



Special Olympics
South Dakota



ATHLETE HANDBOOK

Volleyball

2021

www.sosd.org

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Special Olympics South Dakota



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Dear Special Olympics Athlete,

Congratulations on becoming a part of Special Olympics South Dakota (SOSD)!

Through your commitment to Special Olympics and its programs, we challenge you to train and compete in all sports you desire. We also challenge you to find your voice and to help us shape and grow SOSD. There are many exciting ways to be an athlete and a leader, so be sure to ask your coach or the Special Olympics office for more resources.

By participating in sports, physical fitness, and health education programs, you will increase self-confidence and social skills, improve physical and motor skills, and have more opportunities to grow as a person. This handbook is designed to introduce SOSD to you and to provide general information needed as an athlete.

We wish you luck, and can't wait to see you out on the field and in the community!



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1. Competition

The state is divided into four Areas. The city in which you live will determine which Area competitions you attend.

Northeast (NE) - Aberdeen, Huron, Watertown, and the surrounding communities

Southeast (SE) - Brookings, Mitchell, Sioux Falls, Yankton, and the surrounding communities

Black Hills (BH) - Custer, Rapid City, Spearfish, and the surrounding communities

Central (C) - Pierre, Mission, Winner, and the surrounding communities. These delegations do not have dedicated Area competitions to attend. In other words, you can choose where you wish to go.

For those who qualify, there are also State competitions held in the following sports:

State Basketball Tournament - Team (Traditional & Unified), Cheerleading (Traditional & Unified), and Skills (Individual & Team)

State Summer Games - Swimming (Traditional & Unified), Powerlifting, Volleyball, Soccer (Traditional & Unified), Soccer Skills, Racewalking, and Track & Field (Traditional & Unified)

State Equestrian

Fall Classic - Bocce (Traditional & Unified), Softball (Traditional & Unified), and Softball Skills

State Traditional Bowling

State Unified Bowling

Eligibility to participate in these events will depend on you meeting all of the training requirements and rules developed by your Delegation or Team.

Please Note: Delegations and Teams may choose to NOT participate in events. There could be many reasons for this, including the availability of coaches, finances, and roster numbers.

2. Practices / Training Requirements

The time, place, duration, and content of your practices will be established by your program leadership and can vary rather significantly from program to program. However, rest assured your coaches have completed the required certification course work and have demonstrated competence in coaching their sport. The following are general training expectations set forth by the State Office:

- Bowling: A minimum of five 3-game series or a total of 15 games over a minimum of 8 weeks.
- Winter Games: A minimum of 15 hours over a minimum of 8 weeks.
- Basketball: A minimum of 15 hours over a minimum of 8 weeks.
- Summer Games: A minimum of 15 hours over a minimum of 8 weeks. The number of hours required would be divided among the number of sports in which you are participating; for example 3 sports - 5 hrs persport / 2 sports - 7.5 hrs per sport / 1 sport - 15 hours.
- Equestrian: A minimum of 15 hours over a minimum of 8 weeks.

- Fall Classic: A minimum of 15 hours over a minimum of 8 weeks. The number of hours required would be divided among the number of sports in which you are participating; for example 2 sports - 7.5 hrs per sport / 1 sport - 15 hours.

3. Unified Sports

There are two kinds of teams in Special Olympics, Traditional and Unified. Everyone on a Traditional Team is a Special Olympics Athlete. On a Unified Team, some of the players have a disability and some do not.

4. Athletes Code of Conduct

Special Olympics is committed to the highest ideals of sport and expects all athletes to honor sports and Special Olympics. All Special Olympics athletes and Unified Sports Partners are expected to observe the following code:

Sportsmanship

I will practice good sportsmanship.

I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.

I will not use bad language.

I will not swear or insult other persons.

I will not fight with other athletes, coaches, volunteers, or staff.

Training and Competition

I will train regularly.

I will learn and follow the rules of my sport.

I will listen to my coaches and the officials and ask questions when I do not understand.

I will always try my best during training, divisioning, and competitions.

I will not “hold back” in preliminary competition just to get into an easier finals division.

Responsibility for My Actions

I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.

I will not smoke or vape in non-smoking areas.

I will not drink alcohol or use illegal drugs at Special Olympics events.

I will not take drugs for the purpose of improving my performance.

I will obey all laws and Special Olympics rules.

I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by my Program or a Games Organizing Committee for a World Games, up to and including not being allowed to participate.

5. You Know What I mean?

People often use short-cuts when speaking and writing about Special Olympics.

DQ = Disqualification. An athlete will receive only a participation ribbon when, during competition, a judge determines a rules infraction has occurred.

GOC = Games Organizing Committee. For every State event we host, there is a group of people from the host city who help organize the event.

HA = Healthy Athletes. At our State Summer Games, we provide health screenings to athletes.

HOD = Head of Delegation. This is the person in charge of your delegation/team.

ID = Intellectual Disability. All athletes participating in Special Olympics have an ID.

LETR = Law Enforcement Torch Run. These are people who help raise money for SOSD.

SO or SOI = Special Olympics and Special Olympics, Inc. The preferred name is Special Olympics.

