Volleyball

Sport Rules

Special Olympics

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1. GOVERNING RULES

The Official Special Olympics Sports Rules for Volleyball shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Volleyball (FIVB) Rules for volleyball found at http://www.fivb.org/. FIVB or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Volleyball or Article I. In such cases, the Official Special Olympics Sports Rules for Volleyball shall apply.

Refer to Article 1, http://media.specialolympics.org/resources/sports-essentials/general/Sports-Rules-Article-1.pdf, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports®.

2. OFFICIAL EVENTS

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

The following is a list of official events available in Special Olympics:

2.1 Volleyball Juggle
2.2 Volleyball Pass
2.3 Volleyball Toss and Hit
2.4 Individual Skills Competition
2.5 Team Skills Volleyball
2.6 Team Competition
2.7 Unified Sports Team Competition
2.8 Modified Team Competition

3. COURT AND EQUIPMENT

3.1 Service Line
- 3.1.1 The service line may be moved closer to the net, but no closer than 4.5 meters (14 ft, 9 in). Note: There will be no modifications for Special Olympics World Games.

3.2 Height of the Net
- 3.2.1 Male and Mixed Gender competition: 2.43 meters (7 ft, 11 5/8 in)
- 3.2.2 Female competition: 2.24 meters (7 ft, 4 1/8 in)
- 3.2.3 Unified Sports competition
  - 3.2.3.1 Male and Coed competition: 2.43 meters (7 ft, 11 5/8 in)
  - 3.2.3.2 Female competition: 2.24 meters (7 ft, 4 1/8 in)

3.3 Volleyball
- 3.3.1 A lighter weight, leather, modified volleyball may be used.
- 3.3.2 The size of the ball should be no larger than 81 centimeters (32 in) in circumference and weigh no more than 226 grams (8 oz).
- 3.3.3 It should be as close as possible to the regulation-size volleyball.
- 3.3.4 The specified standard ball only will be used in Special Olympics World Games.

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3.4 Official Court Dimensions

3.4.1 18 meters by nine meters, surrounded by a free zone of a minimum of three meters wide on all sides.

3.4.2 For Special Olympics World Games, the free zone shall measure a minimum of five meters from sidelines and eight meters from end lines.

3.5 Players' Uniforms

3.5.1 The players' jerseys must be numbered from 1 to 99. For Special Olympics World Games, players' jerseys must be numbered from 1 to 20.

3.5.2 The numbers must be a minimum of 15 centimeters (6 in) in height on the chest and a minimum of 20 centimeters (8 in) in height on the back.

3.5.3 It is recommended (but not required) that the team captain have a stripe on his/her jersey underlining the number on the chest.

3.5.4 The color and the design for the jerseys, shorts and socks must be uniform for the team (except for the Libero). The uniforms must be clean.

4. TEAM COMPETITION RULES

4.1 Divisioning

4.1.1 Prior to competition, the head coach must submit the scores from the four Volleyball Skills Assessment Tests (VSAT), i.e., serve, forearm pass, spike and bump-set, for each player on his/her roster. (These tests are for player/team assessment only and are not competition events for medals and ribbons. Information regarding the VSAT follows in Section D.)

4.1.2 The head coach also must identify his/her six best players in terms of their on-court playing ability by placing a star next to their names on the roster.

4.1.3 A "team score" shall then be determined by adding the top eight players' VSAT scores and then dividing that total by eight.

4.1.4 Teams are initially grouped in divisions according to the VSAT team score.

4.1.5 A classification process shall then be conducted as a means of finalizing the divisioning process. Suggestions for this process include, but are not limited to:

4.1.5.1 Playing classification rounds where teams will play one or more sets, with each set lasting at least five minutes or 10 points, whichever comes first. Each team will be required to play all team members.

4.1.5.2 Playing "pool play" rounds to establish divisions.

4.1.5.3 Tournament Directors are encouraged to require that all players on a roster participate during the divisioning round for a minimum time or points as established by the tournament committee.

4.2 Libero Player

4.2.1 Any team has the option to designate two Libero players on its roster for each match. There are special rules if the Libero player is injured and cannot continue. The Libero jersey number(s) must be placed on the lineup sheet for the first set of the match, in addition to the numbers for the starting six players. The Libero player must wear a uniform of a different and contrasting color and/or design than that of the rest of the team in order to be easily recognized on the court.

4.2.2 Libero playing actions: The Libero is allowed to replace any player in a back-row position. Libero is restricted to perform as a back-row player and is not allowed to complete an attack hit from anywhere (including playing court and free zone) if at the moment of the contact, the ball is entirely higher than the top of the net. A player may not complete an attack hit

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from higher than the top of the net if the ball is coming from an overhead finger pass by a Libero in his/her front zone. The ball may be freely attacked if the Libero makes the same action from behind the front zone.

4.2.3 Libero Replacements: When the Libero replaces a player in the back zone, it is not counted as a substitution. Libero replacements are unlimited. Only the player whom the Libero replaced may replace the Libero. Replacements may take place at the start of the set after the second referee has checked the lineup or while the ball is out of play, before the first referee blows the whistle for service.

4.3 Competition Adaptations (from FIVB Rules)

4.3.1 A time limit of 30 minutes may be established for each set (if time is limited).

4.3.2 Multiple substitutions will be allowed as follows (except for the Libero player):

4.3.2.1 Unlimited individual entries by a substitute within the team's allowable 12 substitutions.

4.3.2.2 Maximum 12 team substitutions per set.

4.3.2.3 Unlimited number of players may substitute into a single position.

4.3.2.4 A player in the starting lineup may start a set and re-enter, but only in the same position in which he/she started the set. Likewise, a substitute who has left the set may re-enter, but only in the position he/she had previously played.

4.4 Bench Coaching

4.4.1.1 A coach is 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 or the sideline opposite the bench is prohibited.

4.4.1.2 A coach is permitted to assist the athlete to move in position for substitutions.

4.4.1.3 A coach is permitted to make a request for substitution. This request will be recognized by the referee even if the player has not yet entered the substitution zone.

