

# **VOLLEYBALL SKILLS COVID-19 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 International Volleyball Federation (FIVB) Rules for volleyball found at <http://www.fivb.org/>. FIVB or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Volleyball or Article I. In such cases, the Official Special Olympics Sports Rules for Volleyball shall apply.

## **OFFICIAL EVENTS OFFERED**

1. Individual Skills
  - a. VSAT Skills Assessment
2. Virtual Events

## **MEDICAL DEADLINE AND PARTICIPANT ELIGIBILITY**

Athletes must have an active Medical Form AND COVID-19 Participant Release Form on file with the Special Olympics State Office. Coaches and Unified Partners must have an active Class A Application AND COVID-19 Participant Release Form on file. The Medical or Class A Forms must be received or postmarked by the registration deadline and remain valid through the results submission window. The COVID-19 Participant Release Form only needs to be completed once and must be received or postmarked by the registration deadline.

## **COVID PRECAUTIONS**

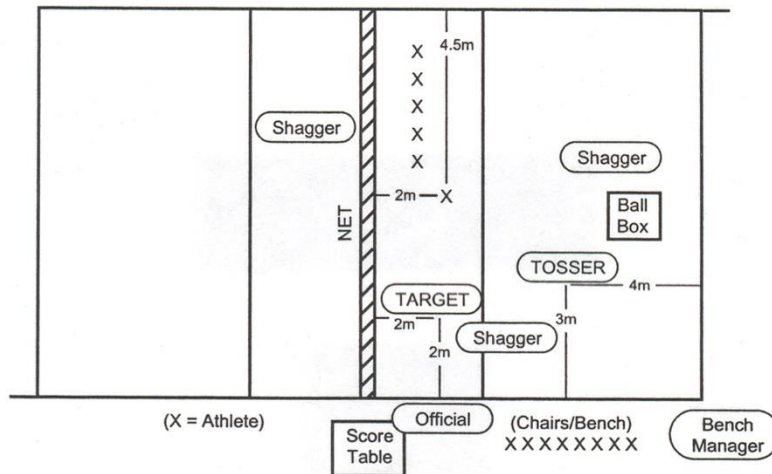
1. All Special Olympics Wisconsin Return to Play guidelines will be enforced and followed at practices and competition including screenings, hand washing/sanitizing, and wearing mask.
2. Volleyballs should be wiped down between skills or assessments.
3. Social distancing should be maintained throughout the competition/assessments.
4. There will not be a formal Awards ceremony in order to decrease large gatherings of people. Awards will be given to someone within your Agency or mailed.

## **SECTION A – GENERAL RULES**

1. Three events comprise the Individual Skills Competition: Overhead Passing (Volleying), Serving, and Passing (Forearm Passing). Athletes must attempt to complete all skills to receive an award. Athletes must complete each skill independently without assistance. Athletes will not be able to participate at any level of competition if they have a zero total score submitted as an entry score.
2. The athlete's final score is determined by adding together the scores achieved in each of these three events.

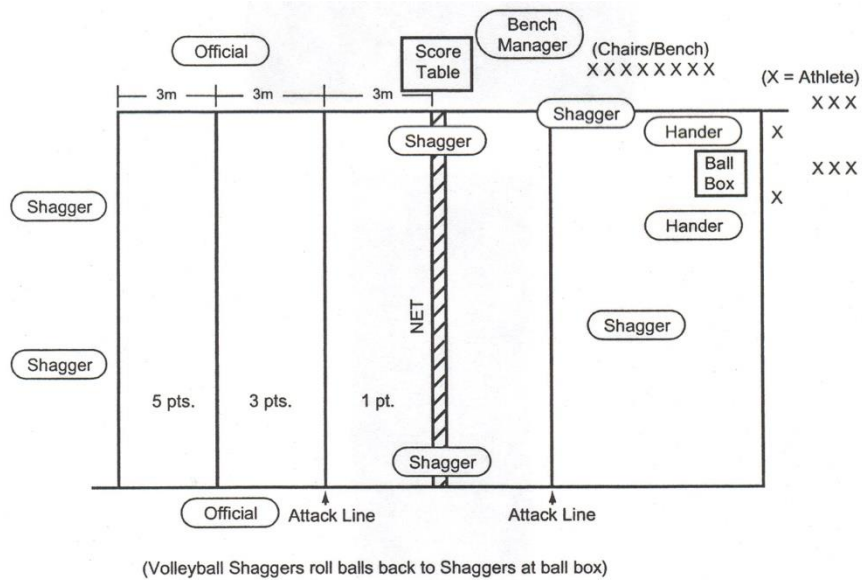
3. Each event is diagrammed with the suggested number and placement of volunteers who will administer them. It is also suggested that the same TOSSER remain at an event throughout the competition so that consistency is provided.

