

Special Olympics  
South Dakota  
**Volleyball Handbook**  
**Version 1.3** (July 2022)



# CONTENT

Contents.....	2
Link to Quick Start Coaching Guides and resources.....	2
SOSD Volleyball Events.....	3
Volleyball Governing Rules for Competition.....	3
Court and Equipment.....	3
Service Line	
Height of Net	
Volleyball	
Court Diagram/Terminology	
Official Court Dimensions	
Players’ Uniforms	
Team Competition Rules.....	5
Divisioning	
Libero Player	
Competition Adaptations	
Basic Ground Rules	
Sanctions	
Protests	
Unified Volleyball Rules.....	8
Individual Volleyball Skills Competition.....	9
Individual Skills Event #1: Overhead Passing (setting)	
Individual Skills Event #2: Serving	
Individual Skills Event #3: Passing (Forearm passing)	
Individual Skills Scoresheet.....	13
Awards Criteria.....	14
Sportsmanship.....	14

Practice ideas, skill assessment and development, and rules can be found in the SOI Quick Start Guides and SOI rules for each sport at [www.specialolympics.org/sports.aspx](http://www.specialolympics.org/sports.aspx)



# SPECIAL OLYMPICS

## SOUTH DAKOTA

### VOLLEYBALL HANDBOOK

#### SOSD EVENTS OFFERED

**Traditional Team Competition**

**Unified Team Competition**

**Individual Volleyball Skills Contest**

#### VOLLEYBALL GOVERNING RULES FOR COMPETITION

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 football (soccer) 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 1. 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/2014-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.

#### COURT AND EQUIPMENT

##### Service Line

- 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.

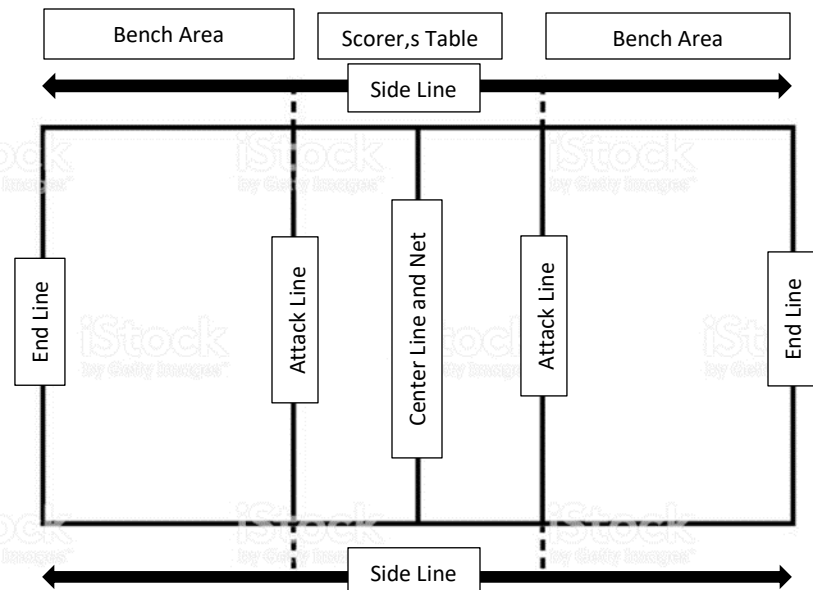
##### Height of the Net

- Traditional and Unified: 2.24 meters (7 ft, 4 1/8 inches)