4.5 Basic Ground Rules

4.5.1 Players

4.5.1.1 All matches shall start with six players. In competitions other than Special Olympics World Games, in the event of injury or illness during a match whereby a team has been reduced to five players, a team may continue tournament competition. A team will forfeit their match if they are reduced to fewer than five players.

4.5.1.2 The team roster, including substitutes, may not exceed 12 players.

4.5.2 Service

4.5.2.1 The first server of each set is the right back player. Thereafter, the right front player rotates to the right back position. The team receiving first service shall rotate upon the first side out.

4.5.2.2 A team continues to serve until it commits a violation or the set ends.

4.5.2.3 The service alternates when there is a violation by the serving team. The ball is awarded to the opponent who shall rotate clockwise one position.

4.5.2.4 The winner of the coin toss may choose to serve, receive or select a specific side of the court. If a deciding third or fifth set is necessary, a coin toss shall again be conducted with the same options.

4.5.2.5 Serve shall be from the serving area. Stepping on or over the end line or outside the service area as defined by the sidelines prior to contacting the ball shall constitute a violation.

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4.5.2.6 The server must contact the ball within eight seconds after the first referee's whistle for service.

4.5.3 Play

4.5.3.1 The ball may be hit with any part of the body.

4.5.3.2 A team shall not play the ball more than three times before it crosses the net. (A touch on a block does not count as one of the three hits).

4.5.3.3 Touching any part of the net while playing the ball is a fault. Crossing completely over the center line with any part of the body except the feet will not constitute a violation unless there is interference. It is a fault to cross completely over the center line with the foot or feet.

4.5.3.4 Any ball hitting the ceiling will be considered playable by the team causing such contact, unless the ball crosses the plane of the net or contacts the ceiling after the team's third contact.

4.5.3.5 Any ball hitting the side or back walls is considered "out".

4.5.3.6 Any ball landing on the line is considered "in".

4.5.3.7 Return of service may occur by any legal hit. (A forearm pass is highly recommended in order to return a hard hit serve legally.)

4.5.4 Substitution/Replacement

4.5.4.1 Players shall substitute by position as per the adapted FIVB Rules (except when using the Libero player).

4.5.5 Scoring

4.5.5.1 A match is won by the team that wins the best of three or five sets. A one-set match is won by the team that scores 15 (or 25) or more points with a two-point advantage. Teams change sides when one team has scored eight points if playing to 15. Switch at 13 if playing to 25. In the case of a 1–1 or 2–2 set tie, the deciding set (third or fifth) is played as a tie breaker with rally point scoring procedures to 15 points and no point cap. Teams change sides when one team has scored eight points.

4.5.5.2 A set is won by the team which first scores 25 points with a minimum lead of two points (except the deciding third or fifth set). In the case of a 24–24 tie, play is continued until a two-point lead is achieved. In predetermined three-set matches, when all three sets count as a win or loss, the third set is not considered a deciding set and will be played to 25 points.

4.5.5.3 If a team fails to serve properly, return the ball or commits any other fault, the opponent wins the rally and scores a point. When the serving team wins a rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the right to serve.

4.5.5.4 A served ball touching the net and continuing over the net shall remain in play, and the receiving team has three plays to return the ball to the opponents.

4.5.5.5 FIVB International Scoring System (based on matches won, sets won and point ratio) will be used to handle all ties during competition.

4.5.6 Referees

4.5.6.1 Referees shall have full authority to interpret the rules. For further questions, the Competition Management Team shall be consulted.

4.5.6.2 Ball handling will be called in accordance with the ability level of the athletes.

4.5.6.3 There shall be at least two line judges who shall be positioned on opposite corners in the left, rear corner of each court. Each line judge shall have responsibility to

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judge whether a ball is in or out for their assigned end and sidelines, as well as appropriate touch calls as instructed by the first referee. In some competitions, a four-line judge system may be utilized. In this case, two line judges will be assigned the end lines; and two line judges will be assigned the sidelines.

4.5.6.4 Technical Officials (Referees) Ratings

4.5.6.4.1 There shall be a minimum requirement for a Technical Official to be considered at each level of competition. Technical Officials with higher ratings are acceptable at each level of competition.

4.5.6.4.2 World Games

4.5.6.4.2.1. Minimum Requirement: National certification or highest equivalent proficiency rating awarded by a Volleyball NGB. FIVB Internationale Arbitre rating preferred.

4.5.6.4.3 Regional Games

4.5.6.4.3.1. Minimum Requirement: National certification, or highest equivalent proficiency rating awarded by a Volleyball NGB.

4.5.6.4.4 National Games

4.5.6.4.4.1. Minimum Requirement: National certification or equivalent proficiency rating awarded by a Volleyball NGB. Also acceptable is a Junior National or equivalent proficiency rating awarded by a Volleyball NGB.

4.5.6.4.5 Competition Below National Games level

4.5.6.4.5.1. Minimum Requirement: All Technical Officials shall be certified (any level) by their Volleyball NGB.

4.6 Sanctions

4.6.1 For minor misconduct, a verbal warning followed by a yellow card may be given. If given, the yellow card applies to the entire team for the match. After a yellow card warning, sanctions may escalate to a red card, which is a penalty point and service to the opponent, a yellow and red card shown together, which results in expulsion from the set, or a yellow and red card shown separately, which results in disqualification from the match.

4.7 Protests

4.7.1 Any protest involving the judgment of the officials will not be considered.

4.7.2 Only the Head Coach may protest and must do so immediately prior to the authorization of the next service. If the protest involves the last point of the set, the protest must be filed within the first 60 seconds of the interval between sets. If the final point of the match is disputed, the protest must be recorded within the first 60 seconds after the final point of the match is scored.

4.7.3 For a protest to be considered it must be (1) a misinterpretation of a playing rule, (2) a failure of the referee to apply the correct rule to a given situation, or (3) a failure to charge the correct penalty or sanction for a given fault.

5. UNIFIED SPORTS TEAM COMPETITION RULES

5.1 Roster/Lineup

5.1.1 The roster shall contain a proportionate number of athletes and partners.

5.1.2 During competition, the lineup shall never exceed three athletes and three partners at any time. After the match begins, only the following lineup is allowed:

3 athletes and 3 partners

3 athletes and 2 partners (in the event of injury or illness)

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Failure to adhere to the required ratio results in a forfeit.

