

# VOLLEYBALL



## **MODIFIED EVENTS** Individual Skills Competition

## **UNIFIED EVENTS** Unified Team

The Official Special Olympics Sports Rules for Volleyball shall govern all Special Olympics competitions. Special Olympics has created these rules based upon United States Volleyball Association (USVBA) rules, which shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Volleyball.

## **RULES OF COMPETITION**

### **UNIFORM SPECIFICATIONS**

1. All participants must have a playing uniform consisting of jersey, athletic shorts and athletic shoes. No blue jeans or dress slacks allowed.
2. All jerseys must be marked with numbers not less than 8cm (3 inches) in height on the chest and not less than 15cm (6 inches) in height on the back.
3. Players requesting the use of sweatpants or any other uniform adjustment (due to religious or medical reasons) during any State-sanctioned tournament or match, MUST submit a written request to the State Office for approval. Requests must be made one (1) week prior to competition.
4. Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

### **TEAMS & LEVELS**

1. A team roster may contain a maximum of 12 players.
2. Team Level: Each team shall be placed in one (1) of three (3) Levels for play, based on attributes that best characterize their team. The Level placement is subject to change by the Volleyball Sport Management Team prior to the tournament. A team's Level will serve as the basis for division placement.
  - a. Level 1 - Regulation Rules / High: uses regulation volleyball; high to excellent skills and athleticism; implements strategies; serves and returns effectively; reacts to the way the other team plays; aggressive play
  - b. Level 2 - Regulation Rules / Average: uses Volleyball Lite ball; above average to average skills and athleticism; some strategy; most serves and returns legal, some players aggressive
  - c. Level 3 - Regulation Rules / Below Average: uses Volleyball Lite ball; average to below average skills and athleticism; limited strategy, does not adjust to the way the other team plays, usually driven by one or two players; serves and returns occasionally successful; limited aggressiveness.

### **GENERAL RULES**

1. Teams must play at least two (2) matches against two (2) different teams in their team class as identified in the team directory.
2. Each team is required to be at its assigned court by the official start time. If a team is not at its assigned court at the time of the scheduled match, the offending team will forfeit the first set (game) of the match. After an additional five (5) minutes, if the offending team has not reported, the team will forfeit the match.
3. Timeouts
  - a. Each team is allowed two (2) 30-second timeouts per set (game).
  - b. The clock will stop for a timeout in the last two (2) minutes of Match- Play.
4. Players
  - a. A team must have six (6) players to start and continue a match. Provisions for abnormal substitutions may be made due to injury.
  - b. Failure to maintain six (6) players will result in a forfeit.
5. Coin Toss
  - a. During the pre-match conference, a coin toss shall be conducted with the captains and head coaches of both teams. The visiting team's captain shall call the toss. The winner shall choose to serve/receive or choose the playing area.
  - b. The loser of the toss shall be given the remaining choice.
  - c. For the third game tiebreaker (if necessary and only during medal round play), the captains and head coaches will meet at center court. Another coin toss will be conducted and will follow the same procedure as the pre-match coin toss.
6. Service
  - a. The team which receives the ball for service shall rotate one (1) position clockwise before serving.
  - b. The server shall have eight (8) seconds after the referee's whistle in which to serve the ball.
  - c. The server shall not have any part of his/her body in contact with the end line or the lines marking the service area at the time of the serve.
  - d. The server may serve from anywhere on the back end line.



