UNIFIED VOLLEYBALL COMPETITION RULES

Team Composition

- Teams must have an equal number of Special Olympics Athletes and Unified Partners.
- Court positions must alternate between Athletes and Partners.
- Maximum roster size: **12 players**.
- Six players on the court at all times:
    - 3 Athletes & 3 Unified Partners

Divisions

- **Level 1 (Low)** & **Level 2 (High)**
- Age Divisions: Junior: Ages 8-15, Senior: Ages 16-21, Master: Ages 22+
    - If The oldest team member determines the team's age division.
- Gender Divisions: Male & Female
    - If a team includes at least one male, the team competes in the Male Division.

Competition Format

- Court dimensions: **59' x 29' 6"** & Net height: **7' 4”**
- Rally scoring is used. A point is awarded on every rally.
- A set is won at **25 points** with at least a **2-point advantage**.
- A match is won by taking **2 of 3 sets**.
- Unlimited substitutions are permitted during dead balls. Players must check in to the official.

General Rules

- All violations result in loss of rally.
- Players may not attack or block a serve.
- Server begins in the right-back position; teams rotate clockwise.
- Stepping on or over the service line while serving is a violation.
- The ball may be played with any part of the body.
- A player may not contact the ball twice in succession except after a block.
- Teams are allowed a maximum of 3 contacts before sending the ball over the net.
- A block does not count as a team contact.
- Touching the net or crossing the center line is a violation.
- A ball contacting the ceiling remains playable by the same team if it does not cross the plane of the net.
- Balls touching any boundary line are considered in.

Level 1 Modifications

- Serve from a line **10 feet in front of the regular service line**.
- Use a **larger training volleyball**.
- **No spiking** allowed.
- Maximum of **5 consecutive service points**. After 5 consecutive points, the referee will award an automatic loss of rally and the serve changes.

Level 2

- Standard volleyball rules apply with **no modifications**.