5.1.3 Libero replacement: athletes can replace athletes only and partners can replace partners only.

5.2 Coach

5.2.1 Each team shall have an adult, non-playing coach responsible for the lineup and conduct of the team during competition.

5.3 Service Order

5.3.1 The serving order and positions on the court, at service, shall be an alternation of athletes and partners.

5.3.2 Once a server has scored three consecutive points, his/her team shall rotate to the next server and continue to serve.

6. MODIFIED TEAM COMPETITION RULES

6.1 Divisioning

6.1.1 Prior to the competition, the head coach must submit the scores from the three Individual Skills Competition events, i.e., overhead passing, serving and passing (not the VSAT), for each player on his/her roster.

6.1.2 The head coach also must identify his/her six best players in terms of their on-court playing ability by placing a star next to their names on the roster.

6.1.3 A "team score" shall be determined by adding the top eight players' scores and then dividing that total by eight.

6.1.4 Teams are initially grouped in divisions according to the Individual Skills Competition team scores.

6.1.5 A classification round of sets shall then be conducted as a means of finalizing the divisioning process.

6.1.5.1 In the classification round, teams will play one or more sets with each set a minimum of five minutes or 10 points, whichever comes first.

6.1.5.2 Each team will be required to play all team members.

6.2 Competition Adaptations

6.2.1 The court may be modified to 7.62 meters (25 ft) wide by 15.24 meters (50 ft) long.

6.2.2 The net may not be lower than 2.24 meters (7 ft, 4 1/8 in).

6.2.3 A lighter weight, leather, modified volleyball may be used. The size of the ball should be no larger than 81 centimeters (32 in) in circumference and weigh no more than 226 grams (8 oz).

6.2.4 Once a server has scored three consecutive points, his/her team shall rotate to the next server and continue to serve.

6.2.5 Antennas will still be placed above the sideline on the net.

6.2.6 In local competitions only, competition organizers may opt to have the teams NOT change courts in the middle of the deciding set.

6.3 Basic Ground Rules

6.3.1 Same as for Team Competition in section 4.5.

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7. SKILLS COMPETITION RULES

7.1 Individual Skills

7.1.1 Purpose

7.1.1.1 Individual Skills Competition is not designed for athletes who can already play the game.

7.1.2 Score

7.1.2.1 The athlete's final score is determined by adding together the scores achieved in each of these three events.

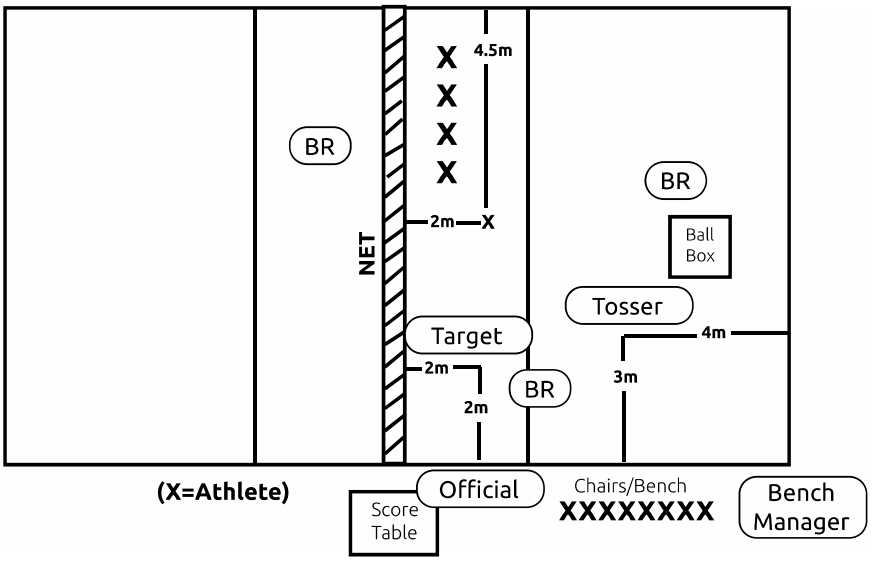
7.1.3 Personnel

7.1.3.1 Each event is diagrammed with the suggested number and placement of volunteers who will administer them. It is also suggested that the same tosser remain at an event throughout the competition so that consistency is provided.

7.1.4 Events

7.1.4.1 Three events comprise the Individual Skills Competition: overhead passing (volleying), serving and passing (forearm passing).

7.1.5 Individual Skills Competition Event #1: Overhead Passing (Volleying)



7.1.5.1 Diagram terms

Athlete
Official
Target
Ball Retriever (BR)
Tosser
Score Table
Bench Manager
Chairs/Bench
Ball Box
Net

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7.1.5.2 Purpose

7.1.5.2.1 To measure an athlete's ability to overhead pass (volley) the ball with consistency and at a height that could be spiked.

7.1.5.3 Equipment

7.1.5.3.1 Use a regulation-size court that is 18 meters (59 ft) long and 9 meters (29 ft, 6 in) wide, four volleyballs (modified ball permissible), net height at 2.24 meters (7 ft, 4 1/8 in) for women and 2.43 meters (7 ft, 11 5/8 in) for men, standards, antennae and ball box.

7.1.5.4 Description

7.1.5.4.1 Player is given 10 attempts from the center front position that is two meters (6 ft, 6 3/4 in) from the net and 4.5 meters (14 ft, 9 in) from the sideline.

7.1.5.4.2 The player receives 10, two-handed, underhand-tossed balls from the tosser who is positioned in his/her backcourt, four meters (13 ft, 1 1/2 in) from the baseline and three meters (9 ft, 10 in) from the sideline in the left back position.

7.1.5.4.3 The player sets the tossed ball toward a target (a person who has his/her hands above the head and who is standing two meters from the net and two meters from the sideline in the left front position).

7.1.5.4.4 Tosses that are not high enough for the athlete to set are repeated. The goal is for the peak of the arc of each set ball to be above net height.

