

# VOLLEYBALL

The following events will be offered at State level competition. Counties/areas may offer additional events at their competitions.

## Lead-Up Events

Team Skills Volleyball

## Regular Events

Team Volleyball

Unified Sports® Team Volleyball

Team Volleyball players and Unified Sports® Team Volleyball players may not participate in Lead-Up events. Team members can play on only one team. All Volleyball teams will be considered **coed** teams.

Federation Internationale de Volleyball (FIV) rules with modifications established by SOI (2004-2007 Official Special Olympics Summer Rules Book) will be followed for all training and competition.

Federation Internationale de Volleyball (FIV)

Avenue de la Gare 12  
1001 Lausanne, Switzerland

[www.fivb.ch](http://www.fivb.ch)

USA Volleyball

715 South Circle Drive  
Colorado Springs, CO 80910

[www.usavolleyball.org](http://www.usavolleyball.org)

## RULES MODIFICATIONS

1. The service line may be moved closer to the net, but no closer than 4.5 meters (14'9").
2. The height of the net will be 2.43 meters (7'11 5/8")
3. A lighter weight, modified volleyball may be used. The size of the ball should be no larger than 81 cm. (32") in circumference and weigh no more than 226 grams (8 oz.). The ball should be as close as possible to a regulation-size volleyball as possible.
4. A time limit of 30 minutes may be set for each game.
5. Multiple substitutions will be allowed.
  - ◆ 3 entries per position
  - ◆ A maximum of 12 team substitutions per game. Unlimited individual entries by a substitute within a team's allowable 12 substitutions is permitted
6. Coaches are permitted to get up from the bench and move around as long as the coach is not affecting the progress of the game. Coaching from behind the end line is prohibited
7. A coach is permitted to assist the athlete to move in position for substitutions.
8. Rally scoring will be used. In rally scoring, points are awarded on each play, regardless which team serves.
9. The let serve shall be allowed, and play shall continue provided net contact is entirely within the net antennas.

## BASIC RULES

1. There must be six players per team available for each game.
1. Games will be won when a team scores 25 points and has at least a 2 point advantage over the opponent. In the case of a 2-2 game tie, the deciding (5<sup>th</sup>) game is played as a tie breaker with rally scoring procedures to 15 points and no point cap. Teams will change sides when one team has score 8 points (tie break game only).
2. Match wins will consist of winning 3 out of 5 games.
3. The service zone is extended to include the full width of the 9 meter area behind the end lines.
4. The ball may touch any part of the body.
5. Serves must start within 8 seconds of the referee's whistle for a serve.
6. The server will be permitted only one toss or release of the ball on each serve. Preparatory action (dribbling the ball, moving it from one hand to the other) is permitted, but when the server tosses or releases the ball for service, it must be hit with one hand or arm before it touches the floor or some other part of the server's body

## "LIBERO" PLAYER

Each team has the option to register one specialized defensive player called a "Libero" player.

1. The "Libero" must be recorded on the score sheet before the match on a special line reserved for it.
2. His/her number must also be added to the Lineup Form prior to each match.
3. The "Libero" may go into the game at any time for a back row player and has unlimited substitutions but must be replaced when coming out by the player that he/she replaced.

4. If a "Libero" is injured he/she may be replaced by any player on the existing roster and will be limited to playing as a "Libero" for the rest of the match and any subsequent matches.
5. The replacement "Libero" will be allowed to be registered again as a regular player in the normal line-up of later matches once the initially registered "Libero" is officially re-instituted.
6. The "Libero" may only enter or leave the game while the ball is out of play and before the whistle for service.
7. He/she is restricted to perform as a back row player and is not allowed to complete an attack hit from "anywhere" if at the moment of contact the ball is entirely higher than the top of the net.
8. He/she may not serve, block or attempt to block.
9. A teammate may not complete an attack hit from higher than the top of the net if the ball is coming from an overhead finger pass by a "Libero" in the front zone. The ball may be freely attacked by a teammate if the same pass is made behind the front zone.

### **UNIFIED SPORTS® RULES**

1. A Unified Sports® Volleyball Team must consist, on the court, of 3 athletes and 3 partners. Teams that lose players due to injury or suspension and are playing with less players on the court/field must maintain the appropriate ratio of Special Olympics athletes to Unified Partners or be subject to forfeit
2. Each team shall have a non-playing adult coach, responsible for the lineup, substitutions and the conduct of the team during competition.
3. The serving order and positions on the court at service shall be an alternation of athletes and partners.
4. An individual shall serve no more than 3 consecutive points.
5. After such time, the serving team shall rotate one position and continue to serve, following the above stated rule, until the team loses their service.
6. If the rotation is not made at the proper time, it will take place as soon as the error is noticed. The score at the time the change is made remains the same. This oversight shall not constitute grounds for protest.

