

VOLLEYBALL RULE INTERPRETATIONS

SECTION A - GENERAL RULES

- A-1. In cases not specifically covered by these interpretations, National Federation of High Schools (NFHS) rules will govern.
- A-2. The Games Rules Committee will make all final decisions.
- A-3. No advertising or sponsorship is allowed to be worn on competition uniforms and warm ups.
- A-4. At all times athletes are expected to compete to the best of their ability to ensure a quality competition at all levels. Coaches are expected to provide accurate and honest scores of their athlete's ability.
- A-5. No players may be added to or replaced on the roster after the Team Rating Form (TRF) is submitted.
- A-6. The following process will be used for all Special Olympics Colorado round robin tournaments:
 - a. The team with the best record at the end of competition will receive first place.
 - b. If all teams have the same record (one win-one loss), places of finish will be determined by the point differential in the games played.
 - c. If the point differential is the same, places of finish will be determined by the total points scored by each team during the tournament (highest scoring team receives first place).
 - d. If the total points are the same, places of finish will be determined by the highest number of service aces.
- A-7. In tournament play, the game will be forfeited if a team fails to report on the court, ready to play within ten minutes of the scheduled game time.
- A-8. The score for a forfeited game shall be 25-0 if the game has not started. If the game is in progress, the offending team shall be awarded its points, and the opponent awarded at least 25 points or a sufficient number to reflect a two-point advantage.
- A-9. The Libero player will not be used in Special Olympics Colorado competitions.
- A-10. Athletes in team competition must qualify from a Regional event, if offered, to attend the State tournament.
- A-11. Athletes can participate in either team competition or individual skills competition. Athletes must choose either Traditional or Unified Team competition.
- A-12. Use of artificial noisemakers will be prohibited.

SECTION B - AGE GROUPS AND DIVISIONS

- B-1. All teams will play as coed teams at Special Olympics Colorado competitions. There is no limit on male/female combinations.

B-2. Each team will have a minimum of 6 players and a maximum of 12 players.

SECTION C - EQUIPMENT AND UNIFORMS

C-1. The court will be 18.3 meters by 9.1 meters (60 feet by 30 feet) with an adjusted service line (see D-5.)

C-2. The net height will be lowered to Women's Height (7' 4-1/8" tall) for all teams at all levels.

C-3. The ball will be a rubber bladder covered with leather or canvas. It will measure not less than 25 inches or more than 27 inches in circumference, and will weigh not less than 9 ounces or more than 12 ounces. A modified volleyball will be allowed in Individual Skills competition.

C-4. Knee-pads are recommended.

C-5. All players on the team must wear the same color shirt with readable numbers on the front and back. All players must wear tennis or gymshoes. No jeans, jean shorts or street shoes will be allowed for any athletes in Volleyball events.

C – 6. Athletes will not be allowed to wear jewelry or awards during competition.

SECTION D - SERVICE

D-1. A coin toss will be used to determine the selection of court and initial serve. The serve alternates for the two games. Should a third game be necessary there is another coin toss.

D-2. For the first team to serve, the right back player is the first to serve for the team. Thereafter, the right front player rotates to the serving area.

D-3. A team continues serving until it commits a violation or the game ends.

D-4. The serving area is anywhere behind the end line and between the sidelines.

D-5. *An adjusted service line will be available to those athletes and partners that need it. This will be 10 feet up from the end line. Athletes/Partners will have the choice of which line to serve from at the beginning of their rotation in the service position. They have to continue to serve from the same line throughout that rotation, however, the next time they are in the service rotation, they can switch. This will be enforced at Regional (if offered) and State competition.*

D-6. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from within the serving area.

D-7. Server must wait for referee's instruction (refs whistle and hand signal) before serving to the opponent. Each server has 8 seconds to serve.

D-8. Blocking and/or attacking a served ball while it is above the height of the net is not permitted.

D-9. The service alternates when there is a violation by the serving team and the ball will be awarded to its opponent who will rotate clockwise one position.

D-10. Net serves will be allowed. The net serve is a ball that when served, hits the net without touching the net antenna and continues across the net into the opponent's court. The net serve is a playable live ball provided net contact is entirely within the net antennas.