7.1.5.5 Scoring

7.1.5.5.1 The peak of the arc of each set ball toward the target is measured.

7.1.5.5.2 The athlete will receive one point for volleying/setting the ball one meter (3 ft, 3 1/3 in) above his/her head height and three points for volleying/setting the ball above net height.

7.1.5.5.3 The following result in zero points: illegal contact, balls which go lower than head high and balls which go over the net or outside the court.

7.1.5.5.4 The athlete's final score is determined by adding together the points awarded for each of the 10 attempts. It is suggested that the official stand on a chair to evaluate the height of each set.

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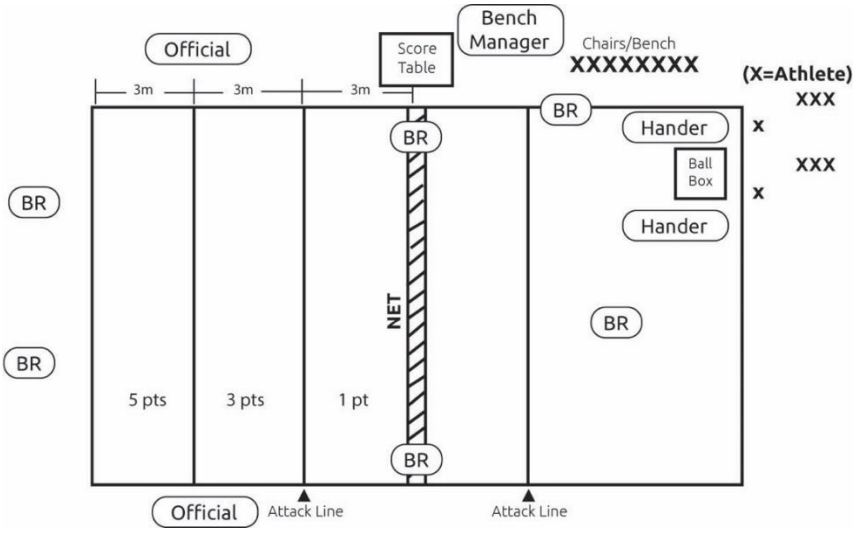
7.1.6 Individual Skills Competition Event #2: Serving



7.1.6.1 Diagram terms

Athlete
Official
Ball Retriever (BR) - roll balls back to Ball Retrievers at ball box
Score Table
Bench Manager
Chairs/Bench
Ball
Box
Net
Attack Line
Hander

7.1.6.2 Purpose

7.1.6.2.1 To measure the athlete's ability to serve the volleyball over the net and into the opponent's court.

7.1.6.3 Equipment

7.1.6.3.1 Use a regulation-size court that is 18 meters (59 ft) long and 9 meters (29 ft, 6 in) wide, five volleyballs (modified ball permissible), net, standards, antennae, measuring tape, floor tape or chalk and ball box.

7.1.6.4 Description

7.1.6.4.1 The athlete stands 1.5 meters (4 ft 11 in) inside the end line and serves 10 volleyballs, one at a time, into the opponent's court.

7.1.6.5 Scoring

7.1.6.5.1 The court is divided into three equal areas of 3 meters (9 ft 10 in) in width. Each of these areas is assigned a different point value. The athlete's score is the cumulative point total of the 10 serves. A ball which lands on the line is assigned to the area with the highest point value.

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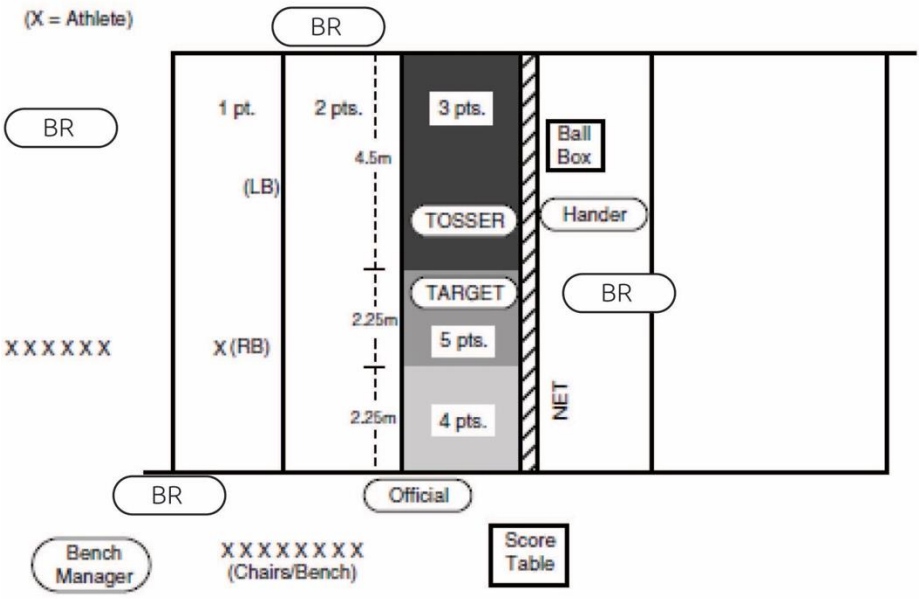
7.1.7 Individual Skills Competition Event #3: Passing (Forearm Passing)



7.1.7.1 Diagram terms

- Athlete
- Official
- Target
- Score Table
- Ball Retriever (BR)
- Tosser
- Hander
- Bench Manager
- Chairs/Bench
- Ball
- Box
- Net
- LB (left back)
- RB (right back)

7.1.7.2 Purpose

7.1.7.2.1 To measure the athlete's passing accuracy, height and consistency using the forearm pass technique.

7.1.7.3 Equipment

7.1.7.3.1 Use a regulation-size volleyball court that is 18 meters (59 ft) long and 9 meters (29 ft, 6 in) wide, five volleyballs (modified ball permissible), net, standards, measuring tape, marking tape, and ball box.

