The AhaBulb Party Game

STUFF EVERY VOLLEYBALL PLAYER SHOULD KNOW

How to play (30 seconds)

1. The reader reads a card and its three answers out loud.
2. Everyone says "One, two, three, Goldilocks!" and holds up 1, 2, or 3 fingers.
3. The reader flips the card and reads the answer and the Why.
4. Everyone who was right takes a point.
5. The reader reads the joke with a straight face. Anyone laughs or groans? The reader takes a point. Nobody got it right? The reader takes a point.
6. Pass the deck left. Most points when the points run out wins.

What you need

These cards and the point tokens on the last two pages. No tokens? Use coins, buttons, pebbles, or marshmallows. 3 to 10 players, ages 8 and up.

Expert rule: Bet It

Before the reader flips the card, you may put one of your points on your answer. Right: take your normal point plus one extra. Wrong: your bet goes back to the pile. That's it.

Printing

Print single-sided, on cardstock if you have it. Cut on the dashed lines. Each card is a 3.5 x 5 inch index card. The answer half is upside down on purpose, so the table can't peek.

Cards 1 to 50 of 61. More cards and the free daily online game at sesk.info. Built 2026-10-14.

SPORTS & FITNESS

How many players does each indoor volleyball team have on the court during play?

- **A** Six
- **B** Five
- **C** Seven

FLIP FOR THE ANSWER

A **Six**

WHY Indoor volleyball rules say each team must always have six players in play. Three are front-row players and three are back-row players.

STRAIGHT FACE
Why did the volleyball team need six players? Because five was just not enough to make a good set.

SESK.INFO #10400

SPORTS & FITNESS

How many hits does a volleyball team get to send the ball back over the net?

- **A** Two
- **B** Four
- **C** Three

FLIP FOR THE ANSWER

C **Three**

WHY A team may use up to three hits to return the ball. A fourth hit is a fault called four hits, and the other team scores.

STRAIGHT FACE
Why did the volleyball team stop at three? Because four would be a hit too far.

SESK.INFO #10401

SPORTS & FITNESS

Can one volleyball player hit the ball two times in a row?

- **A** No, someone else must touch it first
- **B** Yes, if it stays on their side
- **C** Yes, but only on the third hit

FLIP FOR THE ANSWER

A **No, someone else must touch it first**

WHY A player may not make two hits in a row. A teammate has to touch it in between. The main exception is a block, which does not count as a hit.

STRAIGHT FACE
Why did the volleyball player only hit the ball once? They did not want to repeat themselves.

SESK.INFO #10402

SPORTS & FITNESS

Your blocker touches the spike. How many hits does your team still get?

- **A** Two more hits
- **B** Three more hits
- **C** One more hit

FLIP FOR THE ANSWER

B **Three more hits**

WHY In indoor volleyball a block touch is not counted as a team hit. After the block, your team still gets three hits to send it back.

STRAIGHT FACE
Why do blockers love volleyball math? Their touches never add up.

SESK.INFO #10403

SPORTS & FITNESS

In volleyball today, when does a team score a point?

- **A** Only when serving
- **B** Only on a spike that lands
- **C** Every time it wins a rally

FLIP FOR THE ANSWER

C Every time it wins a rally

WHY Volleyball uses rally scoring. Whichever team wins the rally gets the point, whether it served or not. The winner of the rally also serves next.

STRAIGHT FACE
Why do volleyball fans love rally scoring? Every point is a rally cry.

SESK.INFO #10405

SPORTS & FITNESS

After touching the ball on a block, can the same player make the next hit?

- **A** No, a teammate must play it next
- **B** Only if the ball hit the net
- **C** Yes, any player may

FLIP FOR THE ANSWER

C Yes, any player may

WHY The first hit after a block may be made by any player, even the one who just blocked it. It does not count as a double hit.

STRAIGHT FACE
Why was the blocker so popular? They always came back for more.

SESK.INFO #10404

SPORTS & FITNESS

A volleyball set is tied 24 to 24. What happens next?

