a play?**
 - A. They score a point for their team
 - B. It depends on the circumstances
 - C. They commit a fault
 - D. The play continues without penalty
- 2. What is required from a player to execute a successful spike?**
 - A. Timing, approach, and arm swing
 - B. Strength training and stamina
 - C. All-around court awareness
 - D. High vertical leap and speed
- 3. When does a player receive a yellow card during a match?**
 - A. For unsportsmanlike conduct
 - B. For excessive timeouts
 - C. For arguing with the referee
 - D. For leaving the court without permission
- 4. When can substitutions occur in a high school volleyball match?**
 - A. During any serve
 - B. At the beginning of each game
 - C. Between rallies and during stoppages in play
 - D. Only at timeouts
- 5. When is a live ball considered dead?**
 - A. When it hits the net
 - B. When it touches the floor
 - C. When the referee blows the whistle
 - D. When it goes out of bounds
- 6. What is the main purpose of rotation in volleyball?**
 - A. To confuse the opposing team
 - B. To ensure each player has a chance at every position
 - C. To allow players to serve multiple times
 - D. To maintain equal playing time for all players

- 7. Barrettes and other hair accessories are allowed as long as they do NOT:**
- A. Increase risk to players or teammates
 - B. Are brightly colored
 - C. Are made of plastic
 - D. Are worn outside of the hair
- 8. Can a back-row setter send the ball over the net when the ball is below the height of the net?**
- A. No, they cannot send the ball over
 - B. Yes, they can
 - C. Only if they do it with a bump
 - D. Only during a free ball
- 9. What is the significance of a "17-point lead" in a volleyball match?**
- A. It guarantees a match win
 - B. It allows for a potential 'mercy rule' to come into effect
 - C. It indicates a team is dominating
 - D. It results in a set automatically ending
- 10. What is the role of referees during a volleyball match?**
- A. To coach the players
 - B. To ensure the rules are followed and make decisions on the play
 - C. To assist with the scorekeeping
 - D. To act as spectators to the game

Answers

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1. C
2. A
3. A
4. C
5. B
6. B
7. A
8. B
9. B
10. B

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Explanations

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1. What happens if a player contacts the net during a play?

- A. They score a point for their team
- B. It depends on the circumstances
- C. They commit a fault**
- D. The play continues without penalty

When a player contacts the net during a play, the action generally results in a fault. This means that if the player touches the net with their body or uniform while trying to hit the ball, it is considered a mistake under the rules of volleyball. As a consequence, the opposing team is awarded a point, and the serve goes to them. Understanding the rules surrounding net contact is crucial for players, as this kind of infraction directly impacts the outcome of a rally. While there can be some nuances to when net contact is deemed a fault—such as if it merely grazes the net without affecting the play—the general rule holds that any significant contact resulting in interference, especially when the player is in the act of playing the ball, will be called as a fault. This reinforces the importance of maintaining control and awareness of one's position relative to the net during play.

2. What is required from a player to execute a successful spike?

- A. Timing, approach, and arm swing**
- B. Strength training and stamina
- C. All-around court awareness
- D. High vertical leap and speed

For a player to execute a successful spike, they must master the combination of timing, approach, and arm swing. Timing is crucial because the player needs to meet the ball at the right moment, ensuring they make contact at the highest point for maximum power and precision. The approach involves the player's footwork and body positioning as they run towards the ball, setting them up to jump effectively. Lastly, a proper arm swing is necessary to generate the force needed to hit the ball with speed and direction. While strength training and stamina can enhance a player's overall performance on the court, they are not specific requirements for executing a spike. Similarly, court awareness is important in a broader sense but does not directly pertain to the mechanics of the spike. A high vertical leap and speed can be advantageous, but they are not the foundational skills required specifically for executing a spike. Therefore, focusing on the essential elements of timing, approach, and arm swing defines how a player can successfully spike the ball.

3. When does a player receive a yellow card during a match?

- A. For unsportsmanlike conduct**
- B. For excessive timeouts
- C. For arguing with the referee
- D. For leaving the court without permission

A player receives a yellow card during a match as a disciplinary action for unsportsmanlike conduct. This can include behaviors such as showing disrespect to opponents, officials, or the game itself. The yellow card serves as a warning to the player that their behavior is unacceptable and that they must adhere to the conduct expected in volleyball matches. Receiving a yellow card is important because it signifies that the player has crossed a line and must be mindful of their actions moving forward. If a player continues to engage in unsportsmanlike behavior, they may receive additional penalties, which could escalate to a red card and subsequent removal from the match. This system of carding is crucial for maintaining good sportsmanship and ensuring a fair competitive environment during the game.

4. When can substitutions occur in a high school volleyball match?

- A. During any serve
- B. At the beginning of each game
- C. Between rallies and during stoppages in play**
- D. Only at timeouts

Substitutions in high school volleyball are allowed between rallies and during stoppages in play, making this the correct and most accurate choice. This rule is designed to maintain the flow of the game while allowing coaches to manage their players effectively. Substitutions can occur after a rally has concluded, which ensures that both teams are ready for the next play, thus preventing disruptions during the actual play. This timing provides opportunities for strategic adjustments as the match progresses. In contrast, other situations, such as a serve or timeouts, do not typically allow for substitutions. Allowing substitutions during a serve would create interruptions and potentially confuse players during critical moments. Additionally, restricting substitutions to only timeouts would limit a coach's ability to react to ongoing developments in the match. These constraints highlight the importance of allowing flexibility to make changes between rallies and during stoppages, ensuring a smooth and efficient game experience.