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7.1.7.4 Description

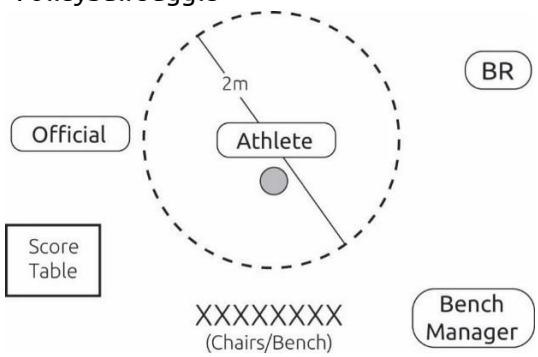
7.1.7.4.1 The athlete stands at the right back position, three meters (9 ft 10 in) from the right sideline and one meter (3 ft 3 1/3 in) from the baseline. A ball is thrown, using a two-hand, overhead toss by a coach/official who is standing on the same side of the net in the center front position, two meters (6 ft, 6 3/4 in) from the net. 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, two meters [6 ft 6 3/4 in] away from the net, and four meters [13 ft, 1 1/2 in] from the sideline away from the tosser). Target areas of varying point values are marked on the front court. The event is repeated with the athlete at the left back position, three meters from the left sideline and one meter from the baseline.

7.1.7.5 Scoring

7.1.7.5.1 The athlete must pass the ball so that the peak of the arc is at least net height in order to receive maximum points. 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 only one point, regardless of where it lands. The athlete's final score is determined by adding together the points scored from his/her five attempts at both the right back and the left back positions. It is suggested that the official stand on a chair to evaluate the height of each pass.

7.2 Other Skills Events

7.2.1 Volleyball Juggle



7.2.1.1 Diagram terms

Athlete
Official
Ball Retriever (BR)
Bench Manager
Score Table
Chairs/Bench

7.2.1.2 Equipment

7.2.1.2.1 Plastic playground ball that is 60 centimeters (24 in) in circumference or a leather, modified volleyball 81 centimeters (32 in) in circumference and no more that 8 ounces in weight is permissible.

7.2.1.2.2 Stopwatch

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7.2.1.2.3 Measuring tape
7.2.1.2.4 Floor tape or chalk
7.2.1.2.5 Whistle

7.2.1.3 Set-up

7.2.1.3.1 Mark a circle with a 2-meter (6 feet, 6 3/4 inches) diameter on the floor.

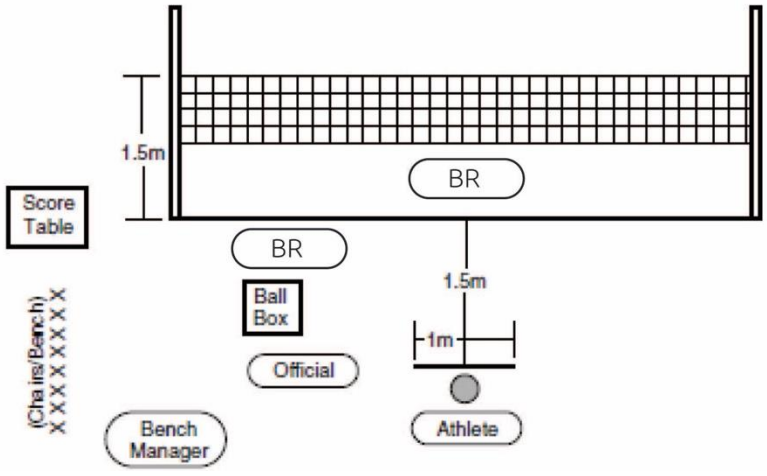
7.2.1.4 Rules

7.2.1.4.1 Athlete starts by standing or sitting in the middle of the circle and holding a ball.
7.2.1.4.2 Athlete begins juggling at the sound of the whistle.
7.2.1.4.3 Athlete may use only hands and arms to juggle the ball.
7.2.1.4.4 Athlete tries to keep the ball from falling to the ground.
7.2.1.4.5 There will be a maximum time limit of 60 seconds.
7.2.1.4.6 The event ends when the athlete catches the ball, when the ball touches the ground or when 60 seconds is reached.

7.2.1.5 Scoring

7.2.1.5.1 Count the number of times the athlete hits the ball into the air.
7.2.1.5.2 Athlete is awarded one point every time the ball is hit into the air.
7.2.1.5.3 Athlete receives five bonus points for keeping the ball in the air for the full 60 seconds.
7.2.1.5.4 Athlete's final score is the number of hits in 60 seconds plus bonus points.

7.2.2 Volleyball Pass



7.2.2.1 Diagram terms

Athlete
Official
Ball Retriever (BR)
Bench Manager
Score Table

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Chairs/bench
Ball Box

7.2.2.2 Equipment

7.2.2.2.1 Plastic playground ball that is 60 centimeters (1 ft, 11 3/4 in) in circumference or a leather, modified volleyball 81 centimeters (32 in) in circumference and no more than eight ounces in weight is permissible.

7.2.2.2.2 Net and standards

7.2.2.2.3 Measuring tape

7.2.2.2.4 Floor tape or chalk

7.2.2.2.5 Whistle

7.2.2.3 Set-up

7.2.2.3.1 Set the net at a height of 1.5 meters (4 ft, 11 in).

7.2.2.3.2 Mark a throwing line which is 1 meter (3 ft, 3 1/3 in) long, parallel to the net, and 1.5 meters (4 ft, 11 in) away from the net.

7.2.2.4 Rules

7.2.2.4.1 Athlete starts in sitting or standing position behind the throwing line.

7.2.2.4.2 Athlete attempts to throw the ball over the net.

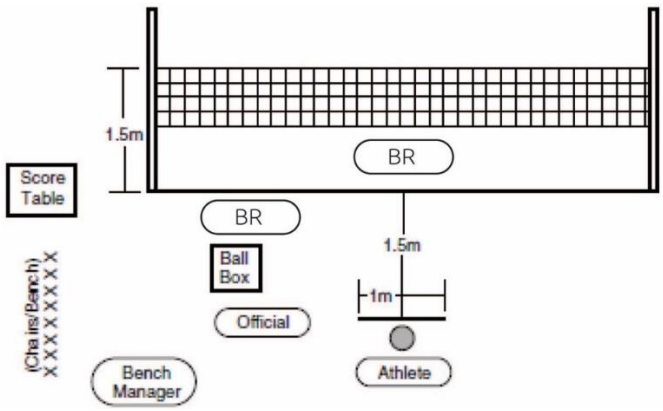
7.2.2.4.3 Athlete may throw the ball with one or two hands.

