

# SELF-LEARNING MODULE

**GRADE 9**

**QUARTER 1**

**WEEK 7  
P.E.**



**MOST  
ESSENTIAL  
LEARNING  
COMPETENCIES**

- Involves oneself in community service through sports officiating and physical activity programs (PE9PF-Ie-h-41)

**TOPICS**

**SPORTS OFFICIATING, VOLLEYBALL**



## EXPECTATION

At the end of this module, you are expected to :

- name the parts of the volleyball court;
- show the proper rotation of players in an actual game;
- use hand signals in volleyball in an actual game; and
- appreciate the role of Game Official to the success of a game.
- enumerate the qualities of a good officiating officials;
- execute properly the hand signals in volleyball with your family as immediate members of the community; and
- create a volleyball sports program within your family and community



## BRIEF INTRODUCTION

The role of an official is very crucial in a sporting effort. He defines the success or failure of a certain physical activity. It is therefore necessary for an aspiring officiating official to possess qualities for him to meet the goal of having a satisfying, complain-free, impartial, and successful game.

**Here are the Seven Qualities of a Good Sports Official** by Sports Excel Officiating

1. **INTEGRITY.** A great sports official is the last guardian of honesty in athletics. He must maintain a complete absence of bias.
2. **HUSTLE.** Since officiating is a game of angles and positioning, officiating hustle describes movement and court position. Every great official moves efficiently to be in the right place at the right time. It's the only way to see the entire play and make the correct call.
3. **JUDGMENT.** Great judgment is a by-product of effort and experience. It goes beyond the rule book and includes an almost instinctive ability to apply the critical principal of "advantage/disadvantage." When you see a play, in virtually

every circumstance, if there is no advantage gained and if no player has been put at a disadvantage there should be no call. Simply put: No harm, no foul.

4. **COMMUNICATION.** Basically, communication means, "Can you deal with people?" Can you deal with coaches and players during the game? Communication can be accomplished in many ways and in most cases the situation will dictate your appropriate response.
5. **CONSISTENCY.** Young officials have more difficulty with consistency than any other quality, mainly because they lack the experience to realize when their decisions are inconsistent. Everyone has some difficulty in this regard, but the great officials are unrelenting in their judgment. They see and call a game better than their colleagues.
6. **COURAGE.** Regardless of the situation, personalities involved, pressures from the crowd or possible repercussions, great officials place fairness above all other concerns. They act courageously and according to the dictates of that value.
7. **COMMON SENSE.** I've saved the best for last. Of the qualities discussed, common sense is the most important. That which is fair and right must take precedence throughout each game.

These qualities are important for any Sports Official on how they will handle themselves and the competition at the beginning until the end.

## 1.1 Qualities of Officiating Officials

The essence of a good official lies in the concept of fairness and consistency which is to be fair to every participant and to be viewed as fair by the spectators. By being accurate in his/her judgement, by understanding why the rule is written, by being as educator and by promoting the game

- **Physical Qualities-**physical attributes of an official (Physical Fitness)
- **Emotional Qualities-** emotional readiness of an official
- **Mental Qualities-**mental preparations in officiating game
- **Social Qualities-** to deal with others at any given situation.

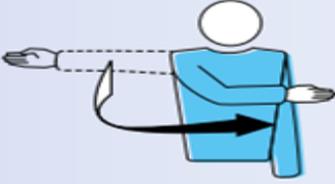
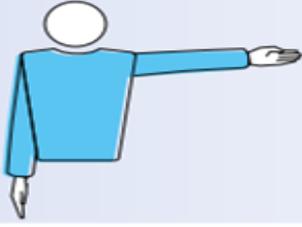
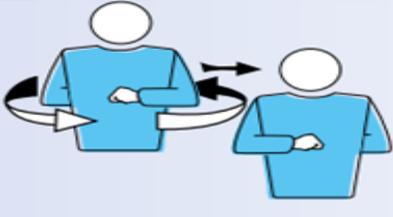
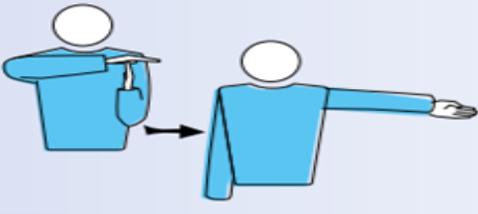
## 1.2 FIVB Official Hand Signals in Volleyball

