



Volleyball Local Rules & Modifications

Official 2022 Special Olympics Volleyball Sports Rules: [HERE](#)

The official Special Olympics Volleyball Coaching guide can be found [HERE](#).

NOTE: It is the responsibility of the coach, team manager, and Program Coordinator to have read the official rules that govern each sport. Protests or rule inquiries during game play or a tournament MUST be made by a certified head Coach.

Competition Format

- 1) A team roster shall consist of a minimum of six (6) players and no more than twelve (12) players. You must have six (6) players to start the match.
 - a) All matches shall start with six (6) 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 (5) players, a team may continue tournament competition. A team will forfeit their match if they are reduced to fewer than five (5) players.
 - b) In certain circumstances, if a team only has 5 players to start or play a match, they will be allowed to compete without forfeiting. At the beginning of the first set of the competition, the team must indicate that they are missing a 6th player on their line-up sheet with an X. During the competition, when the team then rotates and the X player is then up to serve, the team forfeits the ball and a point to the opposing team.
- 2) 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.
- 3) A match is won by the team that wins the best of three (3) sets.
 - a) A set is won by the team that scores twenty-five (25) points with a two-point advantage. The third (3rd) set (if necessary) will be played to fifteen (15) points.
 - b) Each team will get two (2) timeouts per set of 30 seconds in length.
 - c) The first server of each set is the right back player. Thereafter, the front right player rotates to the right back position. The team receiving the first service shall rotate upon the first side out.
- 4) Scoring:
 - a) All matches will utilize Rally Scoring. You do not need to be serving to score a point.
 - b) A match is won by the team that wins the best of two (2) of three (3) sets.
 - c) Teams change sides when one team has scored eight points if playing to fifteen (15). Switch at thirteen (13) if playing to twenty-five (25).
 - d) 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.



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Competition Attire & Equipment

- 1) Uniforms
 - a) A volleyball uniform is a jersey, shorts (or sweats), socks, and shoes.
 - b) Kneepads and long sleeve tops are recommended but not required.
 - c) Players jersey's must be numbered one (1) to n 99 and should be in the center on the back and front of the jersey.
 - d) Hats with hard bills, Jewelry, or anything that may be considered by an official to be a hazard are not to be worn during competition. Headbands, wristbands, and arms sleeves are acceptable.
- 2) Equipment
 - a) The Net: The height of the net for team competition is Male & Coed teams 2.43 meters (7ft, 11 5/8 inches) Female teams 2.24 meters (7' 4-1/8" feet) Unified Men & coed teams 2.43 (7ft, 11 5/8 inches) Unified Women teams 2.24 meters.
 - b) Modified Service Line: a modified service line may be placed at least 14 feet 9 (28 ½ feet full court size) inches from the net.
 - c) Volleyball: a regulation size volleyball should be used. The size of the ball should be between 25.6 & 26.4 inches in circumference and weigh no more than 9.1 - 9.8 ounces. It should be as close as possible to the regulation-size volleyball.

Points of Emphasis

- 1) A player may not play the ball twice in succession except when blocking.
- 2) Any ball hitting the ceiling will be considered playable by the team causing such contact unless the ball crosses the plane of the net.
- 3) A served ball touching the net shall remain in play, and the receiving team has three plays to return the ball to the opponents.
 - a) A touch on a block does not count as one of the three hits.
- 4) Substitutions:
 - a) A team will be allowed a maximum of twelve (12) substitutions per set.
 - b) Players reentering the set must assume their original position in the serving order in relation to their other teammates. This rule will be utilized in both regular and modified volleyball competition.
- 5) The ball may be hit with any part of the body.
- 6) Touching any part of the net while playing the ball is a fault. Crossing completely over the centerline 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 centerline with the foot or feet.
- 7) Any ball landing on the line is considered "in".



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Libero Players

- 1) Libero players are players that play defensive positions only. Any team has the option to designate two Libero players on its roster for each match.
 - a) 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.
 - b) The Libero player must wear a uniform of a different and contrasting color and/or design than that of the rest of the team to be easily recognized on the court.
- 2) Libero playing actions:
 - a) The Libero is allowed to replace any player in a back-row position, except in Unified Sports competition when an athlete may only replace an athlete and a partner replace a partner.
 - b) He/she 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.
 - c) 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.
 - d) The ball may be freely attacked if the Libero makes the same action from behind the front zone.
- 3) Libero player replacements and substitutions:
 - a) When the Libero replaces a player in the back zone, it is not counted as a substitution.
 - b) Libero replacements are unlimited.
 - c) Only the players whom he/she replaced may replace the Libero.
 - d) 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.

UNIFIED Sports

- 1) Roster / Lineup
 - a) The roster shall contain a proportionate number of athletes and partners.
 - b) During competition, the lineup shall never exceed three (3) athletes and three (3) partners
- 2) Each team shall have an adult, non-playing coach responsible for the lineup and conduct of the team during competition.
- 3) Service Order
 - a) The serving order and positions on the court, at service, shall be an alternation of athletes
 - b) Once a server has scored three (3) consecutive points, his/her team shall rotate to the next serve. server and continue to serve.