##### Volleyball

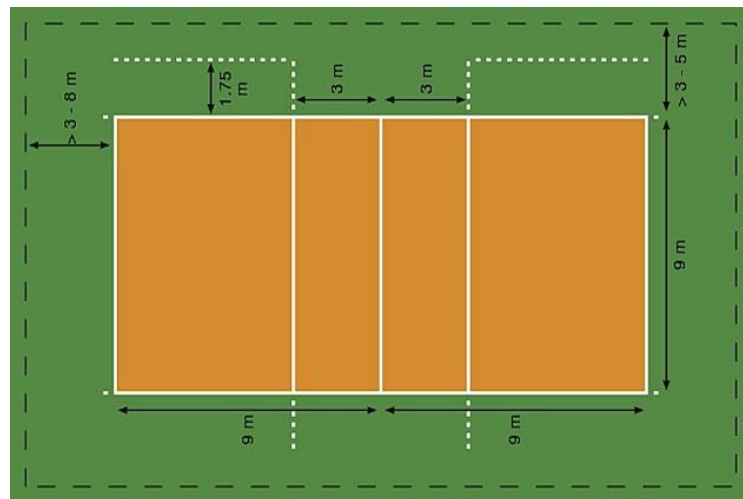
- A lighter weight, leather, modified volleyball may be used.
- The size of the ball should be no larger than 81 centimeters (32 inches) in circumference and weigh no more than 226 grams (8 oz).
- It should be as close as possible to the regulation-size volleyball
- The specified standard ball only will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

## Court Diagram/Terminology



## Official Court Dimensions

- 18 meters by 9 meters, surrounded by a free zone of a minimum of 3 meters wide on all sides.
- For Special Olympics World Games, the free zone shall measure a minimum of 5 meters from sidelines and 8 meters from the end lines.



## Players' Uniforms

- The players' jerseys must be numbered from 1 to 99.
- The numbers must be a minimum of 15 centimeters (6 inches) in height on the chest and a minimum of 20 centimeters (8 inches) in height on the back.
- It is recommended (but not required) that the team captain have a stripe on his/her jersey underlining the number on the chest.
- The color and design of the jerseys, shorts and socks must be uniform for the team (except the Libero). The uniforms must be clean.

# TEAM COMPETITION RULES

## Divisioning

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

## Libero Player

- Any team has the option to designate two libero players on its roster for each match. There are special rules if a Libero 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.
- Libero playing actions:
  - Only one Libero per team can appear during a single set. Teams can designate a different libero for each set on their lineup card.
  - 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 any moment of the contact the ball is entirely above the top of the net.
  - 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:
  - When the Libero players replaces a player in the back row, it is NOT counted as a substitution.
  - Libero replacements are unlimited.
  - Only the player whom the Libero replaced may replace Libero.
  - 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.
  - 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 same player replacing the libero). NOTE: Normal substitutions take place between the net and attack line (substitution zone). Libero replacements take place between the attack line and end line.
- Libero tracking: There shall be a designated person at the scorer's table to assist with tracking the proper libero tracking procedure

## Competition Adaptations (from FIVB rules)

- A time limit of 30 minutes may be established for each set (if time is limited).
- Multiple substitutions will be allowed as follows (except for the Libero player):
  - Unlimited individual entries by a substitute within the team's allowable 12 substitutions.
  - Maximum 12 team substitutions per set.
  - Unlimited number of players may substitute into a single position.

- 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
- Bench Coaching
  - 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.
  - A coach is permitted to assist the athlete to move in position for substitutions.
  - 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.

### Basic Ground Rules

- Players
  - 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.
  - The team roster, including substitutes, may not exceed 12 players.
  - **Athletes using a wheelchair or other assistive device (walker, cane, etc) are not eligible for team volleyball and should be encouraged to participate in the Individual Volleyball Skills Contest.**
- Service
  - 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).
  - A team continues to serve until it commits a violation or the set ends.
  - 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.
  - 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.
  - 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.
  - The server must contact the ball within 8 seconds after the first referee's whistle for service.
- Play
  - The ball may be hit with any part of the body on or above the waist.
  - A player shall not play the ball twice in succession, except in blocking.
  - 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).
  - 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.