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- e. After a ball is released for service, it may be caught or dropped for re-service a maximum of one (1) additional time.
  - f. The serve shall be considered good if the ball passes over the net. A net serve is legal.
  - g. Service cannot be made with two (2) hands or arms.
  - h. If the ball is served before the referee's whistle, the serve shall be cancelled and a re-serve directed. A second early-serve will result in a side-out.
  - i. Once a server has scored three (3) consecutive points, the team shall rotate to the next server with no penalty.
7. Play
- a. Each team is allowed a maximum of three (3) successive contacts of the ball.
  - b. The ball may contact any part of the body.
  - c. A player shall not contact the ball more than once without another player touching it in between contacts, except in blocking.
  - d. Any player participating in a block shall have the right to make the next contact.
  - e. The team which executes a block may have three (3) additional contacts after the block.
  - f. The ball shall not come to rest in the arms or hands of a player. The ball must be hit so that it rebounds cleanly after contact.
  - g. A player shall not block or attack a served ball. If a player on the receiving team blocks/attacks a served ball, play shall be stopped and a point shall be awarded to the serving team.
  - h. If a player's action causes the player to contact the net during play, that player shall be charged with a fault.
  - i. A player may step on, but not over, the center line.
  - j. Players may not enter an adjacent court conducting competition in order to play a ball.
  - k. If the volleyball strikes an object above the court, it shall remain in play if it returns to the same side from which it was hit, provided the team has hits remaining.
8. Substitutions
- a. Substitutions shall be made when the ball is dead and when recognized by the referee.
  - b. A team shall be allowed a maximum of 15 substitutions in any one (1) set (game).
  - c. Players re-entering the set (game) must assume their original position in the serving order in relation to other teammates.
  - d. Substitutes going on the court must wait by the side of the court in the designated substitution zone until permission is given by the referee.
  - e. The original starter shall replace a substitute during the set (game). There shall be a maximum of two (2) players in any one (1) position (except in the case of injury).
9. Scoring
- a. Pool-Play: two (2) sets will constitute a match during pool-play **OR** 20 minutes, whichever occurs first.
  - b. Match-Play (medal round): matches shall consist of the best two (2) out of three (3) sets **OR** 45 minutes, whichever occurs first.
  - c. Sets will be played to 25 points and teams must have at least a two (2) point advantage with a cap of 30 points.
  - d. Match-Play only: If a third set is needed, teams will play to 15 points and teams must have at least a two (2) point advantage with a cap of 17 points.
  - e. A cap is defined by the maximum amount of points a team may score in one (1) set.
  - f. The rally system will be used for all sets during a match. Points are scored by the serving team or receiving team following each serve.
  - g. When a fault / side-out is committed by one (1) team, a point is awarded to the opposing team.
  - h. Medal round tiebreakers (if regulation time runs out), based on game possibilities:
    - i. Set 2 is tied when regulation time runs out. Teams will continue to play until one (1) team has a one (1) point advantage. That team is declared the Set 2 winner. If teams split Sets 1 and 2, then move to the next scenario (9.h.ii) listed below. The team that held serve when time ran out will continue to serve for the set.
    - ii. If teams split Sets 1 and 2 when time runs out, there will be a third set played to five (5) points with no cap. See coin toss rules to determine first serve.
    - iii. If teams are tied in Set 3 when time runs out, the team that holds the serve will continue the serve with the team winning the next point declared the winner.
10. Change of Playing Areas
- a. Teams will change sides and benches between sets of a match.
  - b. Correct protocol for changing sides is as follows:
    - i. All team members move counter clockwise around the court to their bench.
11. Referees
- a. Referees shall have full authority to interpret the rules. For further questions, the Volleyball Sport Management Team shall be consulted.

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- b. Ball handling will be called in accordance with the ability level of the athletes.
- c. Line Judges
  - i. Teams will be required to provide line judges for matches not involving their team.
  - ii. Line judges must register with the Tournament Director prior to the start of competition.

## EQUIPMENT

1. The playing court shall be 18m x 9m (59' x 29'6").
2. The height of the net measured from the center of the court shall be 2.43m (7'11").
3. Ball: Level 1 teams will use a regulation volleyball. Level 2 & 3 teams will use a volleyball lite.

## UNIFIED SPORTS® TEAM STANDARDS

1. Roster:
  - a. The roster shall contain a proportionate number of players athletes and Unified partners.
2. Line-Up:
  - a. During competition, the line-up shall have three (3) athletes and three (3) Unified partners at any time. Penalty results in a forfeit.
  - b. The service order shall be alternation of athletes and Unified partners.
3. Coach:
  - a. Each team shall have an adult, non-playing coach responsible for the line-up and conduct of the team during competition.
  - b. The game shall not start until the coach is present on the sideline.
4. Instructional Division:
  - a. Unified teams may be reassigned to the Instructional Division if the Unified partners have superior ability to athletes based on visual observation.
  - b. Teams assigned to the Instructional Division will be scheduled to play a game(s) in the tournament, and will receive recognition for their participation.

