

The Changing Rules of the Game, Volleyball Player Systematic Structure and Effects in Applying

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Abstract

Purpose: We the purpose of this study, ranging from past to present and play volleyball rule changes that occur related to industry structure, how structure affects in applying with a systematic trial.

Method: Volleyball, starting from the date of the present day sports entertainment, sport has become a subject performance. . As regards; the changing rules of the game, in terms of volleyball player systematic structure and effects on performance.

The changing rules of the game, volleyball player systematic structure and effects the exhibition of the game, tactical understanding of the game is to combine the implementation of different systems to meet the needs of training and competition has created situations. Volleyball to purpose of changing the rules of the game, service, location and block combinations to improve defense, reducing the effect of conditions of service coverage and attack the ball to extend the duration of stay in the game. Thus, the visuals might volleyball, in terms of spectators and media will become attractive. While this study, scan was used during the research literature.

Results: According to the data obtained from the literature, that the structural changes in the volleyball is thought to cause the positive and negative impact in the volleyball.

Conclusion: Result of this research, the changing rules of the game affected the players' and the exhibition of the game and the diversity of training, volleyball game speed has increased, and became the focus of visual winning. The conclusion of every move made in the field with a number of players has increased and with it the responsibility of the importance of individual tactical exercises may have gained more importance.

Keywords: Volleyball, Changing Rules, Systematic Structure, Applying

Değişen Oyun Kurallarının, Voleybol'un Sistemik Yapısı ve Oyunun Uygulanması Üzerindeki Etkileri

Özet

Amaç: Bu çalışmada, geçmişten günümüze kadar uzanan voleybol branşı ile ilgili meydana gelen kural değişiklikleri ve oyun yapısının, oyunun uygulanışı ile sistemik yapıyı ne kadar etkilediğini araştırmayı amaçladık.

Yöntem: Voleybol, tarihten günümüze eğlence sporu olarak başlayıp, performans sporu haline gelmiş bir branştır. Bu bakımdan, saha ve malzeme ölçüleri, oyun kuralları ve taktiksel anlayış açısından değişkenlik göstermiştir. Değişen kurallar ve voleybolun sistemik yapısı, birçok gerekliliği de beraberinde getirmiştir. Oyunun taktiksel anlayışı değişik sistemlerin uygulanmasıyla birleşip antrenman ve müsabaka ihtiyaçlarını karşılamaya yönelik durumları oluşturmuştur. Voleybolda değişen oyun kurallarının amacı, servis, yer defansı ve blok kombinasyonlarını geliştirmek, servis karşılama ve hücum durumlarının etkisini azaltarak topun oyunda kalma süresini uzatmaktır. Böylece, voleybola görsellik katılacak, seyirci ve medya açısından çekici hale gelecektir.

Araştırma, literatür taraması yapılarak derleme şeklinde hazırlanmıştır.

Bulgular: Literatür taraması sonucu elde edilen veriler ışığında, voleybol branşında ki yapısal değişikliklerin bu branş üzerinde olumlu ve olumsuz etkilere sebep olduğu düşünülmektedir.

Sonuç: Yapılan araştırma sonucunda; değişen oyun kuralları oyuncuların oyunu sergilemesi ve antrenman çeşitliliğini etkilemiş, voleybol oyun hızı artmış, görsellik kazanmış ve ilgi odağı haline gelmiştir. Sahada yapılan her hareketin sonlanması, olumlu ya da olumsuz bir sayı ile sonuçlandığından, oyuncuların sorumluluğu artmış ve bununla birlikte bireysel taktik antrenmanların önemi daha fazla önem kazanmıştır.

Anahtar Kelimeler: Voleybol, Değişen Kurallar, Sistemik Yapı, Uygulama

Introduction

Historical Process:

Given the historical context of volleyball, volleyball assign might call "the Mintonet 'first game in 1885 called, played in the United States. In the city of Holyoke, Massachusetts had just finished school a young physical education teacher, William G. Morgan, a YMCA physical education was mandated to make businessmen. YMCA, "Young Men's Christian Association" s abbreviated. Young Men's Christian Association of the organizations that aim to spread Christianity in social work, in those years was a missionary association of large arms wrapped around the whole world. William G. Morgan, this association Holyoke dryly in physical education before the businessmen in the branch in the city of booking, after a while, work to recover from boredom, he saw the need to remove the case incurred a grind for health. Entertainment, began searching for a way of working with nature games (Vurat, 2000, Cev, 2013).

William G. Morgan a large number of people in a shorter period of time, collectively, would have to put no more strenuous activity. He thinks a new game, tennis network stretched from the raising place 1.80-1.90 meters. Basket ball off his inner tube was used as the ball. (At that time it would be out of leather basketball, inflatable rubber bladder inserted into them). The businessmen on both sides of the net to drop this tire in their own field, are striving to take the other side of the net, fingers, palms, fists, were shooting as they wish with their arms (Korkmaz, 2003).

It reached the William G. Morgan purpose, collision, no scuffle, less danger, very clean, and the exhausting duplicating reduce the number of players that can be set as desired by expanding shrink the playing field, he found it extremely fun game (Eralp and Çotuk, 2007).

