



2022 Special Olympics Fall Sports Information Volleyball Rules and Guidelines

COMPETITION DATE AND LOCATION

2022 Special Olympics Oregon Fall State Games presented by Providence

- Saturday, November 19-20, 2022 – TBD in Greater Portland Metro Area

Participating local programs: ALL programs

DEADLINE DATE FOR PAPERWORK & ROSTERS TO BE SUBMITTED TO SOOR STATE OFFICE

- Fall Season Medical Deadline, Monday, September 6, 2022
- Volleyball Sport Rosters = Monday, October 17, 2022
- Volleyball Team Rosters = Monday, October 31, 2022

RULES

The official Special Olympics Oregon Sports Rules shall govern all Special Olympics Oregon volleyball competitions. These rules are based upon the USA Volleyball rules for volleyball (www.usavolleyball.org). USA Volleyball rules shall be employed except when they are in conflict with the official Special Olympics Oregon Sports Rules. In such cases, the official Special Olympics Oregon Sports Rules shall apply.

COMPETITION REMINDERS

- Complete one Team Evaluation Questionnaire (TEQ) for each separate team in ARM, which is to be used for team divisioning.
- For ISC entries, scores for each athlete (sum of 3 skill stations: overhead passing (volleying), serving, and passing (forearm passing)) are required (see pages 5-8 of this packet for how to score each skill station).
 - NOTE: Individual skills athletes require their own separate head coach. A head coach who is coaching a traditional or unified team cannot also coach the individual skills group.
- **There will be not be regional competition for volleyball in 2022.**

2022 Special Olympics Oregon Fall Season Volleyball Rules and Guidelines

The official Special Olympics Oregon Sports Rules shall govern all Special Olympics Oregon volleyball competitions. These rules are based upon the USA Volleyball rules for volleyball (www.usavolleyball.org). USA Volleyball rules shall be employed except when they are in conflict with the official Special Olympics Oregon Sports Rules. In such cases, the official Special Olympics Oregon Sports Rules shall apply.

SECTION A - OFFICIAL EVENTS

- 1) Unified Sports® Volleyball Team Competition
- 2) Traditional Volleyball Team Competition
- 3) Individual Skills Competition (ISC)

SECTION B – COMPETITION REMINDERS

- 1) Each team entering competition must complete and submit a Team Evaluation Questionnaire (TEQ) with their competition roster.
- 2) Each individual entering ISC must have a qualifying score submitted with their registration (sum of 3 skill stations: overhead passing (volleying), serving, and passing (forearm passing)) are required (see pages 5-8 of this packet for how to score each skill station).
- 3) Note that it is appropriate to register athletes in wheelchairs in volleyball ISC; however, it is not permitted to register athletes in wheelchairs in team volleyball competition.

SECTION C - DIVISIONS

- 1) Individuals and teams will compete in one of three distinct age groups:
 - a) Youth (for team competition, we may break this down into elementary, middle school and high school divisions if enough teams are playing).
 - b) Adult age group (in team sports, this is 22 years and older).
 - c) Open age group: reserved for combining age groups to meet the required minimum number of competitors or teams in a division (minimum of 3 or more), or to ensure quality competition.
Note: The oldest member of a team will determine the age division of the team. It is suggested that delegations form teams that are age appropriate. Male, female, and co-ed teams will be divisioned together unless there are enough teams within a category to create equitable divisions.
- 2) Teams are divisioned for competition based on the following information: Team Evaluation Questionnaire (TEQ). scores, past competition results and coach input.
- 3) Unified Sports teams will be divisioned with other Unified Sports teams except in the following cases:
 - a) When there are not enough teams to create Unified Sports-only divisions.
 - b) When a Unified Sports or traditional team is deemed more appropriate to be combined for age, safety or competition-quality reasons.

SECTION D – COURT AND EQUIPMENT

- 1) The service line may be moved closer to the net, but no closer than 4.5m (14 feet, 9 inches).
- 2) Height of the net
 - a) All levels of competition — 2.24m (7 feet, 4 1/8 inches)
- 3) Regulation volleyballs will be used for all team competition.
- 4) A lightweight volleyball may be used for individual skills competition. The size of the ball should be no larger than 81cm (32 inches) in circumference and weigh no more than 226g (8 ounces).
- 5) Official court dimensions
 - a) All levels of competition 18m by 9m, surrounded by a free zone of a minimum of 3m wide on all sides.