- 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.
- Any ball hitting the side or back walls is considered "out".
- Any ball landing on the line is considered "in".
- Return of service may occur by any legal hit (A forearm pass is highly recommended in order to return a hard hit serve legally).
- Substitution
  - Players shall substitute by position as per the adapted FIVB Rules (except when using the Libero player).
- Scoring
  - Rally scoring shall be used (a point is scored on every serve).
  - A set is won by the team who scores 25 or more points with a 2 point advantage.
  - Matches are best 2 out of 3 sets. If a 3<sup>rd</sup> set is needed, it will be played to 15.
  - 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.
  - 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.
  - In the event of ties during tournament play, the following criteria will be used to determine places:
    - ✓ Win/loss records
    - ✓ Head to head competition
    - ✓ Sets won
    - ✓ Total defensive points allowed
    - ✓ Coin flip
- Referees
  - Referees shall have full authority to interpret the rules. For further questions, the Competition Management Committee shall be consulted.
  - Ball handling will be called in accordance with the ability level of the athletes.
  - Line judges: it is recommended that there be two line judges positioned on opposite corners in the left, rear corner of each court. Each line judge will have the responsibility to judge whether a ball is in or out for their assigned end line and sidelines, as well as appropriate touch calls as instructed by the referee.

### **Sanctions**

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

### **Protests**

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

- The roster shall contain a proportionate number of athletes and partners.
- **Athletes using a wheelchair or other assistive device (walker, cane, etc) are not eligible for team volleyball and should be encouraged to participate in Individual Volleyball Skills Contest.**
- 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.
- 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**

- The serving order and positions on the court, at service, shall be an alternation of athletes and partners.
- 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.
- **Athletes may participate in the skills contest without participating in the team competition.**
- To provide opportunities for all athletes participating in volleyball to improve their individual skills.

### Score:

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

### Personnel:

- 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.

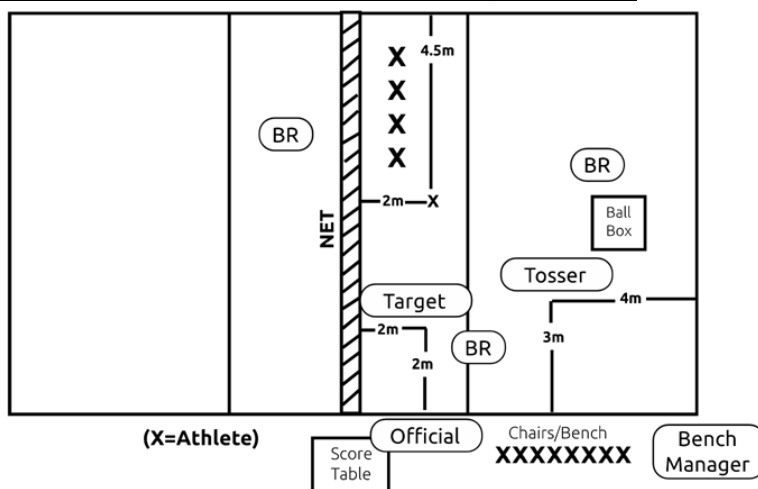
### Events:

- Three events comprise the Individual Skills Contest.
  - Overhead passing (setting the ball)
  - Serving (either underhand or overhand)
  - Passing (using forearm passing)
- Refer to the next four pages for event descriptions, setup, scoring and scoresheet.

### Divisioning:

- Skills athletes will be divisioned by gender, age group and ability.
- Coaches will submit volleyball skills scores to be used to division by ability.
- The same scoresheet for the event will be used for submitting VB skill scores.

## Individual VB Skills Event #1: Overhead Passing (setting)



BR refers to ball retrievers.

### Purpose:

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

### Equipment:

- Use a regulation size court that is 18 meters long and 9 meters wide, four volleyballs (modified ball is 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.