#### 4. SKILL #1 - OVERHEAD PASSING (Volleying)



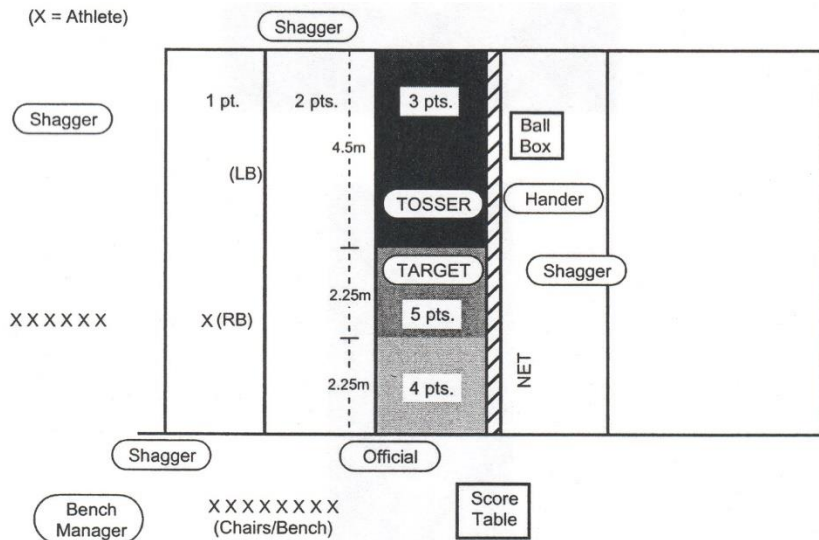
- Purpose:** To measure an athlete's ability to overhead pass (volley) the ball with consistency and at a height that could be spiked.
- Equipment:** Use a regulation size court of 18m (59') long and 9m (29'6") wide, four volleyballs, net 7'11 5/8" (2.43m), standards, antennas, and ball box.
- Description:** Player is given 10 attempts from the center front position that is 2m (6'6 3/4") from the net and 4.5m (14'9") from the sideline. The player receives 10 two-handed underhand tossed balls from the tosser who is positioned in his/her backcourt 4m (13' 1 1/2") from the baseline and 3m (9' 10") 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 2m from the net and 2m from the sideline in the left front position). 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.
- Scoring:** The peak of the arc of each set ball toward the target is measured. The athlete will receive one point for volleying/setting the ball 1m (3' 3 1/3") above the athlete's head height and three points for volleying/setting the ball above net height. The following result is zero points: illegal contact (i.e. hands do not hit simultaneously; ball rests in palms; ball is pushed, thrown, or flipped), any ball which goes lower than head high, any ball which goes 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.

## 5. SKILL #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 of 18m (59') long and 9m (29'6") wide, five volleyballs, net 7'11 5/8" (2.43m) , standards, antennas, measuring tape, floor tape or chalk, and ball box.
- Description:** The athlete stands in the serving area and serves 10 volleyballs, one at a time, into the opponent's court.
- Scoring:** The court is divided into three equal areas of 3m in length. Each of these areas 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 higher point value.

## 6. 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 of 18m (59') long and 9m (29'6") wide, five (5) volleyballs, net 7'11 5/8" (2.43m), standards, measuring tape, marking tape, and ball box.
- Description:** The athlete stands at the right back (RB) position 3m (9'10") from the right sideline and 1m (3'3 1/3") from the baseline. A ball is thrown using a two-handed, overhead toss by a coach/official (tossler) who is standing on the same side of the net in the center front position 2m (6'6 3/4") 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 of and 2m from the net and 4m (13'1 1/2") from the sideline away from the tossler). Target areas of varying point values are marked in the front court. The event is repeated with the athlete at the left back (LB) position 3m from the left sideline and 1m from the baseline.
- 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.

### **SECTION B – VIRTUAL OPTION**

- For those athletes who do not feel comfortable attending practice or scrimmages this is an option to still compete in volleyball.
- Athletes may use any equipment they have around the house if they do not have official equipment.
  - Such as playground ball, beach ball etc.

- b. Use your judgement and remember to be careful when participating
3. Feel free to take pictures of yourself participating and then submit them in with your scores.
4. **SKILL #1 - OVERHEAD PASSING (Volleying)**
  - a. **Overhead passing against the wall** - Mark a line with tape or rope at 7 feet & 11 5/8 inches high and take 3 steps back or whatever distance you feel comfortable. Overhead pass the ball (set) above the line on the wall so that it rebounds back to you. Keep setting it over the line again, and again.
  - b. How long did it take you to get 20 sets above the line?
5. **SKILL #2 – SERVING**
  - a. **Serve against the wall** - Mark a line with tape or rope at 7 feet & 11 5/8 inches high (net height) and stand back 29.5 feet (or \_\_\_\_ big steps) or more and go through your routine, serving over the line (net). It is most important that you have the skill of always serving over the net, even if you sometimes serve out.
  - b. How long did it take you to get 10 serves over the line?
6. **EVENT #3: PASSING (Forearm Passing)**
  - a. **Pass to a Friend** - Have your friend toss the ball to you then pass the ball back to your friend. Make sure that your pass is high enough to set. Keep passing it over again, and again.
  - b. How long did it take you to pass 20 settable balls to your friend?
7. All athletes that participate in Virtual Individual Skills Competition must submit their scores and complete the SOWI Waiver for Online Activities. Visit [www.SpecialOlympicsWisconsin.org/Return-To-Play-During-Covid-19](http://www.SpecialOlympicsWisconsin.org/Return-To-Play-During-Covid-19) and click on “Volleyball Skills Virtual Competition Submission” to submit. Athletes will receive a participation award and recognition during the Fall Indoor Virtual Celebration.