## INDIVIDUAL SKILLS COMPETITION

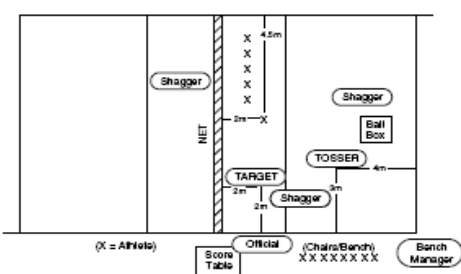
1. The Individual Skills Competition is designed for athletes with lower abilities. It is not for athletes who can already play the game.
2. Three (3) events comprise the Individual Skills Competition
  - a. Overhead passing (setting or volleying); Serving; and Forearm passing
3. The athlete's final score is determined by adding together the scores achieved in each of these three (3) events.
4. Each event is designated with the suggested number and placement of volunteers who will administer them.
5. It is also suggested that the same tosser remain at an event throughout the competition so that consistency is provided.
6. Overhead Passing (Setting or Volleying)
  - a. Purpose
    - i. To measure an athlete's ability to overhead pass (set or volley) the ball with consistency and at a height that could be spiked.
  - b. Equipment
    - i. Use a regulation-size court that is 18m x 9m (59' x 29'6"); four (4) volleyballs (modified ball permissible); net height at 2.43m (7'11- 5/8") for men and 2.24m (7'4-1/8") for women;
    - ii. Net; standards; antennae; and ball box
  - c. Description
    - i. Player is given 10 attempts from the center front position that is 2m (6'6-3/4") from the net and 4.5m (14'9") from the sideline.
    - ii. The player receives 10 two-handed, under-hand tossed balls from the tosser who is positioned in his/her backcourt, 4m (13'1-1/2") from the baseline and 3m (9'10") from the sideline in the left back position.
    - iii. The player sets the tossed ball toward a target (a person who has his/her hands above the head and who is standing 2m from the net and 2m from the sideline in the left front position).
    - iv. Tosses that are not high enough for the athlete to set are repeated.
    - v. The goal is for the peak of the arc of each set ball to be above net height.
  - d. Scoring
    - i. The peak of the arc of each set ball toward the target is measured.
    - ii. The athlete will receive two (2) points for volleying/setting the ball 1m (3'3-1/3") above his/her head or if the ball is set below net height.



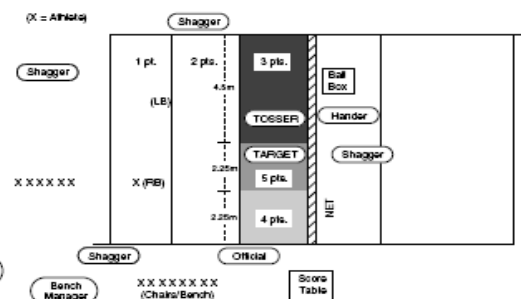
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- iii. The athlete will receive five (5) points for volleying/setting above net height.
  - iv. The following result in zero (0) points
    - 1) Illegal contact;
    - 2) Balls which go lower than head;
    - 3) Balls which go over the net or outside the court.
  - v. The athlete's final score is determined by adding together the points awarded for each of two (2) trials (10 attempts). (It is suggested that the official stand on a chair to evaluate the height of each set.)
7. Forearm Passing
- a. Purpose
    - i. To measure the athlete's accuracy, height and consistency using the forearm pass technique.
  - b. Equipment
    - i. Use a regulation-size court that is 18m x 9m (59' x 29'6"); Five (5) volleyballs (modified ball permissible); net height at 2.43m (7'11-5/8") for men and 2.24m (7'4-1/8") for women; net; standards; antennae; measuring tape; and ball box.
  - c. Description
    - i. The athlete stands at the right back position, 3m (9'10") from the right side-line and 1m (3'3-1/3") from the baseline.
    - ii. A ball is thrown, using a two-hand, overhead toss by a coach/official who is standing on the same side of the net in the center front position, 2m (6'6-3/4") from the net.
    - iii. The athlete receives the toss and passes the ball toward a target (a person who has his/her hands above the head and who is standing on the same side, 2m away from the net, and 4m (13'1-1/2") from the sideline away from the tosser).
    - iv. Target areas of varying point values are marked on the front court.
    - v. The event is repeated with the athlete at the left back position, 3m from the left sideline and 1m from the baseline.
  - d. Scoring
    - i. The athlete must pass the ball so that the peak of the arc is at least net height in order to receive maximum points.
    - ii. A ball which lands on the line is assigned to the area with the higher point value. A ball which is passed below net height will receive one (1) point, regardless of where it lands.
    - iii. The athlete's final score is determined by adding together the points scored from their two (2) trials at both the right back and the left back positions (2 trials = 10 attempts).
    - iv. It is suggested that the official stand on a chair to evaluate the height of each pass.
8. Serving
- a. Purpose
    - i. To measure the athlete's ability to serve the volleyball over the net and into the opponent's court.
  - b. Equipment
    - i. Use a regulation-size court that is 18m x 9m (59' x 29'6"); Five (5) volleyballs (modified ball permissible); net height at 2.43m (7'11-5/8") for men and 2.24m (7'4-1/8") for women; net; standards; antennae; measuring tape; floor tape or chalk; and ball box.
  - c. Description
    - i. The athlete stands in the serving area and serves 10 volleyballs, one (1) at a time, into the opponent's court.
  - d. Scoring
    - i. The court is divided into three (3) equal areas 3m in width.
    - ii. Each of these areas is assigned a different point value.
    - iii. The athlete's score is the cumulative point total of the 10 serves.
    - iv. A ball which lands on the line is assigned to the area with the highest point value.