5. When is a live ball considered dead?

- A. When it hits the net
- B. When it touches the floor**
- C. When the referee blows the whistle
- D. When it goes out of bounds

A live ball in volleyball is considered dead when it touches the floor. This is a fundamental rule of the game, as any ball that lands in or out of the playing area has definitive implications on play. When the ball hits the floor, the rally concludes, and the point is awarded to the opposing team if the ball fell into their court. The moment the ball touches the ground, it signifies that play has stopped due to the completion of that rally. This rule helps to create clear boundaries in the game, as it establishes that the floor serves as a definite endpoint for the ball's trajectory during active play. While hitting the net and going out of bounds can affect the play, they do not automatically indicate that the ball is dead. Similarly, the referee's whistle signals the end of play, but it is not the physical contact of the ball with the ground that causes the rally to end. Understanding this helps players and coaches focus on the importance of ball control and placement, as well as strategic positioning to avoid allowing the ball to touch the ground in their own area.

6. What is the main purpose of rotation in volleyball?

- A. To confuse the opposing team
- B. To ensure each player has a chance at every position**
- C. To allow players to serve multiple times
- D. To maintain equal playing time for all players

The main purpose of rotation in volleyball is to ensure each player has a chance at every position. The rotation system allows players to play in different roles such as front row or back row, allowing them to develop a well-rounded skill set and improve their understanding of various aspects of the game. This system also enhances teamwork, as players must adapt to different strategies and responsibilities as they move around the court. When teams rotate, it promotes a balanced distribution of playing time and opportunities at different positions, ensuring players can showcase their strengths in various roles. This is essential for growth as it prevents any single player from being limited to one position, fostering versatility within the team.

7. Barrettes and other hair accessories are allowed as long as they do NOT:

A. Increase risk to players or teammates

B. Are brightly colored

C. Are made of plastic

D. Are worn outside of the hair

Hair accessories such as barrettes are permitted in volleyball as long as they do not increase the risk of injury to players or teammates. This guideline ensures that while players can maintain their personal style and manage their hair during play, safety remains the top priority. Accessories that could pose a danger, such as those that could snag on another player or become a projectile during movement, are not allowed. The other factors, such as color, material, or placement of the hair accessories, do not inherently affect the safety of the players. Bright colors, plastic materials, or wearing accessories outside of hair don't necessarily correlate with safety hazards, which is why they are not part of the core criteria for allowing hair accessories in the game. The emphasis on risk minimization ensures that the gameplay remains safe and enjoyable for all participants.

8. Can a back-row setter send the ball over the net when the ball is below the height of the net?

A. No, they cannot send the ball over

B. Yes, they can

C. Only if they do it with a bump

D. Only during a free ball

In volleyball, a back-row setter is allowed to send the ball over the net even if it is below the height of the net, as long as they follow the rules pertaining to back-row players and their attacks. This is crucial because the team's strategy often involves using the setter to deliver accurate plays from various positions on the court. When the ball is below the net height, it does not restrict the setter's ability to send it over, thus allowing for creative offensive strategies. The back-row setter playing the ball in this manner can be important in transitioning play and setting up for attacks while abiding by the regulations of the game. Understanding this aspect supports the idea that players should be aware of various situations in which they can legally play the ball, thereby enhancing their skills and team collaboration during matches.

9. What is the significance of a "17-point lead" in a volleyball match?

A. It guarantees a match win

B. It allows for a potential 'mercy rule' to come into effect

C. It indicates a team is dominating

D. It results in a set automatically ending

A "17-point lead" in a volleyball match can be particularly significant when considering the application of a mercy rule. In volleyball, many leagues employ a rule where if one team has an overwhelming lead—often set at a specific threshold such as 15 or 17 points—the match may be stopped or automatically concluded to prevent excessive disparity and maintain sportsmanship. This rule is in place to ensure that games remain competitive and respectful for all participants. When a team leads by 17 points, it indicates that they have outperformed their opponents significantly, making it an appropriate moment for officials to assess the situation under the mercy rule. The essence of this rule emphasizes the importance of fair play and the experience of the game, particularly for younger athletes or amateur leagues where educational development and enjoyment are fundamental priorities. In contrast, while a 17-point lead might generally suggest one team is dominating, it does not automatically guarantee a match win, nor does it result in a set automatically ending without the context and ruling of the mercy rule being applied.

10. What is the role of referees during a volleyball match?

- A. To coach the players
- B. To ensure the rules are followed and make decisions on the play**
- C. To assist with the scorekeeping
- D. To act as spectators to the game

The role of referees during a volleyball match is to ensure that the rules are followed and make decisions on the play. Referees are the officials responsible for monitoring the match to maintain fairness and uphold the integrity of the game. They make calls on various aspects of play, such as whether a ball is in or out, if a player has committed a fault, and other crucial decisions that affect the flow of the game. Their authority ensures that both teams adhere to the established rules, allowing for an orderly and competitive environment. The other options are not suitable for this question. Coaching players is outside the referees' responsibilities; their focus is solely on officiating. While referees may assist indirectly with scorekeeping, it is primarily the responsibility of scorekeepers to track points and team stats. Lastly, acting as spectators contradicts their role, as referees must be actively engaged in monitoring the game and ensuring compliance with the rules rather than simply observing.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://nfhsvolleyball.examzify.com>

We wish you the very best on your exam journey. You've got this!

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