SECTION E – UNIFORMS

- 1) All players must wear matching uniforms (same color) with numbers, except for the libero player who

- must wear a conflicting color of jersey than his/her teammates.
- 2) Matching shorts must be worn (sweatpants are permitted to be worn by a player instead, though not preferred).
- 3) Proper indoor gym shoes are required.
- 4) No ball caps or jewelry are permitted.
- 5) No denim of any kind is allowed.

SECTION F – RULES OF COMPETITION

- 1) Team competition
 - a) Libero Player
 - i) Any team has the option to designate no more than one Libero player on its roster for each set. There are special rules if the Libero player is injured and cannot continue.
 - ii) The Libero player's number must be placed on the lineup sheet for each set of each match, in addition to the numbers for the starting six players.
 - iii) 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.
 - iv) Contrasting with USA Volleyball Rules, for Special Olympics' purposes, teams have the option of changing the Libero player from set to set.
 - v) Libero playing actions
 - (1) The Libero is allowed to replace any player in a back-row position, except in Unified Sports competition when an athlete may only replace an athlete and a partner replace a partner. He/she 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 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.
 - vi) Libero replacements
 - (1) When the Libero replaces a player in the back zone, it is not counted as a substitution. Libero replacements are unlimited. Only the players whom he/she replaced may replace the Libero. Replacements may take place at the start of the game 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.
 - b) Competition adaptations (from USA Volleyball Rules)
 - i) A published time limit may be set for each game (if time is limited).
 - ii) Multiple substitutions will be allowed as follows (except for the Libero player):
 - (1) Unlimited individual entries by a substitute
 - (2) Unlimited number of players may substitute into a single position.
 - (3) A player in the starting lineup may start a set and re-enter, but only in the same position in which he started the set. Likewise, a substitute who has left the set may re-enter, but only in the position he/she had just previously played.
 - iii) Bench coaching
 - (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 is prohibited.
 - (2) A coach is permitted to assist the athlete to move in position for substitutions.
 - iv) For violations, a verbal warning is issued first. The second warning is a red card, which results in expulsion from the game.
 - v) Rally scoring shall be used.

c) Basic ground rules

i) Players

(1) All matches shall start with 6 players. In the event of injury during a match whereby a team has been reduced to five players, a team may continue tournament competition. At no time can play continue with less than 5 players.

(2) Unified Sports teams must be composed of 3 athletes and 3 unified partners to start each match. A Unified Sports team is allowed to play with 3 athletes and 2 Partners, in case of unified partner injury during a match.

(3) The team roster, including substitutes, may not exceed 12 players.

ii) Service

(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.

(2) 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.

(3) The winner of the coin toss may choose to serve, receive, or select a specific side of the court.

(4) Serve shall be from the serving area. Stepping on or over the line when the ball is contacted shall constitute a violation.

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

(6) In Unified Sports competition, once a server has scored three consecutive points, the team shall continue to serve, but must rotate to the next server.

(7) In traditional team competition, once a server has scored 3 consecutive points, the serve will change to the opponent (side out with rotation).

iii) Play

(1) The ball may be hit with any part of the body.

(2) A player shall not play the ball twice in succession, except in blocking. This is not to be confused with allowable multiple contacts in one attempt to play the ball, as provided in the USA Volleyball Rules.

(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 the net or crossing completely over the center line with any part of the body will constitute a violation. Incidental net contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball are exceptions to this rule and are not deemed a violation.

(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.

(6) Any ball hitting the side or back walls is considered out.

(7) Any ball landing on the line is considered good.

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

iv) Substitution/replacement

(1) Players shall substitute by position as per the adapted USA Volleyball Rules (except when using the Libero player).

(2) Libero replacement: athletes can replace athletes only and partners can replace partners only.

v) Scoring

(1) All games will be played with rally scoring. Under rally scoring teams may score points regardless of whether they are serving. If the serving team wins a rally, they score a point and continue serving. If the receiving team wins a rally, they score a point and gain the right to serve the ball.

(2) 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.

(3) Games will be played to 25 points and teams must win by at least 2 points. A cap of 27 will be applied.

- (4) At regional competition, unless otherwise posted, the competition format will be round robin play of 2 game matches versus each opponent. A time limit of 45 minutes per match will be applied. If neither team is ahead by 2 in the current game at time limit, play will continue until a team goes ahead by 2 points. It is not uncommon for teams to “split” the match by winning one game each.
 - (5) The number of games won and loss will determine the records of each team and thus the award places in a division.
- vi) Referees
- (1) Referees shall have full authority to interpret the rules. For further questions, the Competition Management Team shall be consulted.
 - (2) Ball handling will be called in accordance with the ability level of the athletes.
 - (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 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.