### **ADVANCEMENT/DIVISIONING**

Teams may advance to State level competition provided they have met the following criteria:

1. For a team to advance to Sectionals (Basketball) or State (Soccer, Softball & Volleyball) Competitions, the Team must play a minimum of 4 regulation games, one of which must be at a Sanctioned Area Level Tournament or a Sanctioned Invitational Tournament. Two games must be played before an Area Competition
2. At the Area level competition, teams with correct competition in a specific division must place first in that division to advance. **When there are only 2 teams in a division, a best 2 of 3 games series must be played**
3. At the Area level competition, teams without correct competition in their specific division will be eligible to advance to State level competition if they have met the criteria list in #1 and if, at the discretion of the Director of Sports and Training, the team will have viable competition at the State level event.

The results of these 4 games must be recorded on the "*Team Division Confirmation Forms*", signed by the coaches of both teams and by a neutral witness and submitted to SOFL by the established deadline. Failure to submit these forms will disqualify a team from advancing to State level competition.

A team's final division will be determined based on the information provided on the "*Team Division Confirmation Form*" **The Volleyball Divisioning Evaluation Worksheet must be submitted for each advancing team by the State Games Entry deadline**

### **UNIFORMS/APPROPRIATE CLOTHING**

1. A player's uniform consists of a jersey and athletic-type shorts. Uniforms may be one-piece.
2. A team's uniforms must be similar and of the same color.
3. Player's numbers must be numbers from 1 to 99. Front numbers must be at least 6" high. All numbers must be the same color and height. Back numbers must be at least 8 high. The stripe forming the number must be at least  $\frac{3}{4}$ " wide.
4. Both front and back numbers must be centered on the shirt
5. Numbers shall be a different and contrasting color from the jerseys.
6. Any undergarments, including but not limited to t-shirts, boxer shorts, tights, leotards, body suits, bicycle shorts, sports bras, etc. worn in such a manner that they are exposed will be considered part of the uniform and, therefore, all such undergarments worn by any other team member must be similar and the same color for any team members who wear such a uniform.
7. All uniform rules will be enforced in all games.
8. Athletic-type shoes must be worn.

### **REQUIRED FORMS FOR STATE GAMES ENTRY IN ADDITION TO GENERAL REG. FORMS**

- ◆ Team Roster
- ◆ Team Divisioning Confirmation Form (minimum of 4)
- ◆ Volleyball Divisioning Evaluation Worksheet



**Special Olympics**  
Florida

# VOLLEYBALL ROSTER

COUNTY:	ESTIMATED DIVISION:
TEAM NAME:	PHONE:
HEAD COACH:	E-MAIL:
ADDRESS:	CITY/ZIP:

Team type:     Traditional Team     Unified Sports® Team     Team Skills\*\*

Age :     Pee Wee (8-11 yrs)     Junior (12-15 yrs)     Senior (16-22 yrs)     Master (23 yrs & older)

The age of the oldest player on the team will determine the age division of the team

	Enter "P" for Unified Sports® Partner	Athlete Names  (Last Name, First Name)	DOB
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Maximum # of Players: Traditional team and Unified Sports® team – 12 players, team skills team – 10 players

Place a "P" in the appropriate column for all Partners on a Unified Sports® Team

Team composition may not change after Area Level competition.

## VOLLEYBALL DIVISIONING EVALUATION WORKSHEET

This worksheet is a tool to help establish the correct division for each Volleyball team. This worksheet will be used in conjunction with the *Team Division Confirmation Form* (based on performance in competition) to determine a team's actual division.

This evaluation must be completed no more than one week prior to Area Level/Invitational tournament and submitted to the Area Program Director prior to the tournament.

Teams advancing to the State Tournament must re-evaluate their team no more than one week prior to the tournament and submit this form to the State Office.

### **Skills that must be evaluated**

**Serving** – Accuracy, control, and consistency.

**Passing** – Passing includes control and accuracy

**Setting**– A good set includes being in control and legal.

**Blocking/Digging**– A legal block or dig includes hitting the ball with a single hit. (two hands at the same time or just one hand). Good timing is essential.

**Spiking** – Includes control, accuracy, force and the ability to contact the ball at the top of the jump.

**3-Hit Offense** – Higher level athletes understand the concept of the 3-Hit (Bump, Set, Spike) offense and can control the pass to the correct player.