Mintonet game, shortest words, "to take the field against the ball from dropping to the ground," he described. Professor Albert T. Halstead from watching the game "in Mintonet" instead of "Volley Ball" suggested his name. "Volley" was a term used in football and tennis. "To hit the ball before it touches the ground," meaning immediately adopted this name because it is very convenient to the main feature of the game Mintonet fall. (In 1952, that after fifty-six years, the US volleyball association combining the two words "Volleyball" he decided to write. (Vurat, 2000).

Volleyball Game Structure and Properties:

Volleyball, split on a level playing field with nets is a sport played by two teams. In order to offer the versatility of the game everyone has different adaptations for special cases (Harmandar, 2003).

The aim of the game is to provide a place in the team's play area make it worth sending the ball over the net and to prevent competitors from reaching the same goal in the opponents. Teams have the right to shoot the ball, sending the opponent three times in the field (outside the block contact). (Asher, 1997).

Is inserted into the ball game service, assign the service area player sends the ball over the opponent net. Rally to touch the ball in the playground, or continue to do except go to a team error.

The team winning a rally scores a point in volleyball (Rally Number System). Service receiving team wins the rally and the right to use a number of services and players when he won a position rotates clockwise (Spitzley, 2007).

Discussions

Effect of Changing Rules:

Changing the format of the game and game entertainment systematic sports competitions and the power of sport to transform the applicable rules and training system has led to the change as well. The purpose of changing the game rules in volleyball, service, improve defense and block the combination of location, and to extend the service to meet the ball in play situation by reducing the effects of attack. Thus, visual participate in volleyball, it becomes attractive for spectators and media.

Service over the past number of plug-in sets of 15, ie, The service is now made every mistake the opponent team, but a system that produced a positive or negative number if the ball fall to the ground was applied. Game characters slower, the balance between offense and defense; developing in favor of attack, but meets and the superiority of the offensive side of the defense prepared to break the service and showed only a property right that can not go beyond obtaining the service. It was superior to defense than attack. Games there was a monotonous stream. This was a process which can not be much in terms of spectacle. Sometimes taking 3 hours a day. Today, however, the system was changed to a number each error. Set the end number increased to 25. In case of a 2-2 tie in the set began to be played in the final set tie-break sets to 15 points. So time was shorter terms. Offensive and defensive balance was changed. It could also count produced by the defense. Played the ball across the other team sports are not produced by a number of defense industry other than in exceptional circumstances. For example; football, basketball, handball, but you can not produce the number of branches, such as making defense in volleyball can produce a number of blocks and with an effective defensive combination.

Accelerating the game characters, to stop the attack and to use the advantages that can be converted into effective defense systems. Hence the renewed attack by defense game character has become more important (Kingda, 2006).

In the past players they were returning 4-4.5 times per set, and now the average 2.3 times, turning a set of approximately 3.5 times the total number reached 50. In addition, the set of playing time lose a team is set up reaches a number have been identified. The first research results under the old system in the new counting system 3: 0 result in the match of the less frequently seen (52% to 38.2%), whereas the 3: 1 and 3: 2 match ended more often is seen (28% to 18%), respectively. If it took an average of 122 minutes a day in the old system, the new system lasts 106 minutes (Spitzley, 2007).

Day by day volleyball began to take more space in the media. Then it attracted the attention of several private institutions of various countries taking victories but drew a lot of interest in volleyball, reaching audiences and sponsorships increased. Therefore, a new market has occurred in an economic sense, and that has contributed to increased interest in volleyball.

In terms of infrastructure activities, the emergence of mini-volleyball concept of children to meet with volleyball in the take that period of psycho-motor aspects of development and the

sport will contribute to engage in efforts to areas in the coming process to detect as a fun activity. The application made to the game format, sharing their personal development in a child's development of motoric abilities and social environment at a young age will lead to an increase in (Ceylan et al, 1999, Barth and Heuchert, 2009, Zartman, 1997, Papageorgiou, 2004).

Volleyball game in the structure and systematic, libero rule has led to significant changes in game strategy. Libero-defense only designated areas numbered 1,6,5 in the rear lines can freely change before the whistle with the lowest player. It can only apply defensive techniques outside the block. It can be found in the Slam Dunk attempted attack. This rule change has been the result of increases in service cover-attack success rate. Therefore, the team's defensive performance has increased. Service that provides load relief in meeting the activation of the offensive players and allows players to create rust has been faster in combination with rust.

Volleyball game kickoff occurs with service techniques. Of service techniques applied scientific research to be an important technique in winning the game and has been used as a winning strategy (Ilhan, 2009, Lee and Chin, 2004, Wreatsh, 2009, Basaran et al, 2009, Bulca and Deryakulu, 2009). The game consists of a given cycle. Service is thrown, it meets with the opposing team served cuff is transferred to the offensive player by meeting the ball passer, makes offensive offensive players and the serving team block and the ball in their favor with the place defense tries to convert. This cycle is called a rally. When the rally is repeated each time the number of lost or won. Rally in providing technical service has also formed the beginning of some changes:

-Service Player before he can use the service twice attempted. This number is reduced with a change. This case was carried out deliberately in order to prevent tactical player development.