SECTION G – UNIFIED SPORTS® TEAM COMPETITION

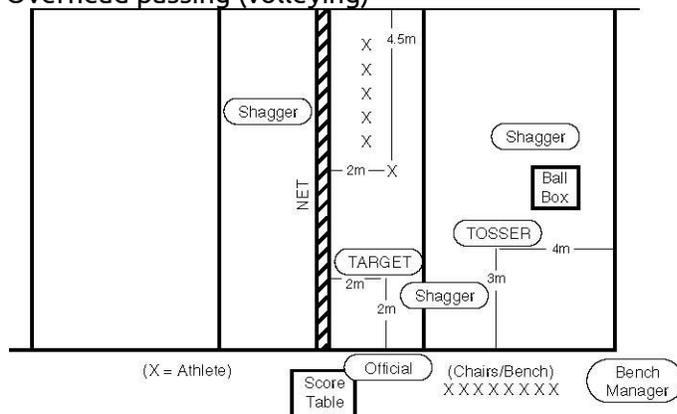
- 1) The roster shall contain a proportionate number of athletes and Partners.
- 2) All matches shall start with 6 players. In the event of injury during a match whereby a team has been reduced to five players, a team may continue tournament competition. At no time can play continue with less than 5 players.
- 3) Unified Sports teams must be composed of 3 athletes and 3 unified partners to start each match – no exceptions. A Unified Sports team is allowed to play with 3 athletes and 2 Partners, in case of unified partner injury during a match.
- 4) At NO point shall a unified team play with more than 3 athletes on the court.
- 5) Each team shall have an adult, non-playing coach responsible for the lineup and conduct of the team during competition.
- 6) The serving order and positions on the court, at service, shall be an alternation of athletes and Partners.
- 7) Any combination of athletes and Partners may be involved in the up to three hits needed to return the ball over the net.
- 8) Officials will watch for clear Partner/athlete dominance and can issue warnings or yellow cards, but no points will be awarded as a violation.
- 9) Once a server has scored three consecutive points, the team shall rotate to the next server.

SECTION H – VOLLEYBALL INDIVIDUAL SKILLS COMPETITION (ISC)

- 1) The ISC is designed specifically for lower ability athletes who have not yet developed the skills necessary to participate meaningfully in team volleyball, and for players who cannot participate in team volleyball because of their need to use a walking device or wheelchair.
- 2) Three events comprise the ISC: overhead passing (volleying), serving and passing (forearm passing).
- 3) The athlete's final score is determined by adding together the scores achieved in each of these three events.
- 4) 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

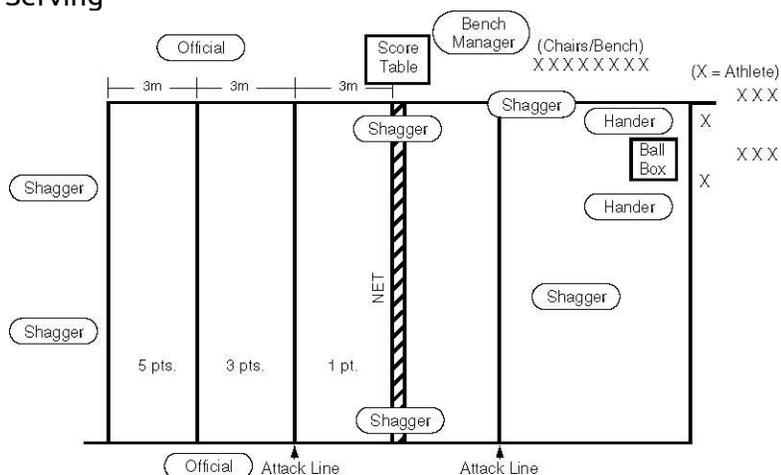
a) Overhead passing (volleying)