**Rotation** – The ability to take the initial position on the floor and maintain the rotation throughout the match

**Movement**– Making judgments and moving to the ball.

**Rules** – Understanding of the basic rules of the game.

**Overall Athletic Ability** – Over-all speed, strength, endurance and basic motor skills.

### **Criteria for Evaluating each Player**

- 5 points - Proficiently demonstrates skill in competitive situations
- 4 points - Competently demonstrates skill with minimal errors in majority of competitive situations
- 3 points - Performs skill in structured training environments
- 2 points - Attempts skill when cued
- 1 points - Unable to perform skill

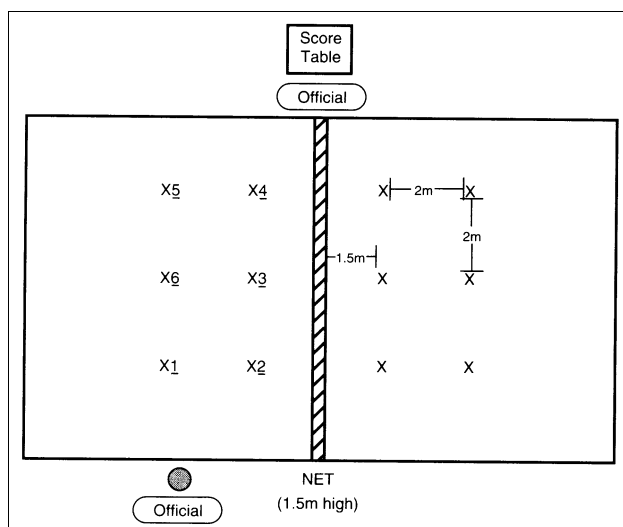
### **Criteria for Self-Evaluation of Head Coach**

- 5 points - Proficiently demonstrates knowledge of the game + skills to coach sport with special athletes in all situations
- 4 points - Competently demonstrates coaching knowledge (in this sport) and skill with minimal errors in majority of competitive situations
- 3 points – Knowledge of sport and skills but limited experience with SO athletes.
- 2 points – Experienced SO Coach but new to this sport.
- 1 points – New to coaching and Special Olympics. No training in either Special Olympics or coaching this sport





# SPECIAL OLYMPICS FLORIDA TEAM SKILLS VOLLEYBALL EVENT LAYOUT & DESCRIPTION



## RULES

1. Two six-member teams shall be positioned across the net from each other.
2. A game is composed of six rounds. Players will be given one opportunity at each of the six positions during the game. In order to win the match, a team must win a best two-out-of-three game series. The event director has the authority to alter the number of games played.
3. The official shall hand the ball to the player in position #1. At the sound of the official's whistle, the game will begin.
4. The player in position #1 must use a set to pass the ball to the player at position #2. The player in position #2 then attempts to hit the ball over the net into the opponent's court.
5. The opposing team can attempt to return the ball back over the net. The serving team may not return the ball.
6. If the opposing team fails to hit the ball over the net or in bounds, it will not be penalized any points.
7. The official hands the ball to the player in position #6. This player hits the ball using an overhead pass (volley) to the player at position #3. The player in position #3 attempts to hit the ball over the net and into the opponent's court.
8. Following this play, the official hands the ball to the player in position #5. Using an overhand pass (volley), the player in position #5 hits the ball to the player in position #4 who then attempts to hit it over the net.
9. After players in positions #1, #5 and #5 have completed their turns, the round is completed.
10. The opposing team now begins its round which finishes once the players in positions #1, #6 and #5 have completed their turns.
11. When beginning each round, a team's players shall rotate in serving order (clockwise) to the next position.
  - Player at position #1 goes to position #6.
  - Player at position #6 goes to position #5.
  - Player at position #5 goes to position #4.
  - Player at position #4 goes to position #3.
  - Player at position #3 goes to position #2.
  - And player at position #2 moves to position #1
12. Play continues until players have been stationed at each of the six positions.
13. Substitutes are allowed to enter the game only after a round has been completed.
14. Coaches must remain on the sidelines 4m (13'1 1/2") to the side of the players in position #1 and #5. Verbal or signed instructions presented by coaches are permissible. Athletes who are deaf may receive assistance in positioning.

## SCORING

1. The serving team receives one point each time:
  - a) The ball is successfully set from the back line player to the appropriate front line player.
  - b) The front line player hits the ball.
  - c) The front line player hits the ball over the net and in-bounds.
2. The defensive team receives one point if it successfully returns the ball in-bounds and in no more than two attempts.
3. The maximum point total a team can receive for a regulation six-round game is 72 points.
4. In order to win a game, a team must win by two points. Additional rounds are conducted until this margin of victory is achieved.