

# Volleyball

## Individual Skills Competition Score Sheet

**Special  
Olympics  
Washington**



Athlete Name: \_\_\_\_\_ Division: \_\_\_\_\_

Team Name: \_\_\_\_\_

Preliminaries:

Finals:

Type of Ball Used:    **Traditional:**     **Modified:**

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### Overhead Passing/Setting

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

- 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.
- 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.
- 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).
- 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.

**(0 Points)** Illegal contact, balls which go lower than head high and balls which go over the net or outside the court.

**(1 Point)** 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.

**Score all ten attempts and add together for total score:**

**Total:** \_\_\_\_\_

\_\_\_\_\_  
Attempt 1

\_\_\_\_\_  
Attempt 2

\_\_\_\_\_  
Attempt 3

\_\_\_\_\_  
Attempt 4

\_\_\_\_\_  
Attempt 5

\_\_\_\_\_  
Attempt 6

\_\_\_\_\_  
Attempt 7

\_\_\_\_\_  
Attempt 8

\_\_\_\_\_  
Attempt 9

\_\_\_\_\_  
Attempt 10

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### Serving

**To measure the athlete's ability to serve the volleyball over the net and into the opponent's court.**

- 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.
- 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. A ball which lands on the line is assigned to the area with the highest point value.

**(0 Points)** Serve that does not go over the net

**(1 Point)** 3-meter area closest to net

**(2 Points)** 3-meter area in the middle

**(3 Points)** 3-meter area farthest from net

**Score all ten attempts and add together for total score:**

**Total:** \_\_\_\_\_

\_\_\_\_\_  
Attempt 1

\_\_\_\_\_  
Attempt 2

\_\_\_\_\_  
Attempt 3

\_\_\_\_\_  
Attempt 4

\_\_\_\_\_  
Attempt 5

\_\_\_\_\_  
Attempt 6

\_\_\_\_\_  
Attempt 7

\_\_\_\_\_  
Attempt 8

\_\_\_\_\_  
Attempt 9

\_\_\_\_\_  
Attempt 10

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## Passing (Forearm Passing)

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

- 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. Target areas of varying point values are marked on the front court.
- 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.
- 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.

**(0 Points)** Ball lands out-of-bounds, or misses any of the areas

**(1 Point)** Ball lands in back area where athlete is positioned

**(2 Points)** Ball lands in middle area between the athlete's position and the net

**(3 Points)** Ball lands in 4.5-meter area on left closest to the net

**(4 Points)** Ball lands in 2.25-meter area on right closest to the net

**(5 Points)** Ball lands in 2.25-meter area in the middle closest to the net

Score all ten attempts and add together for total score:

Total: \_\_\_\_\_

\_\_\_\_\_  
RB Attempt 1

\_\_\_\_\_  
RB Attempt 2

\_\_\_\_\_  
RB Attempt 3

\_\_\_\_\_  
RB Attempt 4

\_\_\_\_\_  
RB Attempt 5

\_\_\_\_\_  
LB Attempt 1

\_\_\_\_\_  
LB Attempt 2

\_\_\_\_\_  
LB Attempt 3

\_\_\_\_\_  
LB Attempt 4

\_\_\_\_\_  
LB Attempt 5