The referee must use only the official hand signals. The use of any other signals should be avoided, but in case, they should be used only when it is absolutely necessary to be understood by the team members

- **Decision by the First Referee.** The 1<sup>st</sup> referee will signal the end of rally (or fault) by the whistle, indicate side to serve next, indicate the nature of the fault, then the player at fault if necessary/.
- **Decision by the Second Referee.** (e.g. net fault, illegal back row block, etc.). The sequence by the 2<sup>nd</sup> referee: whistle, indicate the nature of the fault, indicate the player at fault, pause, then follow the 1st referee signal for side to serve next

Legend:

- **F S** Referee(s) who must show the signal according to their regular responsibilities
- **(F) (S)** Referee(s) who show the signal in special situations

<p><b>1 AUTHORISATION TO SERVE</b></p> <p>Relevant Rules: 12.3, 22.2.1.1</p> <p>Move the hand to indicate direction of service</p>  <p><b>F</b></p>
<p><b>2 TEAM TO SERVE</b></p> <p>Relevant Rules: 22.2.3.1, 22.2.3.2, 22.2.3.4</p> <p>Extend the arm to the side of team that will serve</p>  <p><b>F S</b></p>
<p><b>3 CHANGE OF COURTS</b></p> <p>Relevant Rule: 18.2</p> <p>Raise the forearms front and back and twist them around the body</p>  <p><b>F</b></p>
<p><b>4 TIME-OUT</b></p> <p>Relevant Rule: 15.4.1</p> <p>Place the palm of one hand over the fingers of the other, held vertically (forming a T) and then indicate the requesting team</p>  <p><b>(F) S</b></p>
<p><b>5 SUBSTITUTION</b></p> <p>Relevant Rules: 15.5.1, 15.5.2, 15.8</p> <p>Circular motion of the forearms around each other</p>  <p><b>(F) (S)</b></p>
<p><b>6a MISCONDUCT WARNING</b></p> <p>Relevant Rule: 21.1, 21.6</p> <p>Show a yellow card for warning</p>  <p><b>F</b></p>

