



Special Olympics
Minnesota
Volleyball Handbook



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Practice ideas, skill assessment and development, and rules can be found in the SOI Quick Start Guides and SOI Rules for each respective sport at www.specialolympics.org/sports.aspx.



Special Olympics Minnesota Volleyball Handbook

RULES OF COMPETITION

Special Olympics volleyball rules will be enforced during all matches, according to the SOI Volleyball Rules. Exceptions to SOI rules are included below:

Game Length and Matches

- Tournament Format – Teams are guaranteed two games/matches.
- Match – The winner is declared after best two out of three sets. Rally scoring to 25 used. If a third set is needed rally scoring to 15.
- End of Set – First two sets a team needs to win by two points. The third set does not require a two point win; it is simply first to 15.

Gameplay Rules

- Roster Size – Minimum 6, maximum 16.
- A team needs to start the game with the required positions filled to avoid a forfeit. If an injury occurs during a game, they can drop to 1 short and continue that game.
- Timeouts – Two 30-second timeouts per game.
- The height of the net can be lowered to no lower than 2.24m (7'4 1/8")
- Serving – The serve shall be from the serve area. Stepping on or over the line before the ball is contacted shall constitute a violation.
- Modified Serving – A modified serving line will be placed 4.5 meters in from the net only for those athletes who absolutely need it. Stepping on or over the modified line before the ball is contacted shall also constitute a violation. Athletes using the modified line must be identified in advance. You will receive a form in your registration bag on which to identify these athletes.
- Serving Limit
 - Traditional – Five-serve limit for each server. Serving team maintains possession after the five serve limit.
 - Unified – Five-serve limit for each server. Serving team maintains possession after the five serve limit.
- Substitutions – Rotations are allowed. If you choose to sub a player not during a rotation then you must sub person-to-person. For example, if John substitutes for Joe, Joe then returns to play for John.

- 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. Coaches may assist athletes into positions for substitutions only, but must coach from the bench.

- Unified Rules –
 - Line-up – three athletes and three Unified partners must be on the floor at all time
 - Serving – See above. Additionally, Unified partners are requested to serve at a level that accounts for the safety of athletes on the opposite team.
 - Passing – If the ball is touched more than one time on a side, an athlete must touch the ball before it is returned. If the ball is touched only once, a Unified partner or an athlete may return the ball.
 - Unified Partner – Unified partner dominance is monitored. If Unified partner dominance is called, a point and the serve will be awarded to the opposing team.
 - Coaching – If you register as a coach you cannot play.

VOLLEYBALL EVENT INFORMATION

Area Competition for Southern Minnesota

Date	Location	City	Register	Contact
May 10	St. Clair Secondary School	St. Clair	April 26	zak.armstrong@somn.org

- Roster Size – minimum 6, maximum 16
- Teams are guaranteed two games.
- Awards are presented at the completion of the entire tournament
- Volleyball Events
 - Unified Volleyball only
 - No individual skills or traditional team events offered

Sportsmanship

Good sportsmanship is both the coach's and athlete's 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 match/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.

DIVISIONING

The divisioning process for team sports is much different, and much harder, than individual sports. Unlike most individual sports, team sports do not have concrete distances or times that can be used, although we do have teams submit assessment scores for individual players. Once a game starts, however, the information contained in the assessments often takes a back seat to the dynamics at play minute-by-minute, play-by-play on the court or field.

The challenge with divisioning team sports is that there are many factors that affect how a team performs on any given day — missing players, illness, penalties, behavior, coaching, who's hot and who's not, individual match ups, etc. With divisioning in team sports, much more emphasis is put on game results, common opponents, coach rankings and coach notes. There is not a perfect science to ensure that all divisions will have close games, which is why we have developed a process for team sports that includes divisioning committees. The divisioning committees allow for more coach involvement, better team evaluation and improved divisioning. We recognize there may be some games during a competition that are not competitive, but we hope that the team sports divisioning process creates the most equal divisions possible.