- **A** Next point wins
- **B** Play goes on until someone leads by two
- **C** The set is replayed

FLIP FOR THE ANSWER

B Play goes on until someone leads by two

WHY There is no sudden death at 24 to 24. Teams keep playing until one is ahead by two points, so a set can end 26 to 24, 27 to 25, or even higher.

STRAIGHT FACE
Why do volleyball sets never end in a tie? Because two is company.

SESK.INFO #10407

SPORTS & FITNESS

Under FIVB indoor rules, how many points does a team need to win a regular set?

- **A** 21 points
- **B** 15 points
- **C** 25 points

FLIP FOR THE ANSWER

C 25 points

WHY Indoor sets one through four go to 25 points. The team must also lead by at least two.

STRAIGHT FACE
Why did the volleyball team bring 25 candles? They were celebrating a set.

SESK.INFO #10406

SPORTS & FITNESS

How many sets does a team need to win an FIVB volleyball match?

A Three sets
B Two sets
C Four sets

FLIP FOR THE ANSWER

A Three sets

WHY An FIVB indoor match is won by the first team to win three sets. That means a match lasts three, four or five sets.

STRAIGHT FACE
Why did the volleyball team win in three? They were all set.

SESK.INFO #10409

SPORTS & FITNESS

In a volleyball match tied two sets each, how many points wins the fifth set?

A 15 points
B 21 points
C 25 points

FLIP FOR THE ANSWER

A 15 points

WHY The deciding fifth set is shorter. It is played to 15 points, and the winner must still lead by two.

STRAIGHT FACE
Why is the fifth set so short? It is in a hurry to see who wins.

SESK.INFO #10408

SPORTS & FITNESS

When must receiving-team players be in their correct rotation spots?

A The whole rally
B Only before the first rally of a set
C At the moment of the serve

FLIP FOR THE ANSWER

C At the moment of the serve

WHY The receiving team must be in rotational order when the server hits the ball. The serving team's players may stand anywhere at that moment.

STRAIGHT FACE
Why did the volleyball players freeze at the serve? They did not want to overlap their welcome.

SESK.INFO #10411

SPORTS & FITNESS

When the receiving team wins a rally and gets the serve, which way do its players rotate?

A Counterclockwise
B They do not rotate
C Clockwise

FLIP FOR THE ANSWER

C Clockwise

WHY When a team wins back the serve, its players rotate one spot clockwise. The player from the front right moves to the back right and serves.

STRAIGHT FACE
Why are volleyball players never dizzy? They only rotate one spot at a time.

SESK.INFO #10410

SPORTS & FITNESS

For the receiving team, what decides a player's position when checking for an overlap?

- **A** Their feet on the floor
- **B** Their shoulders
- **C** Where their hands are

FLIP FOR THE ANSWER

A **Their feet on the floor**

WHY FIVB judges receiving-team positions by where each player's feet last touched the floor. Shoulders, hands and leaning do not decide an overlap.

STRAIGHT FACE
Why do volleyball refs watch your feet? They want to keep you on your toes.

SESK.INFO #10412

SPORTS & FITNESS

In volleyball, what is it called when the wrong player serves, out of rotation order?

- **A** A double fault
- **B** A rotational fault
- **C** A foot fault

FLIP FOR THE ANSWER

B **A rotational fault**

WHY Players must serve in their rotation order. If the wrong player serves, it is a rotational fault, the other team gets a point, and the order is corrected.

STRAIGHT FACE
Why did the wrong player serve? They just got their wires spun.

SESK.INFO #10413

SPORTS & FITNESS

When serving in volleyball, can you step on the end line as you hit the ball?

- **A** Yes, the line is part of the service zone
- **B** No, not until after the hit
- **C** Only on a jump serve

FLIP FOR THE ANSWER

B **No, not until after the hit**

WHY At the moment of the serve, or the take-off for a jump serve, the server must not touch the court, and that includes the end line. After the hit, they may land inside the court.