- i) Purpose
 - (1) To measure an athlete's ability to overhead pass (volley) the ball with consistency and at a height that could be spiked.
- ii) Equipment
 - (1) Regulation-size court that is 18m (59 feet) long and 9m (29 feet, 6 inches) wide
 - (2) 4 volleyballs (modified ball permissible)
 - (3) Net height at 2.24m (7 feet, 4 1/8 inches)
 - (4) Standards
 - (5) Antennae
 - (6) Ball box
- iii) Description
 - (1) Player is given 10 attempts from the center front position that is 2m (6 feet, 6 3/4 inches) from the net and 4.5m (14 feet, 9 inches) from the sideline.
 - (2) The player receives 10, two-handed, underhand-tossed balls from the tosser who is positioned in his/her backcourt, 4m (13 feet, 1 1/2 inches) from the baseline and 3m (9 feet, 10 inches) from the sideline in the left back position.
 - (3) The player sets the tossed ball toward a target (a person who has his/her hands above the head and who is standing 2m from the net and 2m from the sideline in the left front position).
 - (4) Tosses that are not high enough for the athlete to set are repeated.
 - (5) The goal is for the peak of the arc of each set ball to be above net height.
- iv) Scoring
 - (1) The peak of the arc of each set ball toward the target is measured.
 - (a) The athlete will receive 1 point for volleying/setting the ball 1m (3 feet, 3 1/3 inches) above his/her head height and 3 points for volleying/setting the ball above net height.
 - (b) The following result in zero points
 - (i) Illegal contact
 - (ii) Balls which go lower than head high
 - (iii) Balls which go over the net or outside the court.

- (c) 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).

b) Serving



(Volleyball Shaggers roll balls back to Shaggers at ball box)

i) Purpose

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

ii) Equipment

- (1) Regulation-size court that is 18m (59 feet) long and 9m (29 feet, 6 inches) wide
- (2) 5 volleyballs (modified ball permissible)
- (3) Net height at 2.24m (7 feet, 4 1/8 inches)
- (4) Standards
- (5) Antennae
- (6) Ball box
- (7) Measuring tape
- (8) Floor tape or chalk

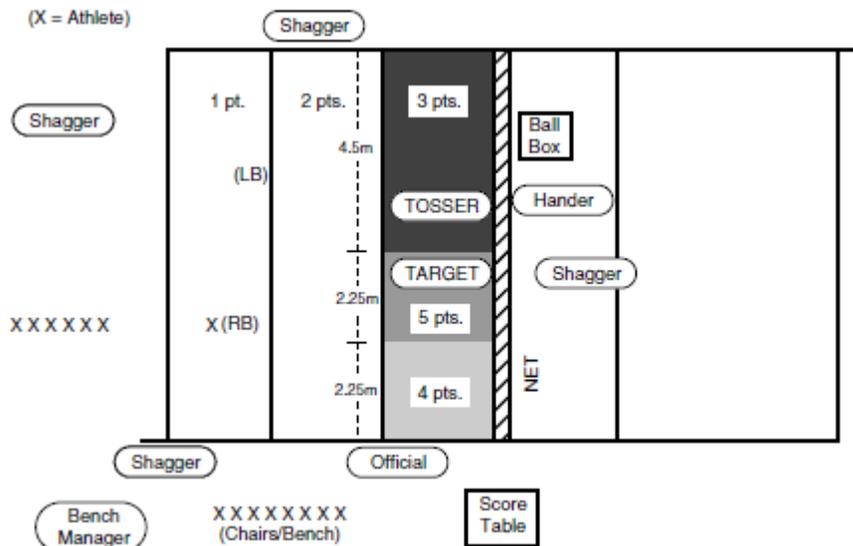
iii) Description

- (1) The athlete stands 1.5m inside the end line and serves 10 volleyballs, one at a time, into the opponent's court.

iv) Scoring

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

c) Passing (forearm passing)



i) Purpose

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

ii) Equipment

- (1) Regulation-size court that is 18m (59 feet) long and 9m (29 feet, 6 inches) wide
- (2) 5 volleyballs (modified ball permissible)
- (3) Net height at 2.24m (7 feet, 4 1/8 inches)
- (4) Standards
- (5) Antennae
- (6) Ball box
- (7) Measuring tape
- (8) Marking tape