7.2.2.4.4 Athlete is given five attempts to throw the ball over the net.

7.2.2.5 Scoring

7.2.2.5.1 One point is awarded for each successful ball thrown over the net.

7.2.3 Volleyball Toss and Hit



7.2.3.1 Diagram terms

Athlete
Official
Ball Retriever (BR)
Bench Manager
Score Table
Chairs/Bench
Ball Box

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7.2.3.2 Equipment

7.2.3.2.1 Five plastic playground balls that are 60 centimeters (24 in) in circumference or leather, modified volleyballs 81 centimeters (32 in) in circumference and no more than eight ounces in weight are permissible.

7.2.3.2.2 Net and standards

7.2.3.2.3 Measuring tape

7.2.3.2.4 Floor tape or chalk

7.2.3.2.5 Whistle

7.2.3.3 Set-up

7.2.3.3.1 Set the net at a height of 1.5 meters (4 ft, 11 in).

7.2.3.3.2 Mark a throwing line which is 1 meter (3 ft, 3 1/3 in) long, parallel to the net, and 1.5 meters (4 ft, 11 in) away from the net.

7.2.3.4 Rules

7.2.3.4.1 Athlete sits or stands behind the throwing line.

7.2.3.4.2 Athlete attempts to hit five balls, one at a time, over the net.

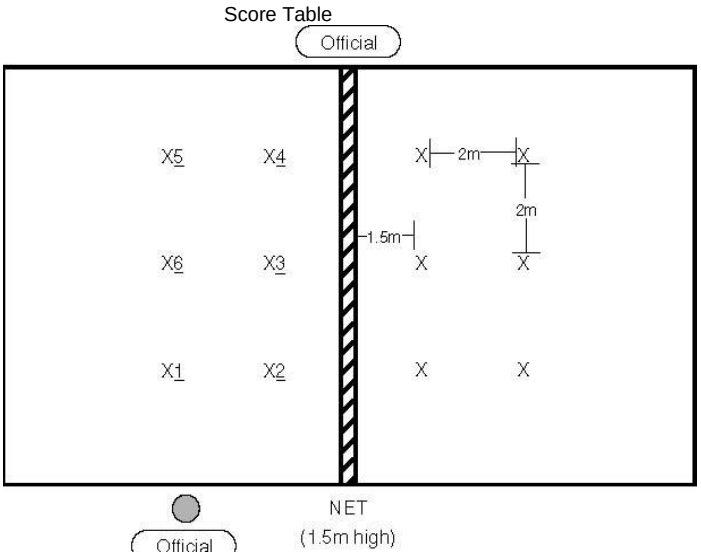
7.2.3.4.3 Athlete may hit the ball with one or two hands.

7.2.3.4.4 Athlete has two attempts to hit each ball over the net.

7.2.3.5 Scoring

7.2.3.5.1 One point is awarded for each successful ball hit over the net.

7.2.4 Team Skills Volleyball



7.2.4.1 Diagram terms

Official

Net

Score Table

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7.2.5 Equipment

7.2.5.1 Two regulation volleyballs or leather, modified volleyballs, 81 centimeters (32 in) in circumference and 8 ounces in weight per team.

7.2.5.2 Use a regulation-size volleyball court that is 18 meters (59 ft) long and 9 meters (29 ft, 6 in) wide

7.2.5.3 Volleyball standards and net set at 1.5 meters (4 ft, 11 in) high

7.2.5.4 Measuring tape

7.2.5.5 Floor tape or chalk

7.2.5.6 Whistle

7.2.6 Set-up

7.2.6.1 Mark six positions on the court as shown in the diagram. Players should be positioned 2 meters (6 ft, 6 3/4 in) apart. The front-line players shall be 1.5 meters (4 ft, 11 in) from the net. The back-line players shall be 2 meters (6 ft, 6 3/4 in) from the front line players.

7.2.6.2 Teams should submit a roster prior to the start of the game.

7.2.6.3 Team members should wear numbered uniforms or shirts.

7.2.7 Rules

7.2.7.1 Two, six-member teams shall be positioned across the net from each other.

7.2.7.2 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 two of three games. The Event Director has the authority to alter the number of games played.

7.2.7.3 The official shall hand the ball to the player in position #1. At the sound of the official's whistle, the game will begin.

7.2.7.4 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.

7.2.7.5 The opposing team can attempt to return the ball over the net. The serving team may not return this ball.

7.2.7.6 If the opposing team fails to hit the ball over the net or inbounds, it will not be penalized any points.

7.2.7.7 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.

7.2.7.8 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.

7.2.7.9 After players in positions #1, #6 and #5 have completed their turns, the round is completed.

7.2.7.10 The opposing team now begins its round which finishes once the players in positions #1, #6 and #5 have completed their turns.

7.2.7.11 When beginning each round, a team's players shall rotate in serving order (clockwise) to the next position.

7.2.7.11.1 Player at position #1 goes to position #6.

7.2.7.11.2 Player at position #6 goes to position #5.

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7.2.7.11.3 Player at position #5 goes to position #4.

7.2.7.11.4 Player at position #4 goes to position #3.

7.2.7.11.5 Player at position #3 goes to position #2.

7.2.7.11.6 And player at position #2 moves to position #1.

7.2.7.12 Play continues until players have been stationed at each of the six positions.

7.2.7.13 Substitutes are allowed to enter the game only after a round has been completed.

7.2.7.14 Coaches must remain on the sidelines, four meters (13 feet, 1 1/2 inches) 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.

7.2.8 Scoring

7.2.8.1 The serving team receives one point each time the following occurs:

7.2.8.1.1 The ball is successfully set from the back line player to the appropriate front line player.

7.2.8.1.2 The front line player hits the ball.

7.2.8.1.3 The front line player hits the ball over the net and inbounds.

7.2.8.2 The defensive team receives one point if it successfully returns the ball inbounds and in no more than two attempts.