STRAIGHT FACE
Why did the server stand behind the line? It was the only way to make a good first impression.

SESK.INFO #10414

SPORTS & FITNESS

Under FIVB rules, how long does a server have to hit the ball after the referee's whistle?

- **A** 8 seconds
- **B** 5 seconds
- **C** 10 seconds

FLIP FOR THE ANSWER

A **8 seconds**

WHY Once the first referee whistles for the serve, the server has 8 seconds to hit the ball. Waiting too long is a fault and the other team scores.

STRAIGHT FACE
Why was the server so calm? They had eight whole seconds to think it over.

SESK.INFO #10415

SPORTS & FITNESS

How many tosses does a volleyball server get before hitting the serve?

- **A** Only one
- **B** Two
- **C** As many as needed in 8 seconds

FLIP FOR THE ANSWER

A Only one

WHY A server may bounce or move the ball in their hands first, but only one toss or release is allowed. Then they must hit it with one hand or arm.

STRAIGHT FACE
Why did the server only toss once? They did not want to toss and turn.

SESK.INFO #10416

SPORTS & FITNESS

Can you block the other team's serve at the net in volleyball?

- **A** Yes, if you are in the front row
- **B** Yes, if the ball is above the net
- **C** No, it is not allowed

FLIP FOR THE ANSWER

C No, it is not allowed

WHY Blocking the opponent's serve is forbidden. The receiving team has to let the serve come over and play it.

STRAIGHT FACE
Why can't you block a serve? Because it is rude to stop someone at the door.

SESK.INFO #10417

SPORTS & FITNESS

Is it a fault to touch the net between the antennas while playing the ball?

- **A** No, only the top band counts
- **B** Only if the ball touches it too
- **C** Yes, it is a fault

FLIP FOR THE ANSWER

C Yes, it is a fault

WHY Touching the net between the antennas while playing the ball is a fault. Playing the ball includes your take-off, the hit or attempt, and landing.

STRAIGHT FACE
Why did the volleyball player stay away from the net? They did not want to get caught up in it.

SESK.INFO #10418

SPORTS & FITNESS

Your pass goes into the net. Can your team still play it?

- **A** Yes, if the team has hits left
- **B** No, the rally ends
- **C** Only the player who hit it may play it

FLIP FOR THE ANSWER

A Yes, if the team has hits left

WHY A ball that goes into the net can be played again by your team. It still has to stay within your three team hits.

STRAIGHT FACE
Why did the volleyball go into the net? It wanted to catch up with friends.

SESK.INFO #10419

SPORTS & FITNESS

In volleyball, what is it called when the ball is caught or thrown instead of hit?

- **A** A catch, or lift
- **B** A double contact
- **C** An assisted hit

FLIP FOR THE ANSWER

A A catch, or lift

WHY The ball must be hit, not caught or thrown. It has to bounce off the player cleanly. If it comes to rest, the referee calls a catch, also known as a lift.

STRAIGHT FACE
Why did the ref call a lift? The player was being too clingy with the ball.

SESK.INFO #10421

SPORTS & FITNESS

Can your foot cross the center line under the net in volleyball?

- **A** Never
- **B** Yes, if part of it stays on or over the line
- **C** Yes, as far as you want

FLIP FOR THE ANSWER

B Yes, if part of it stays on or over the line

WHY Under FIVB rules your foot may touch the other team's court if some part of it stays on or directly above the center line. It also must not get in the way of the other team.

STRAIGHT FACE
Why was the center line so calm? It never took sides.

SESK.INFO #10420

SPORTS & FITNESS

How can you spot the libero on a volleyball court?

- **A** A captain's armband
- **B** A number 1 jersey
- **C** A different color uniform

FLIP FOR THE ANSWER

C A different color uniform

WHY The libero must wear a uniform with a different main color from the rest of the team. It has to clearly stand out so referees can track them.

STRAIGHT FACE
Why does the libero wear a different color? To show they have a different job description.