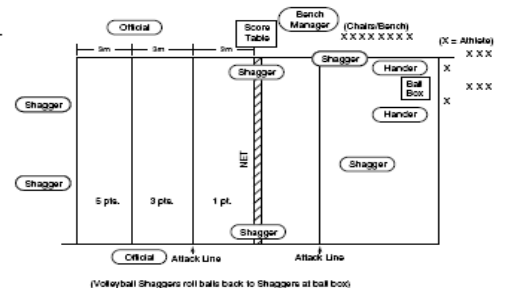
**Diagram of Overhead Passing**



**Diagram of Forearm Passing**



**Diagram of Serving**



# VOLLEYBALL Individual Skills Scorecard

Athlete's Name: \_\_\_\_\_

County Program: \_\_\_\_\_



Event <i>Attempts</i>	Scoring System	Points	Score
<b>Overhead Passing (Setting)</b> 2 trials 10 attempts	<ul style="list-style-type: none"> <li>• 5 points for volleying above net height</li> <li>• 2 points for attempt</li> <li>• 0 points for illegal contact or missed attempt</li> </ul>	Trial #1:      Trial #2: 1) _____ 1) _____ 2) _____ 2) _____ 3) _____ 3) _____ 4) _____ 4) _____ 5) _____ 5) _____	Sum of 2 trials (10 attempts):  _____ points
<b>Passing</b> 2 trials 10 attempts	<ul style="list-style-type: none"> <li>• 5 points for hitting target area</li> <li>• 4 points for hitting right of target area</li> <li>• 3 points for hitting left of target area</li> <li>• 2 points for 3 meter - 6 meters area</li> <li>• 1 point for 6 meters - 9 meters area</li> <li>• 0 points for missed attempt</li> </ul>	Left Back:      Right Back: 1) _____ 1) _____ 2) _____ 2) _____ 3) _____ 3) _____ 4) _____ 4) _____ 5) _____ 5) _____	Sum of 2 trials (10 attempts):  _____ points
<b>Serving</b> 2 trials 10 attempts	<ul style="list-style-type: none"> <li>• 5 points for farthest section from net (6 meters - 9 meters)</li> <li>• 3 points for middle section (3 meters - 6 meters)</li> <li>• 1 points for section closest to net (net - 3 meters)</li> <li>• 0 points for miss or not going over net</li> </ul>	Trial #1:      Trial #2: 1) _____ 1) _____ 2) _____ 2) _____ 3) _____ 3) _____ 4) _____ 4) _____ 5) _____ 5) _____	Sum of 2 trials (10 attempts):  _____ points

**NOTE**

Do NOT submit this form as the entry form. Use this form for entry score calculation only.

Place the TOTAL SCORE as the entry score.

**TOTAL SCORE**

\_\_\_\_\_