7.2.8.3 The maximum point total a team can receive for a regulation six-round game is 72 points.

7.2.8.4 In order to win a game, a team must win by two points. Additional rounds are conducted until this margin of victory is achieved.

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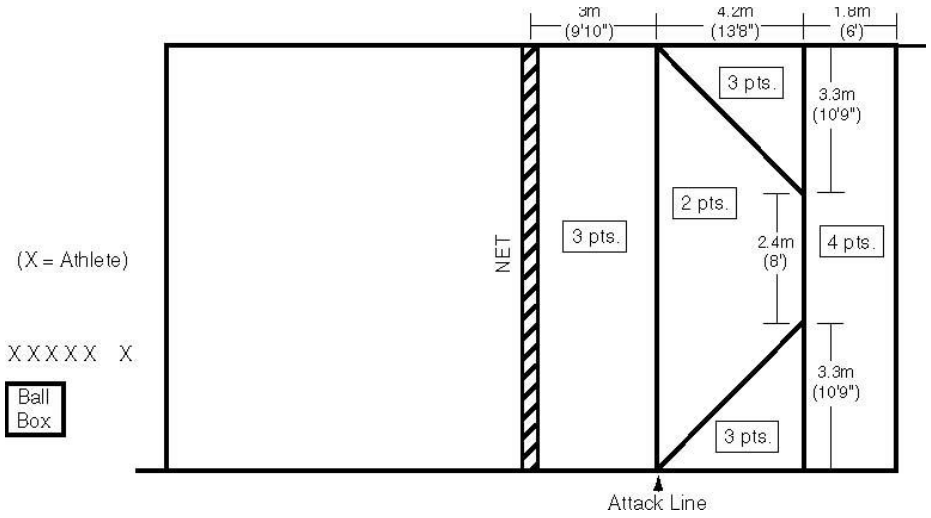
8. VOLLEYBALL SKILLS ASSESSMENT TESTS (VSAT)

8.1 VSAT- Serve



8.1.1 Diagram terms

Athlete
Net
Attack Line
Pts. (points)
Ball Box

8.1.2 Set-up

8.1.2.1 Use a regulation-size court that is 18 meters (59 ft) long and 9 meters (29 ft, 6 in) wide, 10 volleyballs, net height of 2.24 meters (7 ft, 4 1/8 in) for women and 2.43 meters (7 ft, 11 5/8 in) for men, standards, antennae, measuring tape, tape and ball box.

8.1.3 Test

8.1.3.1 Athlete is given 10 attempts from the service area.

8.1.3.2 Athlete may serve overhead or underhand.

8.1.3.3 Taped or chalk lines mark the court outlining the target areas which value from two to four points.

8.1.4 Scoring

8.1.4.1 Balls hitting on a line score the higher point value.

8.1.4.2 Balls contacting the net, antennae, or landing out-of-bounds receive no points.

8.1.4.3 The athlete's final score is determined by adding together the points awarded for each of the 10 attempts.

8.1.5 Staging

8.1.5.1 Volunteers administer the test and are not to interfere with any athlete who is performing the test.

8.1.5.2 Volunteer "A" will instruct the group doing this particular test while Volunteer "B" demonstrates the actual test. Volunteer "C" will toss a volleyball to the athlete who will perform. Volunteers will retrieve the volleyballs after they land and will roll

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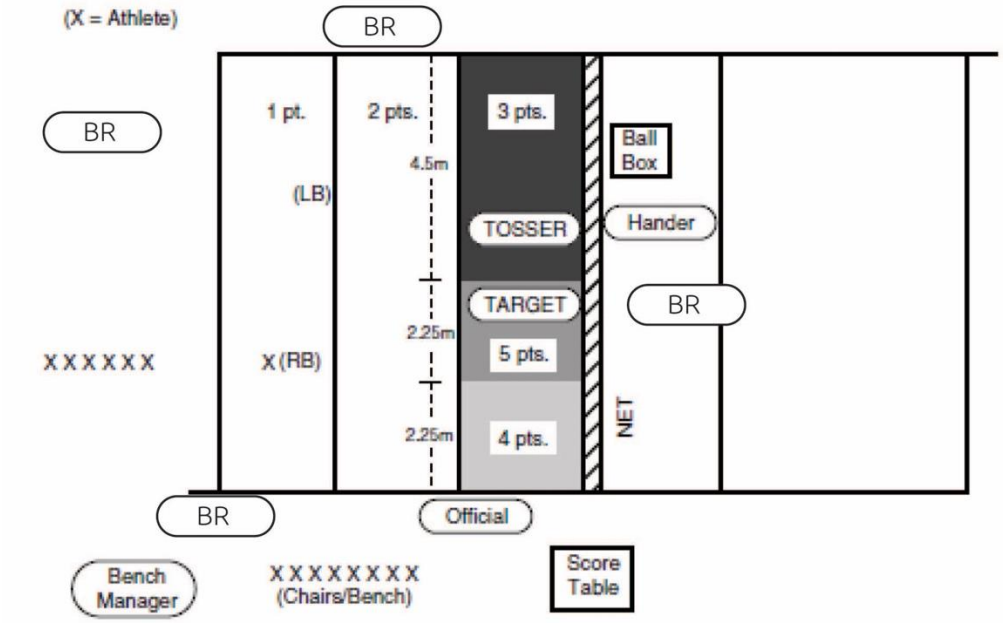
them to a volunteer who is standing near the ball box. When the athlete is finished, Volunteer "A" will give the score to Volunteer "D" who is the scorekeeper. Each volunteer is to administer the test and manage the area only.

8.2 VSAT- Forearm Pass



8.2.1 Diagram terms

Athlete
Target
Tosser
Net Attack Line
Pts. (points)
Ball Box
RB (right back)
LB (left back)

8.2.2 Purpose

8.2.2.1 To measure the athlete's passing accuracy, height and consistency using the forearm pass technique.

8.2.3 Equipment

8.2.3.1 Use a regulation-size volleyball court that is 18 meters (59 ft) long and 9 meters (29 ft, 6 in) wide, five volleyballs (modified ball permissible), net, standards, measuring tape, marking tape and ball box.