SESK.INFO #10423

SPORTS & FITNESS

On your team's first hit, can the ball touch two parts of your body in one motion?

- **A** No, that is always a double hit
- **B** Only if it is the serve
- **C** Yes, in one action

FLIP FOR THE ANSWER

C Yes, in one action

WHY On a team's first hit, like a dig or pass, the ball may touch different parts of the body one after another, as long as it is one action. On other hits, that would be a double contact.

STRAIGHT FACE
Why are first hits so forgiving? They know everyone needs a warm-up.

SESK.INFO #10422

SPORTS & FITNESS

Which of these is a libero NOT allowed to do under FIVB rules?

- **A** Pass the serve
- **B** Dig a spike
- **C** Serve or block

FLIP FOR THE ANSWER

C Serve or block

WHY The libero is a defensive specialist. Under FIVB rules the libero may not serve, block or even try to block.

STRAIGHT FACE
Why does the libero not serve? They are too busy digging deep.

SESK.INFO #10424

SPORTS & FITNESS

Under FIVB rules, when can a libero hit the ball over the net as an attack?

- **A** Only from the front row
- **B** Only if part of the ball is below the net top
- **C** Any time behind the attack line

FLIP FOR THE ANSWER

B Only if part of the ball is below the net top

WHY A libero may not complete an attack hit from anywhere if the whole ball is above the top of the net at contact. If part of it is below, the height restriction does not apply.

STRAIGHT FACE
Why does the libero keep it low? They like to stay grounded.

SESK.INFO #10425

SPORTS & FITNESS

Do libero swaps count as substitutions in volleyball?

- **A** No, they are unlimited
- **B** Yes, each one counts
- **C** Yes, but only in the fifth set

FLIP FOR THE ANSWER

A No, they are unlimited

WHY Libero replacements are not counted as substitutions and there is no limit. There must be a completed rally between two libero replacements.

STRAIGHT FACE
Why does the libero come and go so much? They have a revolving-door policy.

SESK.INFO #10426

SPORTS & FITNESS

How can a back-row player legally spike a ball above the net?

- **A** Jump from behind the attack line
- **B** Step into the front zone first
- **C** They can never spike

FLIP FOR THE ANSWER

A Jump from behind the attack line

WHY A back-row player may attack at any height if they take off from behind the attack line. Their foot must not touch or cross that line at take-off, but they may land in front of it.

STRAIGHT FACE
Why do back-row hitters love the attack line? It is where they draw the line.

SESK.INFO #10427

SPORTS & FITNESS

Who is allowed to complete a block in volleyball?

- **A** Any player near the net
- **B** Only front-row players
- **C** Only the libero

FLIP FOR THE ANSWER

B Only front-row players

WHY Only the three front-row players may complete a block. A back-row player who blocks or joins a block that touches the ball commits a fault.

STRAIGHT FACE
Why can't back-row players block? They are already backing up the team.

SESK.INFO #10428

SPORTS & FITNESS

A spike lands with part of the ball touching the sideline. Is it in or out?

- **A** Out
- **B** In
- **C** Replayed

FLIP FOR THE ANSWER

B In

WHY The lines are part of the court. If any part of the ball touches the court, including a boundary line, when it lands, the ball is in.

STRAIGHT FACE
Why was the volleyball so happy on the line? It finally felt included.

SESK.INFO #10429

SPORTS & FITNESS

During a rally, the ball hits the antenna on top of the net. What is the call?

- **A** Play on
- **B** Replay the point
- **C** Out

FLIP FOR THE ANSWER

C Out

WHY The antennas mark the sides of the space the ball must cross. A ball that touches an antenna is out, and the other team wins the rally.

STRAIGHT FACE
Why did the ball avoid the antenna? It did not want bad reception.

SESK.INFO #10430

SPORTS & FITNESS

To be good, the ball must cross the net between which two things?

- **A** The posts
- **B** The side lines on the floor
- **C** The antennas

FLIP FOR THE ANSWER

C The antennas

WHY The ball has to go over the net inside the crossing space: above the net, below the ceiling and between the antennas and their imaginary extension. Going around an antenna does not count.