iii) Description

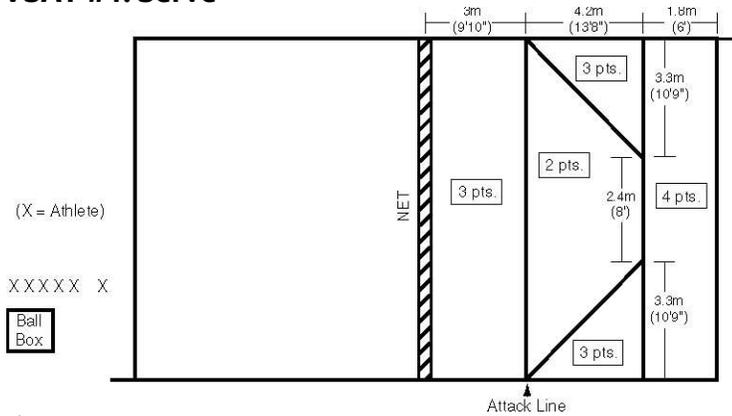
- (1) The athlete stands at the right back position, 3m (9 feet, 10 inches) from the right sideline and 1m (3 feet, 3 1/3 inches) from the baseline.
- (2) A ball is thrown, using a two-hand, overhead toss by a coach/official who is standing on the same side of the net in the center front position, 2m (6 feet, 6 3/4 inches) from the net.
- (3) The athlete receives the toss and passes the ball toward a target (a person who has his/her hands above the head and who is standing on the same side, 2m away from the net, and 4m (13 feet, 1 1/2 inches) from the sideline away from the tosser).
- (4) Target areas of varying point values are marked on the front court.
- (5) The event is repeated with the athlete at the left back position, 3m from the left sideline and 1m from the baseline.

iv) Scoring

- (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.
- (2) 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.
- (3) 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.
- (4) It is suggested that the official stand on a chair to evaluate the height of each pass.

SECTION I – VOLLEYBALL SKILLS ASSESSMENT TEST (VSAT) - To be used for pre-season skills' days or mid-season assessment

1) VSAT #1: Serve



a) Set-up

- i) Regulation-size court that is 18m (59 feet) long and 9m (29 feet, 6 inches) wide
- ii) 10 volleyballs (modified ball permissible)
- iii) Net height at 2.24m (7 feet, 4 1/8 inches) for women and 2.43m (7 feet, 11 5/8 inches) for men
- iv) Standards
- v) Antennae
- vi) Ball box
- vii) Measuring tape
- viii) Marking tape

b) Test

- i) Athlete is given 10 attempts from the service area.
- ii) Athlete may serve overhead or underhand.
- iii) Taped or chalk lines mark the court outlining the target areas which value from two to four points.

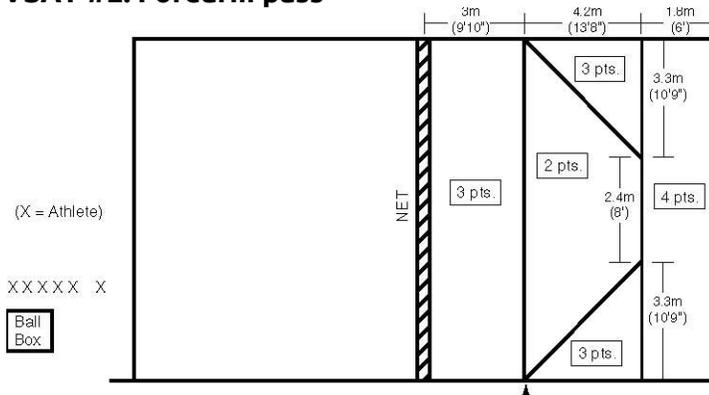
c) Scoring

- i) Balls hitting on a line score the higher point value.
- ii) Balls contact the net, antennae, or landing out-of-bounds receive no points.
- iii) The athlete's final score is determined by adding together the points awarded for each of the 10 attempts.

d) Staging

- i) Volunteers administer the test and are not to interfere with any athlete who is performing the test.
- ii) 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.

2) VSAT #2: Forearm pass



a) Set-up

- i) Regulation-size court that is 18m (59 feet) long and 9m (29 feet, 6 inches) wide
- ii) 5 volleyballs (modified ball permissible)
- iii) Net height at 2.24m (7 feet, 4 1/8 inches) for women and 2.43m (7 feet, 11 5/8 inches) for men
- iv) Standards
- v) Antennae
- vi) Ball box
- vii) Measuring tape
- viii) Floor tape or chalk

b) Test

- i) Athlete receives 10, two-handed, overhead-tossed balls from the tosser who is positioned across the net at the attack line, 4.5m (14 feet, 9 inches) from either sideline.
- ii) Athlete is given five attempts from the right back position, 3m (9 feet, 10 inches) from the right sideline and 1m (3 feet, 3 1/3 inches) from the baseline and five attempts from the left back position, 3m from the left sideline and 1m from the baseline.
- iii) Poor tosses are repeated.
- iv) Athlete passes the tossed ball toward a target, a person who has his/her arms above the head and who is standing on the same side of and 2m (6 feet, 6 3/4 inches) away from the net and 2m from the sideline.
- v) Target areas have values from one to five points.
- vi) The peak of the arc of each passed ball must be above the height of the net.