**6b MISCONDUCT PENALTY**

Relevant Rules: 21.3.1, 21.6, 23.3.2.2

Show a red card for penalty

F



**7 EXPULSION**

Relevant Rules: 21.3.2, 21.6, 23.3.2.2

Show both cards jointly for expulsion

F



**8 DISQUALIFICATION**

Relevant Rules: 21.3.3, 21.6, 23.3.2.2

Show red and yellow cards separately for disqualification

F



**9 END OF SET (OR MATCH)**

Relevant Rules: 6.2, 6.3

Cross the forearms in front of the chest, hands open

F S



**10 BALL NOT TOSSED OR RELEASED AT THE SERVICE HIT**

Relevant Rule: 12.4.1

Lift the extended arm, the palm of the hand facing upwards

F



**11 DELAY IN SERVICE**

Relevant Rule: 12.4.4

Raise eight fingers, spread open

F



**12 BLOCKING FAULT OR SCREENING**

Relevant Rules: 12.5, 12.6.2.3, 14.6.3, 19.3.1.3, 23.3.2.3a, g, 24.3.2.4

Raise both arms vertically, palms forward

F S



**13 POSITIONAL OR ROTATIONAL FAULT**

Relevant Rules: 7.5, 7.7, 23.3.2.3a, 24.3.2.2

Make a circular motion with the forefinger

F S



#### 14 BALL "IN"

Relevant Rule: 8.3

Point the arm and fingers toward the floor

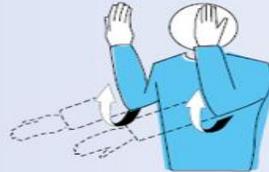


F S

#### 15 BALL "OUT"

Relevant Rules: 8.4.1, 8.4.2, 8.4.3, 8.4.4, 24.3.2.5, 24.3.2.7

Raise the forearms vertically, hands open, palms towards the body



F S

#### 16 CATCH

Relevant Rules: 9.2.2, 9.3.3, 23.3.2.3b

Slowly lift the forearm, palm of the hand facing upwards



F

#### 17 DOUBLE CONTACT

Relevant Rules: 9.3.4, 23.3.2.3b

Raise two fingers, spread open



F

#### 18 FOUR HITS

Relevant Rules: 9.3.1, 23.3.2.3b

Raise four fingers, spread open

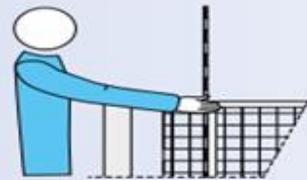


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#### 19 NET TOUCHED BY PLAYER – SERVED BALL TOUCHES THE NET BETWEEN THE ANTENNAE AND DOES NOT PASS THE VERTICAL PLANE OF THE NET

Relevant Rules: 11.4.4, 12.6.2.1

Indicate the relevant side of the net with the corresponding hand



F S

#### 20 REACHING BEYOND THE NET

Relevant Rules: 11.4.1, 13.3.1, 14.3, 14.6.1, 23.3.2.3c

Place a hand above the net, palm facing downwards



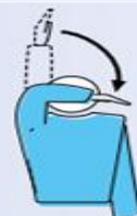
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#### 21 ATTACK HIT FAULT

Relevant Rules:

- by a back-row player, by a libero or on the opponent's service: 13.3.3, 13.3.4, 13.3.5, 23.3.2.3d, e, 24.3.2.4
- on an overhand finger pass by the libero in his/her front zone or its extension: 13.3.6

Make a downward motion with the forearm, hand open



F S

**22 PENETRATION INTO THE OPPONENT COURT  
BALL CROSSING THE LOWER SPACE OR  
THE SERVER TOUCHES THE COURT (END LINE) OR  
THE PLAYER STEPS OUTSIDE HIS/HER COURT AT THE MOMENT OF THE SERVICE HIT**

Relevant Rules: 8.4.5, 11.2.2, 12.4.3, 23.3.2.3a, f, 24.3.2.1

Point to the center line or to the relevant line

F S



**23 DOUBLE FAULT AND REPLAY**

Relevant Rules: 6.1.2.2, 17.2, 22.2.3.4

Raise both thumbs vertically

F



**24 BALL TOUCHED**

Relevant Rules: 23.3.2.3b, 24.2.2

Brush with the palm of one hand the fingers  
of the other, held vertically

F

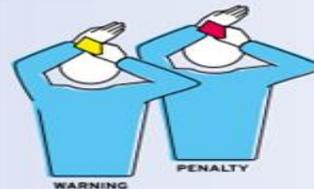


**25 DELAY WARNING/DELAY PENALTY**

Relevant Rules: 15.11.3, 16.2.2, 16.2.3, 23.3.2.2

Cover the wrist with a yellow card (warning)  
and with a red card (penalty)

F



 **ACTIVITY 1**

**My Ideal Officiating Official**

- Consider the previous reading on the qualities of an officiating officials. Draw on a separate sheet of paper the picture of your ideal officiating official.
- List down the qualities that you want to have if you are going to be an officiating official.

