Volleyball
Sport Rules
(Including SOSC Recommendations)
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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/](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.


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 Individual Skills Competition
2.2 Team Competition
2.3 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. **(SOSC RECOMMENDS A MODIFIED SERVICE LINE AT 4.5M FOR MODIFIED ONLY)**

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) **(SOSC RECOMMENDS THIS NET HEIGHT FOR ALL FEMALE TEAM DIVISIONS & MODIFIED ONLY)**

3.3 Volleyball

3.3.1 A lighter weight, leather, modified volleyball may be used. **(SOSC RECOMMENDS A VOLLEY-LITE BALL USED FOR MODIFIED ONLY)**
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.

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’ Jerseys
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.

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. (SOSC RECOMMENDS USING A CLASSIFICATION PROCESS FOR ALL COMPETITIONS WHERE TIME PERMITS) 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. 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) 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.
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). (SOSC DOES NOT RECOMMEND THE USE OF TIME LIMITS FOR COMPETITION, ONLY DURING THE CLASSIFICATION PROCESS)

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.

Bench Coaching

4.3.2.5 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.

4.3.2.6 A coach is permitted to assist the athlete to move in position for substitutions. (IN ADDITION, SOSC RECOMMENDS ALLOWING COACHES TO ASSIST WITH ROTATING PLAYERS THROUGHOUT THE ENTIRE GAME FOR MODIFIED ONLY)

4.3.2.7 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.

4.4 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 permitted.

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. (SOSC RECOMMENDS A ROSTER MINIMUM OF 8 ATHLETES)

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.

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. (SOSC RECOMMENDS BEST OF 3 SETS, WITH THE FIRST 2 PLAYED TO 25 & THE THIRD PLAYED TO 15, SWITCHING SIDES ONCE A TEAM REACHES 8 POINTS – SOSC RECOMMENDS NO SWITCHING SIDES FOR MODIFIED ONLY)

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.

4.5.3 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.

4.5.4 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 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 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 (i.e. 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. (SOSC RECOMMENDS ALL HEAD OFFICIALS ARE NGB CERTIFIED FOR ALL LEVEL OF COMPETITION)

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. MODIFIED TEAM COMPETITION RULES

5.1 Divisioning

5.1.1 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.

5.1.2 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.

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

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

5.1.5 A classification round of sets shall then be conducted as a means of finalizing the divisioning process. (SOSC RECOMMENDS USING A CLASSIFICATION PROCESS FOR ALL COMPETITIONS WHERE TIME PERMITS)

5.1.5.1 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.

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

5.2 Competition Adaptations

5.2.1 The court may be modified to 7.62 meters (25 ft) wide by 15.24 meters (50 ft) long. (SOSC DOES NOT RECOMMEND CHANGING THE COURT SIZE, ONLY ADDING A MODIFIED SERVICE LINE)

5.2.2 The net may not be lower than 2.24 meters (7 ft, 4 1/8 in). (SOSC RECOMMENDS USING A FEMALE NET HEIGHT)

5.2.3 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). (SOSC RECOMMENDS USING A VOLLEY-LITE BALL)

5.2.4 Once a server has scored three consecutive points, his/her team shall rotate to the next server and continue to serve.
5.2.5 Antennas will still be placed above the sideline on the net.
5.2.6 In local competitions only, competition organizers may opt to have the teams NOT change courts in the middle of the deciding set. (SOSC RECOMMENDS THIS)

5.3 Basic Ground Rules
5.3.1 Same as for Team Competition in section 4.4

6. SKILLS COMPETITION RULES

6.1 Individual Skills
6.1.1 Purpose
6.1.1.1 Individual Skills Competition is not designed for athletes who can already play the game.

6.1.2 Score
6.1.2.1 The athlete’s final score is determined by adding together the scores achieved in each of these three events.

6.1.3 Personnel
6.1.3.1 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.

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

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

6.1.5.1 Diagram terms
Athlete
Official
Target
Ball Retriever (BR)
Tosser
Score Table
Bench Manager
Chairs/Bench
Ball

6.1.5.1.1 Box
6.1.5.1.2 Net

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

6.1.5.3 Equipment
6.1.5.3.1 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.

6.1.5.4 Description
6.1.5.4.1 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.

6.1.5.4.2 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.

6.1.5.4.3 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).

6.1.5.4.4 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.

6.1.5.5 Scoring
6.1.5.5.1 The peak of the arc of each set ball toward the target is measured.

6.1.5.5.2 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.

6.1.5.5.3 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.

6.1.5.5.4 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.

6.1.6 Individual Skills Competition Event #2: Serving
6.1.6.1 Diagram Terms
Athlete
Official
Ball Retriever (BR)
Score Table
Bench Manager
Chairs/Bench
Ball
Box
Net
Attack Line
Hander

Volleyball Ball Retrievers roll balls back to Ball Retrievers at ball box

6.1.6.2 Purpose
6.1.6.2.1 To measure the athlete’s ability to serve the volleyball over the net and into the opponent’s court.

6.1.6.3 Equipment
6.1.6.3.1 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.

6.1.6.4 Description
6.1.6.4.1 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.

6.1.6.5 Scoring
6.1.6.5.1 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.

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

6.1.7.1 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)

6.1.7.2 Purpose
6.1.7.2.1 To measure the athlete’s passing accuracy, height and consistency using the forearm pass technique.