SECTION E - PLAY

- E-1. A legal hit is the touch of the ball by any part of the player's body.
- E-2. A player will not play the ball twice in succession unless there is:
 - a. Simultaneous contact by teammates.
 - b. Simultaneous contact by opponents.
 - c. Successive plays by blockers.
- E-3. Simultaneous contact by one player with 2 or more parts of the body is permitted and considered one play.
- E-4. Simultaneous contact of the ball by teammates will be permitted and considered as one play and either player involved may participate in the next play.
- E-5. A team will not play the ball more than 3 times before it crosses the net. A block is not a hit.
- E-6. Each team is allowed 2 time outs per game. Time outs are 60 seconds in length, unless both teams are ready to resume play before the 60 seconds expire.

SECTION F - SCORING

- F-1. The team that has scored 25 points and is at least 2 points ahead is the winner. If the leading team does not have a 2-point advantage, play will continue until one team has a 2-point advantage.
- F-2. A 3 game match will be won when a team has won 2 games.
- F-3. Rally scoring will be used in all Special Olympics Colorado levels of play. In rally scoring, a point is awarded on each serve regardless of which team is serving. Matches will consist of best 2 of 3 games with scoring to 25 points for the first two games and playing the 3rd game to 15 points.

SECTION G - SUBSTITUTIONS ("PLAYER FOR PLAYER" METHOD)

- G-1. The position of the substitute shall be that of the player replaced without changing the serving order as recorded on the score sheet. A re-entering player shall assume the original position in the serving order in relation to other teammates.
- G-2. A team is allowed a maximum of 18 substitutions per game. Each player is allowed unlimited entries within the team limit. Starting the game does not count as a substitution. An illegal substitution does not count as an entry provided the illegal substitute is removed from the court.
- G-3. NFHS substitution procedures will be followed for all situations.

SECTION H – UNIFIED VOLLEYBALL

- H-1. Basic Competition Rules will be enforced with a few exceptions specifically for Unified Competition.
- H-2. The roster shall contain a proportionate number of athletes and partners. The maximum number of players on a team is 12 and the minimum number of players is 6. The minimum number must always include 3 Special Olympics athletes.

- H-3. During competition, the lineup shall exist of at least 3 athletes. Failure to adhere to the required ratio results in a forfeit.
- H-4. Each team shall have an adult, non-playing coach responsible for the lineup and conduct of the team during competition.
- H-5. The serving order and positions on the court, at service, shall be an alternation of athletes and partners.
- H-6. Once a server has scored three consecutive points, the team shall rotate to the next server.
- H-7. Traditional teams that play Unified teams will play by the Unified rules.
- H-8. If it is found that teams are not competing in a fair manner, the team will be disqualified. The most flagrant example of this would be the Unified Partners dominating game play so as to have an advantage over the other team. It is the coach's responsibility to manage their athletes and partners and coach within the guiding principles of the Unified Sport program. See below for more examples of how meaningful involvement of partners is not achieved which could result in disqualification:
 - a. They have superior sports skills in comparison to their fellow members.
 - b. They serve predominantly as on-field coaches rather than teammates.
 - c. They control most aspects of the competition during critical periods of the game.
 - d. They do not train or practice regularly and only show up on the day of competition.
 - e. They lower their level of ability dramatically so that they do not hurt others or control the entire game.

SECTION I – MODIFIED VOLLEYBALL

- I-1. Competition Adaptations
 - a. The court is modified to 7.62m (25') wide and 15.24m (50') long.
 - b. The net height will be set at 2.24m (7' 4 1/8").
 - c. A lighter weight leather modified volleyball must be used. The size of the ball will not be larger than 81cm (32") in circumference and weigh no more than 226 grams (8 ounces).
 - d. A three-point serving rule will be used. Once one player has scored three times, there will be an automatic side out.
 - e. Antennas will still be placed above the sideline on the net.
 - f. A time limit of 20 minutes will be used for each game in a match.
- I-2. Basic Competition Rules – same as for regulation Volleyball Team Competition.
- I-3. One coach for each team will be allowed to leave their bench and be on their team's playing end of the court during play. The coach must stay off the actual playing court unless play has stopped. This is for modified play only.