 **ACTIVITY 2**

**Referee Tiktok Dance Challenge**

- Study the official hand signals in volleyball together with your family
- Bond with your family as you present a dance video using the official hand signals in volleyball

- Prepare a three-minute dance video on Tiktok and submit it to your teacher`s messenger/Facebook account or send your flash drive together with this module
- You may watch the sample dance video of the official hand signals in volleyball in these links as your reference. <https://www.youtube.com/watch?v=Q1v4LAFg9ss>  
<https://www.youtube.com/watch?v=3VHd8n5vnVQ>



## ACTIVITY 3

**LET’S OFFICIATE IT:** This is the opportunity for an aspiring game official to expand his/her knowledge and skills in officiating

POINT TO REMEMBER:

You need to officiate a community game to influence the community’s awareness of the value officiating in improving one’s fitness.

HERE’S HOW TO DO IT

In this activity, you need to improvised materials or equipment when needed. You need to follow certain routine. You need to documents the game through video to be sent to the email or Facebook Messenger of the Teacher in charge.

Do the following:

...Your Community: Member of your Family

(Ask some member of the family that live with you to help you in this activity)

...Your Field: Your Home

(A simple room or small space where you can use for your video presentation)

...Your Rule: Modify your rules that fit to your community and field.

...Your Equipment: Improvised your equipment. For example: Ball is made of paper roll, your net is a simple cord, your line is simple masking tape or chalk. Etc.

Do the Regular Routine: (This must be included in the video presentation)

- Heart Rate LOG (PRE): Measuring the heart rate before the activity ( for 60 seconds)
- Warm Up: Do a Static Stretching (This was done already on your previous lesson)
- Activity Proper: Actual Game Shooting (Act as the Game Official). Have Fun!!!
- Heart Rate LOG(POST): Measuring the heart rate after the activity (for 60 seconds)
- Cool Down: Shake your arms then roll your waist and after shake your feet.

Note:

You don’t need to play actual game. You just actors need to pretend as officials and players

Study the Rubrics below for your output.

CRITERIA	POINTS		
	5	3	1
Participation	Student was on task, participated at all times	Student was on task, participated most of the time.	Student was on task, participated few times
Material Management	Manage available materials in every task	Manage available materials some task	Manage available materials when remember

Rules Management	Manage objectively the rules at all times	Manage objectively the rules most of the times	Manage objectively the rules in few times
Reflection	Project reflects results of growth and fun	Project reflects results of either growth or fun	Project reflects results of growth and fun somehow

**Note:** Rubrics are set of Criteria for you to be graded by your Teacher.



## REMEMBER

- **Sports** It is organized and the goal is more of competition. It is a very wide field, composed of several types and events which is played with one another. It is a popular activity of most people all over the world because it involves the circle of fun, excitement and challenging parts to its participants. Beside the idea of participating a sports event that mostly limited on the players' role in the sports field they choose perhaps the one being highlighted during competitions. But there is more to sports than just being a player and that is officiating.
- **Sports Officiating** is an important part of any sports activity whether it is competitive or recreational. It helps in making the activity more challenging and fun. Good officiating results in good game and good game provides better entertainment. Sports' officiating is not just the "judge role in the court." More importantly, it benefits us by improving our fitness. Participation in physical activities such as officiating coup



## CHECK YOUR UNDERSTANDING

Now that we have a deeper understanding of **Sports Officiating**, let us now know your personal point of view on what you value most.

Here`s how:

1. Listed are the characteristics and values of an official. Review them properly.

SUPPORTIVE	RESPECTFUL	HEALTHY	PROFESSIONAL
INTEGRITY	HONESTY	RESPONSIBLE	LEGAL

ACCURATE

FAIRNESS

LIFESTYLE

LOYALTY

2. Answer the following questions:

- If you were an official, which of the values and characteristics should you possess for the rest of your life? Why?
- Which of the values and characteristics is the most important for an official to possess? Why?

Here are the player positions inside the playing court:



### **Situational Picture Analysis:**

According to the picture above, the Libero position is at the back row of the playing court. If the players rotate to serve the ball. Can Libero play in front row? Encircle your answer.

- a. Yes, because normally a Libero is a defensive specialist.
- b. No, it is a violation of the game because he cannot hand set a ball while in front