6.1.7.3 Equipment
6.1.7.3.1 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.
6.1.7.4 Description

6.1.7.4.1 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.

6.1.7.5 Scoring

6.1.7.5.1 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. VOLLEYBALL SKILLS ASSESSMENT TESTS (VSAT)

7.1 VSAT-Serve

7.1.1 Diagram terms

7.1.1.1 Athlete

7.1.1.2 Net
7.1.3 Attack Line
7.1.4 Pts. (points)
7.1.5 Ball Box

7.1.2 Set-up
7.1.2.1 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.

7.1.3 Test
7.1.3.1 Athlete is given 10 attempts from the service area.
7.1.3.2 Athlete may serve overhead or underhand.
7.1.3.3 Taped or chalk lines mark the court outlining the target areas which value from two to four points.

7.1.4 Scoring
7.1.4.1 Balls hitting on a line score the higher point value.
7.1.4.2 Balls contacting the net, antennae, or landing out-of-bounds receive no points.
7.1.4.3 The athlete’s final score is determined by adding together the points awarded for each of the 10 attempts.

7.1.5 Staging
7.1.5.1 Volunteers administer the test and are not to interfere with any athlete who is performing the test.
7.1.5.2 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 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.

7.2 VSAT- Forearm Pass
7.2.1 Diagram terms
Athlete
Target
Tosser
Net Attack Line
Pts. (points)
Ball Box
RB (right back)
LB (left back)

7.2.2 Purpose
7.2.2.1 To measure the athlete’s passing accuracy, height and consistency using the forearm pass technique.

7.2.3 Equipment
7.2.3.1 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.

7.2.4 Description
7.2.4.1 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 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.

7.2.5 Scoring

7.2.5.1 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.

7.3 VSAT- Spike

7.3.1 Diagram terms:
- Athlete
- Tosser
- Net
- Attack Line
- Ball Box
- Pts. (points)

7.3.2 Set-up

7.3.2.1 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.

7.3.3 Test

7.3.3.1 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.

7.3.4 Scoring
7.3.4.1 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.

7.3.5 Staging
7.3.5.1 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.

7.4 VSAT- Bump-set

7.4.1 Diagram terms:
7.4.1.1 Toss into air and bump
7.4.1.2 Set

7.4.2 Set-up
7.4.2.1 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.

7.4.3 Test
7.4.3.1 Athlete alternately bumps (forearm passes) and sets the ball to himself/herself
without stopping.
7.4.3.2 Athlete first tosses the ball into the air and then bumps the volleyball.
7.4.3.3 Athlete then must move under the ball to set-bump-set-bump-set, etc.
7.4.3.4 Athlete must stay within the half-court lines.

7.4.4 Scoring
7.4.4.1 Athlete is given four trials to gain his/her best score.
7.4.4.2 The maximum score is 50 (25 bumps and 25 sets).
7.4.4.3 Each legal hit is counted as one point, as long as the ball goes above the height of the net.

7.4.4.4 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.

7.4.5 Staging
7.4.5.1 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.

8. SOSC SPECIFIC POLICIES
8.1 In order to keep all athletes safe and minimize risk, blind athletes or athletes that use a wheelchair, walker or crutches are not permitted to participate in Volleyball Team Competition or Modified Team Competition. They may participate in Individual Skills Competitions if able.

8.2 General Uniform Guidelines
8.2.1 Jeans and Denim-type clothing are not permitted.
8.2.2 All athletes and teams should have identical uniforms, unless otherwise indicated in specific sports rules (such as libero attire).
8.2.3 All uniforms must have an appropriate SOSC logo. No sponsor logo on uniforms.
8.2.4 Athletic shorts should be no higher than 3" above the knee.
8.2.5 It is forbidden to wear any object that may cause injury or give an artificial advantage to any player. Forbidden Objects Include, but are not limited to the following:
   • Head Gear
   • Jewelry
   • Casts or Braces
   • Exceptions will be made for religious or medical medallions. If worn, they must be removed from chains and taped or sewn under the uniform.
8.2.6 Uniform Numbering: for teams using their uniforms for more than one sport, it is recommended that shirts be numbered utilizing the basketball regulations. This type of numbering will allow shirts to be used in most other sports offered by SOSC. Basketball rules state that numbers on the front must be at least four inches high and numbers on the back must be at least six inches.
8.2.7 Athletes should not wear any extra items (such as) hats, fanny packs, etc.

8.3 Competition Standards
8.3.1 Competition venues must always utilize indoor volleyball courts that have adequate space behind the service line.
8.3.2 All venues should have safe and proper equipment, with adequate padding around poles and a safe environment for all teams and spectators.
8.3.3 All venues should have a team bench for team & a score table for the scorekeepers.
8.3.4 The R1 official must have a NGB certifications. It is recommended to have a R2 official, but not mandatory.
8.3.5 Water should be easily accessible for all athletes and coaches
8.3.6 Medical must be present at every competition.
8.3.7 A classification Process is recommended for proper divisioning. Once divisions are set, in order to save time a single elimination compass bracket may be utilized.