

RULES – UNIFIED VOLLEYBALL COMPETITION

Unified Volleyball rules dictate that the team must have equal numbers of Special Olympics Athletes and Special Partners. Court placement must alternate between partners and athletes. Roster may not exceed 12 players.

- Six players will be on the court at all times. 3 athletes and 3 partners.
- There will be two levels of play - Level 1 - Low / Level 2 - High

LEVEL 1 MODIFICATIONS

- Level 1 may serve from a line ten feet in front of the normal serving line.
- Level 1 will use a training volleyball.
- Level 1 will prohibit spiking.
- Level 1 will limit the number of consecutive serves to 5. After a team makes 5 consecutive points, the referee will call an automatic loss of rally.

ALL LEVELS

- Rally Scoring is used – a point is awarded on every serve.
- A set is won when a team scores 25 points and has at least a 2 point advantage.
- A match is won when a team wins 2 out of 3 games in match play.
- Substitution will be unlimited during dead balls. Athlete must check in with official before substituting.
- The court measures 59' x 29' 6". Net height will be 7' 4".
- All Faults result in loss of Rally (rally is the new term for side-out).
- Attacking or Blocking a serve is considered a fault.
- The server is the player in the right-back position. Rotation of players is clockwise.
- During a serve, stepping on or over the service line before the ball is contacted is a violation.
- The ball may be hit with any part of the body.
- A player cannot play the ball twice in succession except on blocking
- A team shall not play the ball more than 3 times before it crosses the net. A touch on a block does not count as one of the 3 hits.
- Touching the net or crossing over the center line with any part of the body is a violation.
- Any ball hitting the ceiling will be considered playable by the team causing such contact, unless the ball crosses the plane of the net.
- Any ball landing on a line is considered in.
- Level 2 will have no adaptation.
- Teams will enter either Jr. Division (8-15), Sr. Division (16-21) or Master Division (22+). The oldest member of the team will determine the team's age division.
- Sex divisions will be limited to Male or Female. If a male is on a team, regardless of the number of females on that team, the team will play in the male division.