SOSD = Special Olympics South Dakota. SOSD is a state program of Special Olympics. The State Office is located in Sioux Falls.

UP = Unified Partners. These are players on teams who do not have an ID.

YA = Young Athletes. These are future Special Olympics athletes who are ages 2 - 7.

6. Application for Participation in Special Olympics South Dakota

To participate in Special Olympics, you must complete Form A: Application for Participation in Special Olympics South Dakota. This form contains the following components:

- ⇒ Your contact information
- ⇒ Contact information for a parent/guardian
- ⇒ Health insurance information
- ⇒ Physical exam that must be completed by a medical professional every three years
- ⇒ A release signed by either you or a parent/guardian
- ⇒ Once this form is completed, you should give it to your HOD. They will give a copy to the State Office.
- ⇒ If you should get injured or become ill at a Special Olympics event and should require the care of a medical professional, your HOD should bring this document with you.

7. Concussions

Defining a Concussion

A concussion is a type of traumatic brain injury caused when you get hit on the head or from a bunch of smaller blows to the head. Concussions can also occur from a blow to the body that causes the head and brain to move quickly back and forth—causing the brain to bounce around or twist within the skull. Although concussions are usually not life-threatening, their effects can be serious, therefore, proper attention must be paid to individuals suspected of sustaining a concussion.

Suspected or Confirmed Concussion

If a coach or official thinks you have sustained a concussion in a practice, game, or competition, you will be removed

from practice, play, or competition at that time. If a qualified medical professional is available on-site to render an evaluation, that person shall have final authority as to whether or not a concussion is suspected. If applicable, your parent or guardian should be made aware that the participant is suspected of sustaining a concussion.

Return to Play

If you have been removed from practice, play or competition due to a suspected concussion, you may not participate in Special Olympics sports activities until either of the following occurs A) at least seven consecutive days have passed since you were removed from play and a currently licensed, qualified medical professional* provides written clearance for the participant to return to practice, play and competition or B) a currently licensed, qualified medical professional determines you did not suffer a concussion and provides written clearance for you to return to activities immediately. Written clearance in either of the scenarios above shall become a permanent record.

*A qualified medical professional is defined as a person who is registered, certified, licensed, or otherwise recognized in law, by the State of South Dakota, to provide medical treatment and is trained and experienced in the evaluation, management, and care of concussions.

8. Abuse

Your health, safety, and well-being are of the highest concern to those in your Special Olympics family (Coaches, chaperones, staff, and volunteers). If you should ever feel unsafe or mistreated, we urge you to seek the assistance of a family member or a trusted member of your Special Olympics family.

9. Competition Readiness

To compete at your best you need to be prepared!

1. Proper sports equipment: For example, you will need a softball glove that fits your hand.
2. Uniform or sports clothing: Blue jeans are not appropriate for competition. Your shoelaces should be tied and you should be wearing sports socks.
3. Proper sports shoes: If you wear cowboy boots while competing in basketball, for example, the possibility of injuring an ankle is quite high. Plus, you won't look like a serious athlete.
4. Minimal or no jewelry.
5. Hair is out of your face.
6. Sunscreen on exposed skin.
7. Eat a healthy snack or meal within 2-3 hours of the event.
8. Drink one bottle of water within an hour of the event.
9. Warm-up before the event.

10. Year-round Fitness

Staying fit and healthy should not end when your latest State event is over. It is very important for you to set fitness goals and strive to fulfill them. Here are some ideas:

1. Work out or go for a walk at least 5 times per week.

2. Eat fast food no more than 3 times per week.
3. Get 8 hours of sleep per night.
4. Drink 5 large glasses of water per day.
5. Do not drink soda... even diet soda.
6. Eat 5 fruits and/or vegetables every day.

11. Athlete Leadership

Inclusion starts with Athlete Leadership! What does the word “inclusion” mean? Many things, but as it applies to Special Olympics it means:

- A. You should have the opportunity to enjoy the same experiences as people without an ID, and;
- B. You should have the same opportunities to contribute to SO through the sharing of your talents and gifts outside of competition.

The following are roles athletes can and should be filling:

1. Athlete Leadership Council
2. Coaches
3. Committee Members
4. Fund-raisers
5. Games Organizing Committee Members
6. Global Messengers (Giving Speeches)
7. Health Promoters
8. Officials
9. Photographers
10. Reporters
11. SOSD Board of Directors
12. Volunteers

For more information regarding any of these roles, contact the state office at 605.331.4117.

12. Fundraising

It takes a lot of money to put on Special Olympics events. You can help your local program as well as the State with this. We strongly encourage you to attend fundraising events in your community and actively help out when applicable.

For you to perform at your best, you need to know the rules of the game. Look for Athlete Handbooks for all of your sports.

Special Olympics South Dakota Sports Rules - Volleyball

Traditional Team Competition

Divisioning

1. Senior Age Group: 16 yrs old and older
2. Junior Age Group: 8-15 yrs old
3. There must be a minimum of 3 junior teams to have a separate junior division.

Libero Player

1. Any team has the option to designate two libero players on its roster for each match.
2. The Libero player must wear a uniform of a different and contrasting color and/or design than that of the rest of the team to be easily recognized on the court.