STRAIGHT FACE
Why do volleyballs love the space between the antennas? It is where all the good stuff crosses over.

SESK.INFO #10431

SPORTS & FITNESS

How far is the attack line from the center line on a volleyball court?

- **A** 3 meters
- **B** 2 meters
- **C** 4.5 meters

FLIP FOR THE ANSWER

A 3 meters

WHY The attack line is 3 meters back from the center line. The space between them is the front zone, which matters for back-row attack rules.

STRAIGHT FACE
Why is the attack line so serious? It takes its job 3 meters seriously.

SESK.INFO #10433

SPORTS & FITNESS

How high is the top of the net for men's volleyball under FIVB rules?

- **A** 2.24 meters
- **B** 2.43 meters
- **C** 2.55 meters

FLIP FOR THE ANSWER

B 2.43 meters

WHY In men's FIVB volleyball, the top of the net is 2.43 meters high. It is measured from the center of the court.

STRAIGHT FACE
Why are men's volleyball nets so high? They have high standards.

SESK.INFO #10432

SPORTS & FITNESS

Which skill is an overhead pass with the fingertips that sends the ball to an attacker?

- **A** Bump
- **B** Set
- **C** Dig

FLIP FOR THE ANSWER

B Set

WHY A set is an overhead pass with both hands open, played just above the forehead with the thumbs and fingertips. The setter sends it to an attacker to hit over the net.

STRAIGHT FACE
Why did the setter get invited to every party? She always sets people up.

SESK.INFO #10435

SPORTS & FITNESS

Which body part forms the platform for a standard forearm pass?

- **A** Forearms
- **B** Palms
- **C** Elbows

FLIP FOR THE ANSWER

A Forearms

WHY A bump uses the forearms, joined with thumbs side by side, as a flat platform. The ball is played between the wrists and elbows.

STRAIGHT FACE
Why did the bump bring tape? To keep its platform together.

SESK.INFO #10434

SPORTS & FITNESS

What makes a serve a jump serve?

A The server jumps and hits it in the air
B The server hits it underhand
C The server tosses it twice

FLIP FOR THE ANSWER

A The server jumps and hits it in the air

WHY On a jump serve the server tosses, jumps and hits the ball in the air. It can be hit with spin or as a jump float.

STRAIGHT FACE
Why was the jump serve asked to leave the floor? It was above everyone.

SESK.INFO #10439

SPORTS & FITNESS

What makes a float serve hard to predict?

A Maximum topspin
B A very high toss
C Little or no spin

FLIP FOR THE ANSWER

C Little or no spin

WHY A float serve is hit with no spin, like a knuckleball in baseball. Without spin the ball can dart and wobble, so it is hard to pass.

STRAIGHT FACE
Why did the float serve bring a coat? It liked the cold air.

SESK.INFO #10438

SPORTS & FITNESS

A dig is legal if the ball touches what part of the body?

A Any part
B Only forearms
C Only hands

FLIP FOR THE ANSWER

A Any part

WHY A dig often uses the forearms, but the rules allow contact with any body part. The ball must not be caught or thrown.

STRAIGHT FACE
Why do digs make good detectives? They cover the floor.

SESK.INFO #10437

SPORTS & FITNESS

In FIVB rules, what is any action sending the ball to the opponent, except a serve or block, called?

A Power shot
B Down ball
C Attack hit

FLIP FOR THE ANSWER

C Attack hit

WHY FIVB defines an attack hit as all actions directing the ball to the opponent except service and block. Spiking is one type of attack hit.

STRAIGHT FACE
Why did the spike go to school? To learn how to make a good point.

SESK.INFO #10436

SPORTS & FITNESS

Which position is usually the playmaker who runs the offense?

- **A** Libero
- **B** Setter
- **C** Middle blocker

FLIP FOR THE ANSWER

B Setter

WHY USA Volleyball calls the setter the quarterback of the team. The setter touches the ball on almost every play and decides who gets to attack.