-Service Was required to perform an action using the player for 5 seconds before, this rule has been increased to 8 seconds.

-Service Touching the ball crossing the net is no longer error. What formerly it was called in and the service was passing in this case the opponent. Positive effects in terms of the flow of the game has occurred (Eralp and Çotuk, 2007, Küçükbaycan et al, 2011).

If playing with a receiving team if 5-1 system, the position where the setter of the back line is, pas are missing and the front three spiker with back playing in the middle other spiker corner of players, that taking into attack can do attack with four players. Versatile offensive combinations within the game has contributed important to get both seyirsel results.

Volleyball changing rules of the game, the game system and the requirements needed to play, physically for this area has led to mental and cognitive many studies done. In this case, a new approach based on the characteristics of players and gaming systems have brought (Zhang and Lü, 2007, Urgesi et al, 2012, Gunay et al, 2011, Efe et al, 2008, Ulugöz, 2011).

Planning applications recently changed and will be tried; To download the set of numbers 1 to 21 and reducing technical break per set tie-break sets is to be outside after number 12. (Cev, 2013). FIVB 2013 Champions League competition has chosen the pilot areas for this application. The main purpose of these changes made, the past to the present by more widespread and created two groups in league with beach volleyball volleyball hall is to be identified with each other (Vurat, 2000).

This application has been tested in recent history in 2013 CEV Men's European Final Group Competition (Cev, 2013). The rate and duration of each winning number has decreased as the team won the match. It completed a set number 21 and took about 16-20 minutes. This change also increased the game speed and increased the need for more accurate display of a game player. Therefore, this situation can create a separate pressure on the players. Technical level will need to demonstrate high levels of performance in order to play more accurately.

Changes to the status of foreign players has also lead to many differences in terms of the game and the players. In Super League Clubs; 3 foreign players have rules on staff two total of 12 persons at the same time play, possession of three foreign players in the game simultaneously as 2nd League club in the game at the same time 1 is amended in the way possession of two foreign players in the squad a total of 12 people. 3. Division and not allowed foreign players to play in the amateur league club.

These changes are made, the player and the player's game cultivating positive and negative aspects of the application can be achieved in terms of success are. Is more than the number of foreign players, can not be grown in the Turkish athletes, the inability to obtain the game experience and performance in competitions at the national level may result in continued failure to exhibit such negative situations to fail. Examples of this situation are located in many of our athletes.

On the other hand limited number of domestic players worldwide he has introduced himself with determining the number of foreign players can improve themselves theoretically with experienced athletes participating in training and competition. Principles and practices which are still in place, if you can point to it as well as how much is done again.

Thus it will gain success not applying watching real player.

Today, the Turkish volleyball has come to an important place in the world rankings. In this case the formation of the federation should have provided the projects produced by both clubs. Volleyball federation on the basis of the establishment of schools, major achievements in terms of infrastructure, the realization of the wildcard team has brought applications and infrastructure activities. (European Championship of Young Girl, Star Girl in the World and European Championships).

Team level and made to achieve international success is proportional to the number of foreign players in the national club competitions transfers. Looking at the last 5 years, we know how many international and national meeting to talk about domestic players? In fact, because there is no limitation of foreign players in international matches sometimes we see that all foreign players in Turkish teams in the field. Now is that Turkey and the Turkish volleyball team to success? Or the success of its performance of foreign players?

Result

As a result, changing rules of the game affected the game application and training variety of players. Volleyball game speed has increased, it has become the focus of attention visual and won.

That resulted in a number of every move made in the field, it has increased the responsibility of the players and the importance of individual tactical training, however, has become more important. Players making mistakes as much as possible in training and competition, as ready

to take more high level of risk should focus their efforts on developing the individual technical and tactical characteristics of individual.

Nowadays the status of foreign players with positive and negative reviews can be replicated. Perhaps this is an interactive process. The important thing is to bring our country and our team to ensure success in the long term activities and to give space to more infrastructure to move it to the team.

Psychological training should be further intensified. Psychological stability and strength under pressure, especially with the new counting system has gained greater significance in terms of prevention of failure in heavy stress situations. Training should be structured so as to avoid making mistakes under stress.

Applied at national or international matches, second or intermediate training in the ten to fifteen minutes after the fourth set must be taken into account. This application was first started in Japan. Training should be tailored according to the rhythm of the match rhythm. So starting from the main part of the training units players, complete concentration, attention and motivation, it should work with attention and motivation.

In the applications, reducing the number of matches in the competition's less time to complete, increasing the speed can lead to an increased possibility of making the player's fault. In this sense, the players, the technique should be more careful and play and be able to maximize the positive results soon.

However, it does not mean competition and shortening the duration of action of the applied shortening training time in the competition. Plenty of good training process is repeated, it should be clear and fluent. Volleyball games of evaluating the recent rule changes now would not be right to think that change. Needs, developments in the player profile with offensive and defensive balance the development of training methods will bring new processes.

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