

## ARCHERY - \*

**Equipment:** For outdoor shooting, targets forty-eight inches in diameter are used. The face of the target consists of a circular piece of oilcloth on which five concentric rings are painted. The diameter of the painted area is forty-eight inches. ~~Arrows~~ are usually twenty-seven inches in length for men and twenty-six inches for women. Children frequently use arrows twenty-four inches long.

Ground quivers made of wire and stuck in the ground at the shooting line are a decided convenience.

**Scoring:** The target has five rings, and arrows piercing these rings count nine, seven, five, three, and one. The score for each arrow is recorded on the score card and then the number of hits and the total score. That is, if six arrows were shot, two of which landed in the outer ring and one each in each of the other rings, the score would appear on the card as follows: 975311 6-26 This indicates that six hits were made which totalled to a score of twenty-six.

An arrow passing through the target, or rebounding from the scoring area of it, scores in the higher circle even though it barely touches it. An arrow which jumps off the string counts as a shot unless the archer can touch it with his bow.

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## AERIAL DARTS

The court is twenty by fifty feet in size. Teams may consist of two or more players. Regular shuttlecocks are used and the players are equipped with paddles, tennis rackets, or badminton rackets. The rules follow those of Volleyball.

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## VOLLEYBALL

**Ball:** The game is played with a regulation volleyball which is one inch less in diameter than a basketball and is much lighter, weighing between one-third and one-half as much. For

**Court:** The size of the regulation court for men is thirty by sixty feet, divided by the net into two areas, each thirty feet square. For girls and younger players it is wise to reduce the size of the court to twenty-five by fifty feet.

The net is thirty-two feet long and is stretched tightly across the court midway between the end lines and parallel to them, attached to posts outside the court. The height of the net for official men's play is eight feet from the ground to the top of the net, but for general school use and for young players it is recommended that the height be lowered to seven feet six inches.

**Rotation:** In Volleyball the players do not hold the same positions throughout the game; they rotate, shifting to each position in turn, moving forward one place every time their side gets a turn at serving.

**Serving:** The player occupying the right hand back corner position, standing with both feet behind his own backline, tosses the ball up and then bats it with his hand forward over the net. The hand may be either open or closed in serving. The served ball must not touch the net or any player of the serving side, must go over the top of the net and fall in the opponents' court. Otherwise the serve is lost and the ball goes to the opponents. For men, only one attempt is permitted in serving, but the rules for women permit two attempts. A player serves only so long as his side wins; when it fails to win it is out and the opposing side serves. The players serve in turn as they get successive innings, rotating as soon as they get possession of the ball for service.

**Returning the Ball:** When the ball is fairly served, the players of the opposing side try to keep it in the air, and to bat it back over the net. Play continues in this manner until the ball strikes the floor, strikes the person of a player below the hips, goes out-of-bounds, or until, for some reason, the ball is declared dead. Men may use any part of the body above the hips in playing the ball. Girls may give the ball momentum only with the use of the hands and arms.