STRAIGHT FACE
Why is the setter the boss? Calls all the shots.

SESK.INFO #10440

SPORTS & FITNESS

Where does the outside hitter usually attack from?

- **A** Right front
- **B** Middle front
- **C** Left front

FLIP FOR THE ANSWER

C Left front

WHY The outside hitter attacks from zone 4, the front-left spot. Setters usually set from the right side, so a right-handed outside hitter hits on-hand.

STRAIGHT FACE
Outside hitters are great tenants. They always hit the left.

SESK.INFO #10441

SPORTS & FITNESS

Which hitter plays at the center of the net, in zone 3?

- **A** Middle blocker
- **B** Setter
- **C** Libero

FLIP FOR THE ANSWER

A Middle blocker

WHY The middle hitter attacks from zone 3, the front-center spot. On defense the middle blocker slides from the middle to help block at either side.

STRAIGHT FACE
Middle blockers never get lost. They stay in the middle.

SESK.INFO #10442

SPORTS & FITNESS

When the setter is in the front row, which spot does the setter usually play?

- **A** Left front
- **B** Right front
- **C** Middle front

FLIP FOR THE ANSWER

B Right front

WHY Setters usually play the right side in the front court, position 2. That means they often block the other team's outside hitter.

STRAIGHT FACE
Why are setters good at chess? They always plan the next move.

SESK.INFO #10443

SPORTS & FITNESS

How many players are on the court per team in FIVB beach volleyball?

A Three
B Six
C Two

FLIP FOR THE ANSWER

C Two

WHY A beach team is made up of exactly two players, and only the two on the score sheet may play. Each player has to pass, set and attack.

STRAIGHT FACE
Why do beach teams make good pairs? Two is company and three is a side-out.

SESK.INFO #10444

SPORTS & FITNESS

In FIVB beach volleyball, the first two sets are played to how many points?

A 21
B 25
C 15

FLIP FOR THE ANSWER

A 21

WHY Each of the first two beach sets is won by the first team to score 21 points with a two-point lead.

STRAIGHT FACE
Why do beach players love the number 21? It is their favorite set point.

SESK.INFO #10445

SPORTS & FITNESS

In FIVB beach volleyball, what score wins the deciding third set?

A 21
B 15
C 25

FLIP FOR THE ANSWER

B 15

WHY If a beach match goes to a third set, the set is won by the first team to score 15 points with a two-point lead.

STRAIGHT FACE
Why is the third set only to 15? Even the sun wants a break.

SESK.INFO #10446

SPORTS & FITNESS

In FIVB beach volleyball, how often do teams switch sides in the first two sets?

A Every 5 points
B At midpoint
C Every 7 points

FLIP FOR THE ANSWER

C Every 7 points

WHY In sets 1 and 2, beach teams switch sides after every 7 points. In a deciding third set they switch every 5 points.

STRAIGHT FACE
Why do beach players switch every 7 points? To make sure each side gets tan lines.

SESK.INFO #10447

SPORTS & FITNESS

How big is an FIVB beach volleyball court?

A 18 m x 9 m

B 16 m x 8 m

C 20 m x 10 m

FLIP FOR THE ANSWER

B 16 m x 8 m

WHY A beach volleyball court is 16 meters long and 8 meters wide, smaller than the indoor court of 18 by 9 meters.

STRAIGHT FACE
Why is the beach court smaller? There is less room for sandcastles.

SPORTS & FITNESS

In FIVB beach volleyball, which attack shot is a fault?

A An open-handed finger tip

B A hard spike

C A knuckle shot

FLIP FOR THE ANSWER

A An open-handed finger tip

WHY Beach rules call it a fault to attack with an open-handed finger action. A tip is only legal if the fingertips are rigid and together.

STRAIGHT FACE
Why cannot you open-hand tip on the beach? Sand says keep hands closed.

1
AhaBulb POINT

1
AhaBulb POINT