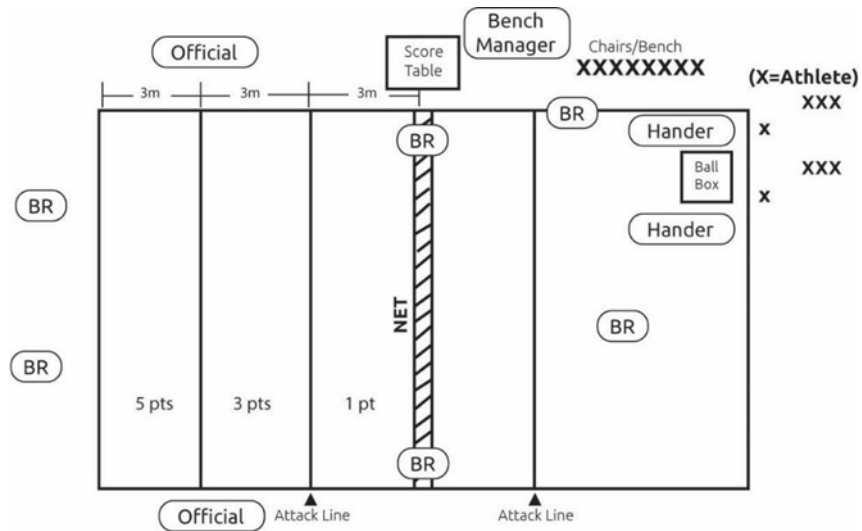
### Description:

- Player is given 10 attempts from the center front position that is 2 meters (6 ft, 6 3/4 in) from the net and 4.5 meters (14 ft 9 in) from the right sideline.
- The player receives 10, overhand or underhand-tossed balls from the tosser who is positioned in his/her backcourt, four meters (13 ft, 1 1/2 in) from the end line and three meters (9 ft, 10 in) from the sideline in the left back position.
- The player sets the tossed ball toward a target (a person who has his/her hands above the head and who is standing 2 meters from the net and 2 meters from the sideline in the left front position).
- Tosses that are not high enough for the athletes to set are repeated. The goal is for the peak of the arc of each set ball to be above the net height.

### Scoring:

- The peak of the arc of each set ball toward the target is measured.
- One point is awarded for setting the ball above his/her head but ball does not reach the top of the net.
- Three points are awarded for setting the ball above the height of the net.
- Zero points are awarded for the following: illegal contact, balls which go lower than head height and balls which go over the net or outside the court.
- 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.

## **Individual VB Skills Event #2: Serving**



### **Purpose:**

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

### **Equipment:**

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

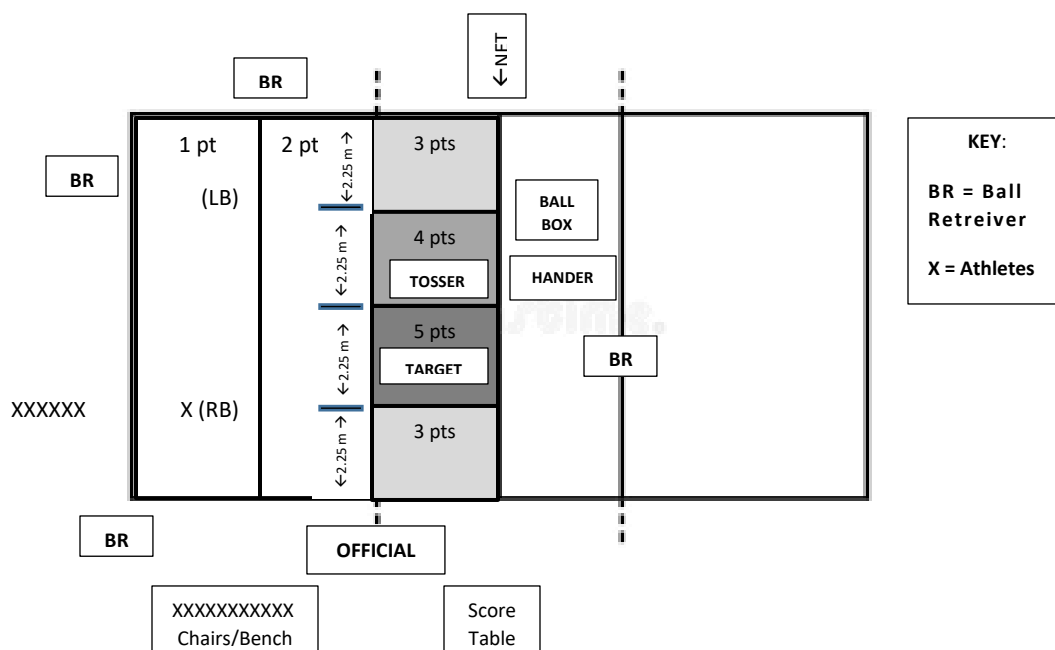
### **Description:**

- 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.