Libero Playing Actions:

1. Only one Libero per team can appear during a single set. Teams can designate a different libero for each set on their lineup card.
2. The Libero is allowed to replace any player in a back-row position.
3. The 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) They are not allowed to contact the ball if it is entirely above the top of the net.
4. Libero is allowed to serve for one rotation during a set. The person he/she serves for cannot change during a set but can be changed between sets

Libero Replacements:

1. When the Libero replaces a player in the back row, it is NOT counted as a substitution.
2. Libero replacements are unlimited.
3. Only the player whom the Libero replaced may replace the Libero.
4. Replacements may take place at the start of the set after the referee/official has checked the lineup. Replacements may also take place during any dead ball before the referee blows the whistle for service.
5. The libero or player replaced approaches the sideline of the court behind the attack line and they exchange positions (libero replacing back row player OR the same player replacing the libero). NOTE: Normal substitutions take place between the net and the attack line (substitution zone). Libero replacements take place between the attack line and end line.

Competition Adaptations

1. A time limit of 30 minutes may be established for each set (if time is limited).
2. There will be a maximum of 12 team substitutions per set.
3. 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. 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 not permitted.
 5. A coach is permitted to assist the athlete to move in position for substitutions.
 6. A coach is permitted to request substitutions. This request will be recognized by the referee even if the player has not yet entered the substitution zone.

Basic Rules

Players

1. All matches shall start with six players. In the event of illness or injury 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.
2. The team roster, including substitutes, may not exceed 12 players.

Service

1. The first serve of each set is the right-back player. Thereafter, the right front player rotates to the right-back position to serve. The team receiving the serve first shall rotate upon the first side out before serving (EX: the player starting in right front will be their first server of the set).
2. A team continues to serve until it commits a violation or the set ends.
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. The winner of the coin toss may choose to serve, receive or select a specific side of the court. If a deciding third set is necessary, a coin toss shall again be conducted with the same options.
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 before contacting the ball shall constitute a violation.
6. The server must contact the ball within 8 seconds after the first referee's whistle.

Play

1. The ball may be hit with any part of the body on or above the waist.
2. A player shall not play the ball twice in succession, except in blocking.
3. 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. 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 centerline with a foot.
5. 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.
6. Any ball hitting the side or back walls is considered "out".
7. Any ball landing on the line is considered "in".

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

Scoring

1. Rally scoring shall be used (a point is scored on every serve).
2. A set is won by the team that scores 25 or more points with a 2 point advantage.
3. Matches are best 2 out of 3 sets. If a 3rd set is needed, it will be played to 15.
4. If a team fails to serve properly, return the ball, or commits a 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.
5. 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 over the net.

Resolving Ties

In the event of ties during tournament play, the following criteria will be used to determine places:

1. Win/loss records
2. Head to head competition
3. Sets won
4. Total defensive points allowed
5. Coin flip

Sanctions

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.
2. 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 results in expulsion from the set. A yellow and red card shown separately results in disqualification from the match.
3. Red cards are only used for serious misconduct or unsportsmanlike conduct and can be applied to players and/or coaches.

Protests

1. Any protest involving the judgment of the officials will not be considered.
2. Only the Head Coach may protest and must do so immediately following the challenge in question.
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.

UNIFIED VOLLEYBALL RULES

Roster and Lineup

1. The roster shall contain a proportionate number of athletes and partners.
2. During competition, the lineup shall never exceed three athletes and three partners at any given 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 illness or injury)
 - ⇒ Failure to adhere to the required ratio results in a forfeit.
3. Libero replacement: athletes can replace athletes only and partners can replace partners only.

Coach

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

Service Order

1. The serving order and positions on the court, at service, shall be an alternation of athletes and partners.
2. Once a server has scored three consecutive points, his/her team shall rotate to the next serve and continue to serve.

INDIVIDUAL VOLLEYBALL SKILLS CONTEST

Purpose

Individual Skills Contest is not normally designed for those athletes who can already play the game; however, volleyball is an emerging sport for SOSD so for the time being all athletes participating in volleyball will have the opportunity to participate in both the individual skills contest (morning) and team competition (afternoon). Athletes in other sports (soccer, basketball, softball) will not be eligible to participate in both individual skills and team competition.

Score

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

1. Overhead passing (setting the ball)
2. Serving (either underhand or overhand)
3. Passing (using forearm passing)

Divisioning

Skills athletes will be divisioned by gender, age group, and ability.

Awards Criteria

1. Individual medals will be awarded to teams in the first three places in each division. Teams placing 4th to 8th will receive place ribbons.

2. Individual skills athletes will receive medals for the first three places in each division. Individuals placing 4th-8th will receive ribbons.
3. Team Competition awards will be presented after the afternoon session.

Sportsmanship

1. Put forth maximum effort during each event.
2. Practice the skills with the same intensity as you would perform them in competition.
3. Always finish a game/event. Never quit.
4. Always comply with the rules.
5. Demonstrate sportsmanship and fair play at all times.
6. Respect the decision of the officials at all times.