8.2.4 Description

8.2.4.1 The athlete stands at the right back position, three meters (9 ft, 10 in) from the right sideline and one meter (3 ft, 3 1/3 in) from the baseline. A ball is thrown, using a two-hand, overhead toss by a coach/official who is standing on the same side of the

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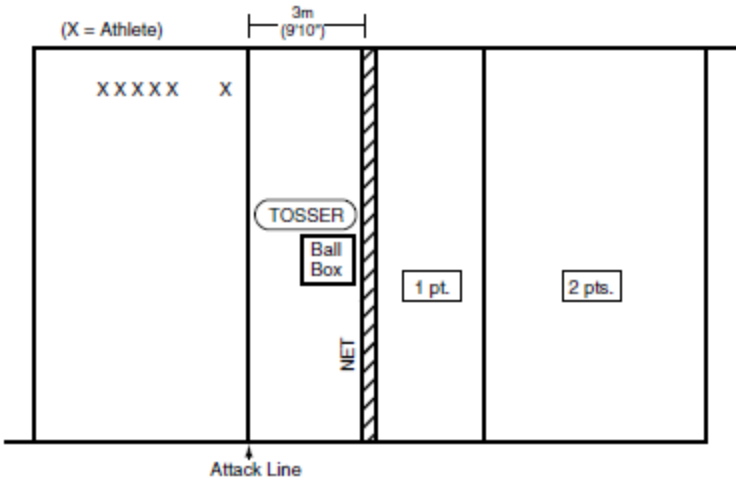
net in the center front position, two meters (6 ft, 6 3/4 in) from the net. The athlete receives the toss and passes the ball toward a target (a person who has his/her hands above the head and who is standing on the same side, two meters away from the net, and four meters [13 ft, 1 1/2 in] from the sideline away from the tosser). Target areas of varying point values are marked on the front court. The event is repeated with the athlete at the left back position, three meters from the left sideline and one meter from the baseline.

8.2.5 Scoring

8.2.5.1 The athlete must pass the ball so that the peak of the arc is at least net height in order to receive maximum points. 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 only one point, regardless of where it lands. The athlete's final score is determined by adding together the points scored from his/her five attempts at both the right back and the left back positions. It is suggested that the official stand on a chair to evaluate the height of each pass.

8.3 VSAT- Spike



8.3.1 Diagram terms

Athlete
Tosser
Net
Attack Line
Ball Box
Pts. (points)

8.3.2 Set-up

8.3.2.1 Use a regulation-size court that is 18 meters (59 ft) long and 9 meters (29 ft, 6 in) wide, five volleyballs, net height of 2.24 meters (7 ft, 4 1/8 in) for women and 2.43 meters (7 ft, 11 5/8 in) for men, standards, antennae, measuring tape, floor tape or chalk and ball box.

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8.3.3 Test

8.3.3.1 A tosser will toss the ball in front of the athlete and 2 meters (6 ft, 6 3/4 in) above the net. Tosses that are not at the proper height are repeated. The athlete stands in the court, 3.05-4.57 meters (10-15 ft) from the net, makes a spiking approach and spikes the ball over the net within the boundaries of the opponent's front court. Each athlete receives 10 attempts.

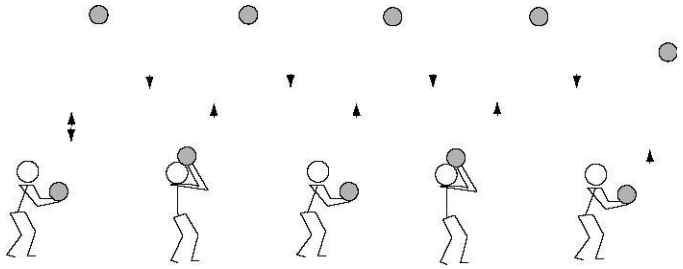
8.3.4 Scoring

8.3.4.1 The athlete receives two points for each spike that lands beyond the attack line in the backcourt and one point for each spike that lands between the net and the attack line within the opponent's court. A tip (dink) or half-speed shot is not recorded as a spike. The athlete's final score shall be the total of all 10 attempts.

8.3.5 Staging

8.3.5.1 Volunteers administer the test and are not to interfere with any athlete who is performing the test. Volunteer "A" will instruct the group doing this particular test while Volunteer "B" demonstrates the actual test. Volunteer "C" will toss a volleyball to the athlete who will perform. Volunteers will retrieve the volleyballs after they land and will roll them to a volunteer who is standing near the ball box. When the athlete is finished, Volunteer "A" will give the score to Volunteer "D" who is the scorekeeper. Each volunteer is to administer the test and manage the area only.

8.4 VSAT- Bump-set



8.4.1 Diagram terms

Toss into air and bump

Set

Bump

8.4.2 Set-up

8.4.2.1 Use half of a volleyball court, a net with a minimum height of 2.24 meters (7 ft, 4 1/8 in) and three volleyballs.

8.4.3 Test

8.4.3.1 Athlete alternately bumps (forearm passes) and sets the ball to himself/herself without stopping.

8.4.3.2 Athlete first tosses the ball into the air and then bumps the volleyball.

8.4.3.3 Athlete then must move under the ball to set-bump-set-bump-set, etc.

8.4.3.4 Athlete must stay within the half-court lines.

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8.4.4 Scoring

8.4.4.1 Athlete is given four trials to gain his/her best score.

8.4.4.2 The maximum score is 50 (25 bumps and 25 sets).

8.4.4.3 Each legal hit is counted as one point, as long as the ball goes above the height of the net.

8.4.4.4 A particular trial is finished when the athlete sets or bumps the ball twice in a row, illegally hits the ball, goes out of the court to play the ball or reaches a score of 50.

8.4.5 Staging

8.4.5.1 Volunteers administer the test and are not to interfere with any athlete who is performing the test. Volunteer "A" will instruct the group doing this particular test while Volunteer "B" demonstrates the actual test. Volunteer "A" will hand a volleyball to the athlete who will perform the skill. Other volunteers will retrieve the volleyballs after they go out of bounds. When the player is finished, Volunteer "A" will give the score to Volunteer "C" who is the scorekeeper. Each volunteer is to administer the test and manage the area only.

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