### **Scoring:**

- 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 (refer to diagram).
- The athlete's serving score is the cumulative total of the 10 serves.
- A zero is awarded for any missed serve.
- A ball which lands on the line is assigned the area with the highest point value.

## Individual VB Skills Event #3: Passing (Forearm passing)



### Purpose:

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

### Equipment:

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

### Description:

- 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 end line. A ball is thrown, using an underhand or overhand 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 the 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 end line.
- The athlete will receive a total of 10 tosses; passing 5 from the right back position and 5 from the left back position.

### Scoring:

- 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

**SPECIAL OLYMPICS SOUTH DAKOTA  
INDIVIDUAL VOLLEYBALL SKILLS CONTEST**

Name: \_\_\_\_\_ School/Agency: \_\_\_\_\_

**EVENT #1: OVERHEAD PASSING (SETTING): 10 attempts.**

<u>Pass #</u>	<u>Pass Score</u>	<u>Pass #</u>	<u>Pass Score</u>
#1	0 1 3	#6	0 1 3
#2	0 1 3	#7	0 1 3
#3	0 1 3	#8	0 1 3
#4	0 1 3	#9	0 1 3
#5	0 1 3	#10	0 1 3
			Event Total _____

**EVENT #2: SERVING: 10 attempts**

<u>Serve #</u>	<u>Serve Score</u>	<u>Serve #</u>	<u>Serve Score</u>
#1	0 1 3 5	#6	0 1 3 5
#2	0 1 3 5	#7	0 1 3 5
#3	0 1 3 5	#8	0 1 3 5
#4	0 1 3 5	#9	0 1 3 5
#5	0 1 3 5	#10	0 1 3 5
			Event Total _____

**EVENT #3: PASSING (FOREARM PASSING): 10 attempts (5 from RB/5 from LB)**

<u>Right Back Pass #</u>	<u>RB Pass Score</u>	<u>Left Back Pass #</u>	<u>LB Pass Score</u>
RB #1	0 1 2 3 4 5	LB #1	0 1 2 3 4 5
RB #2	0 1 2 3 4 5	LB #2	0 1 2 3 4 5
RB #3	0 1 2 3 4 5	LB #3	0 1 2 3 4 5
RB #4	0 1 2 3 4 5	LB #4	0 1 2 3 4 5
RB #5	0 1 2 3 4 5	LB #5	0 1 2 3 4 5
			Event Total _____

**TOTAL VB SKILLS SCORE (add all 3 event totals together) \_\_\_\_\_**

## **AWARDS CRITERIA**

- Individual medals will be awarded to teams the first three places in each division. Teams placing 4th to 8th will receive place ribbons.
- Individual skills athletes will receive medals for the first three places in each division. Individuals placing 4th-8th will receive ribbons.
- Individual Skills Awards will be presented in the morning at the conclusion of that competition.
- Team Competition awards will be presented at the conclusion of the afternoon session.

## **SPORTSMANSHIP**

Good sportsmanship is both the coaches' and athletes' commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. Below we highlight a few focus points and ideas on how to teach and coach sportsmanship to your athletes. Lead by example.

### **Competitive effort**

- Put forth maximum effort during each event.
- Practice the skills with the same intensity as you would perform them in competition.
- Always finish a game/event. Never quit.

### **Fair play at all times**

- Always comply with the rules.
- Demonstrate sportsmanship and fair play at all times.
- Respect the decision of the officials at all times.