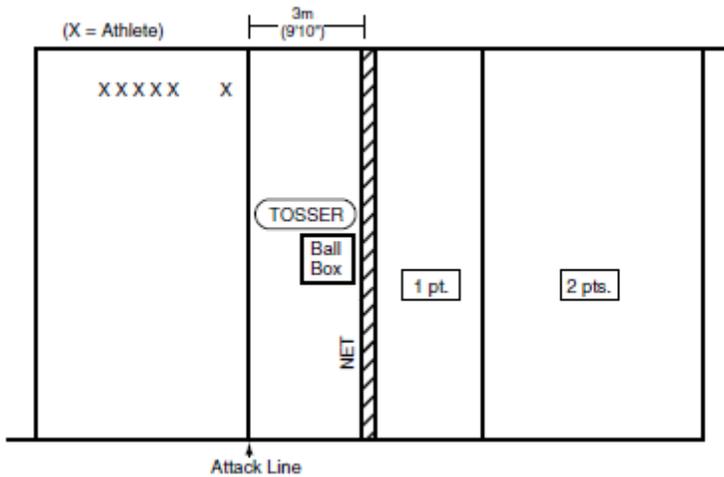
c) Scoring

- i) The following result in zero points
 - (1) Illegal contact
 - (2) Balls which are passed below net height
 - (3) Balls which land beyond the centerline.
- ii) A ball hitting the line between point values will be given the higher point value.
- iii) The athlete's final score is determined by adding together the points awarded for each of the 10 attempts.

d) Staging

- i) Volunteers administer the test and are not to interfere with any athlete who is performing the test.
- ii) 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.

3) VSAT #3: Spike



a) Set-up

- i) Regulation-size court that is 18m (59 feet) long and 9m (29 feet, 6 inches) wide
- ii) 5 volleyballs (modified ball permissible)
- iii) Net height at 2.24m (7 feet, 4 1/8 inches) for women and 2.43m (7 feet, 11 5/8 inches) for men
- iv) Standards
- v) Antennae
- vi) Ball box
- vii) Measuring tape
- viii) Floor tape or chalk

b) Test

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

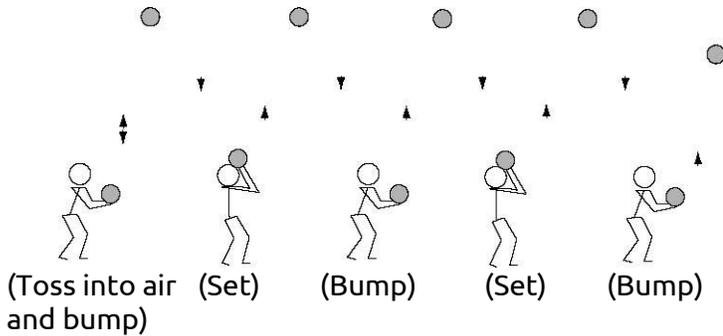
c) Scoring

- i) 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.
(1) A tip (dink) or half-speed shot is not recorded as a spike.
- ii) The athlete's final score shall be the total of all 10 attempts.

d) Staging

- i) Volunteers administer the test and are not to interfere with any athlete who is performing the test.
- ii) 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.

4) VSAT #4: Bump-set



- a) Set-up
 - i) Half of a volleyball court
 - ii) Net with a minimum height of 2.24m (7 feet, 4 1/8 inches)
 - iii) 3 volleyballs
- b) Test
 - i) Athlete alternately bumps (forearm passes) and sets the ball to himself/herself without stopping.
 - ii) Athlete first tosses the ball into the air and then bumps the volleyball.
 - iii) Athlete then must move under the ball to set-bump-set-bump-set, etc.
 - iv) Athlete must stay within the half-court lines.
- c) Scoring
 - i) Athlete is given 4 trials to gain his/her best score.
 - ii) The maximum score is 50 (25 bumps and 25 sets).
 - iii) Each legal hit is counted as one point, as long as the ball goes above the height of the net.
 - iv) 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.
- d) Staging
- e) Volunteers administer the test and are not to interfere with any athlete who is performing the test.
- f) 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.