



Special Olympics

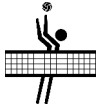
VOLLEYBALL COACHING GUIDE

Volleyball Rules, Protocol & Etiquette



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Teaching Volleyball Rules

The best time to teach the rules of volleyball is during practice. For example, when during a practice game a player makes contact with the net, this would be a good time to stop the game and explain that you cannot contact the net while trying to make a play on the ball. As an international sports program, Special Olympics has both adopted and modified Federation Internationale de Volleyball (FIVB) Rules. Please refer to the official *Special Olympics Sports Rules*, which can be found at www.specialolympics.org for the complete listing of volleyball rules as modified and approved by Special Olympics Inc. As coach, it is your responsibility to know and understand the rules of the game and to teach these rules to your players and other coaches. To assist you with this responsibility, listed below are selected rules that govern the sport of volleyball.

Occasionally, the situation will occur where a properly registered team with at least six players on the roster is unable to field six players at any point during a competition due to injury or other problems. Below national level, the Competition Manager **may** allow that team to continue at their discretion as long as that team would not receive a competitive advantage. Special Olympics Unified Sports® teams may never have more partners than athletes on the floor at the same time.

Court

It is recommended that a regulation-size court be used. However, the Special Olympics modification allows for the service line to be moved closer to the net, but no closer than 4.5 meters (14 feet 9 inches). If a regulation-size court (18 meters by 9 meters, surrounded by a free zone of a minimum of 3 meters wide on all sides) is unavailable, then modifications may be made to allow for play in a safe manner. In Modified Team Competition the court may be reduced in size to 7.62 meters (25 feet) wide and 15.24 meters (50 feet) long. The height of the net should be:

- ♦ Men's and coed competition—2.43 meters (7 feet 11 5/8 inches)
- ♦ Women's competition—2.24 meters (7 feet 4 1/8 inches)
- ♦ Unified Sports competition—2.43 meters (7 feet 11 5/8 inches) for men and coed, and 2.24 meters (7 feet 4 1/8 inches) for women

Officials

In competition, teams may be required to furnish one or more officials to function as described below.

1st Referee (R1)

The 1st referee is in charge of the match and has the final authority on all matters. The R1 will be on the stand opposite the scorekeeper and will make decisions involving ball handling, lifts, throws, etc. The referee will give decisions with whistle and hand signals. These signals can be found in the FIVB Rulebook. All judgment decisions by the R1 are final.

2nd Referee (R2)

The 2nd referee is located on the floor, opposite the R1 and near the team benches and the scorekeeper. The R2 is mainly responsible for control of the net, watching for infractions. The R2 may also assist the R1 on ball handling calls by giving a discreet signal if the R1 is screened or blocked on the play. The R2 may not blow the whistle in this case, but should assist the R1 as needed. The R2 is also responsible for oversight of the scorekeeper and for administering all substitution requests.

Scorekeeper

The scorekeeper is responsible for keeping the score sheet according to the rules of the game or other such duties as authorized. It is the duty of the scorekeeper to ensure that the visual scoreboard is accurate.

Libero Tracker

For those programs using the Libero provision in the rules, a minor official may be required to track Libero replacements.



Line Judges (LJ)

Line judges are an important part of the officiating team. They stand in the left corners (behind the left back position) of the court and assist the R1 with calling the ball in, the ball out and touches as instructed by the R1.

SOOPA

The Special Olympics Officials' Program for Athletes (SOOPA) is designed to assist with the development of Special Olympics athletes to be trained in skills necessary to officiate at variable levels of responsibility, consistent with the ability of the athlete. In volleyball, the local Special Olympics affiliate should work closely with the National Governing Body affiliate to encourage a SOOPA official to become certified through the NGB.

Pre-match Meeting

During the pre-match meeting, the R1 will meet with representatives from each team to:

1. Clarify warm-up procedures
2. Explain event/tournament/match rules and facility ground rules
3. Determine which team serves first and from which side of the court they will serve

Start of the Match

When ready, the R1 will instruct the players to line up on the end line. On a signal from the R1, the players will move onto the court and line up in the proper rotation while the R2 verifies their position on the court.

Start of the Set

When all players are in the proper position and both teams are ready to play, the R1 will beckon for the server to serve the ball. The serve beckon will be done with both a whistle and arm motion. Please refer to the FIVB rulebook for details on all the signals used by both officials.

Service Rotation

When the receiving team has gained the right to serve, the players rotate one position clockwise. There are two exceptions to this:

1. In Unified Sports Volleyball, when the serving team has scored three consecutive points they shall rotate one position clockwise and maintain service. The receiving team will NOT rotate.
2. In Modified Team Competition volleyball, a three-point or five-point serving rule will be used. Once a player has scored the three or five points, there will be an automatic loss of possession with the opponent getting ball and service but no point.

Ball In/Ball Out

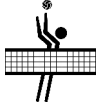
A ball that lands inside the court or on any part of the line is considered good. A ball that lands outside of the court and completely outside of the line is considered out.

Method of Scoring

Volleyball is played using the Rally Scoring method. Each time a ball is put in play, a point will be awarded. The exception is if the referee directs a replay (a ball from another court comes onto the court, etc.). You do not need to be serving for your team to earn a point.

Time-Outs

Each team may call two time-outs per set, each lasting 30 seconds in duration.



To Win a Set/Match

Teams need to earn 25 points to win the set (the deciding set is played to 15 points). You must win by at least two points. Matches are played either best two out of three sets or best three out of five sets. Please be sure to check with your competition manager for the format of each competition. Some matches may be either shortened or lengthened due to time and/or space considerations.

Sanctions

Yellow Card

A warning against a player or coach that results in the opposing team getting a point.

Red Card

A sanction against a player or coach that results in an expulsion from the set.

Red/Yellow Card Held Together

A sanction against a player or coach that results in a disqualification from the match. The competition manager will decide if the incident requires the player or coach to be out of the tournament.

Common Violations

- Lift
- Throw
- Double hit
- More than three hits
- Touching the net while playing the ball
- Center line violation (under the net)
- Out of rotation
- Wrong server
- Back row attack
- Service foot fault



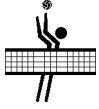
Special Olympics Unified Sports® Rules

There are a few differences in the rules for Special Olympics Unified Sports® competition as stipulated in the official *Special Olympics Sports Rules*. The differences are highlighted below:

1. A roster consists of a proportionate number of athletes and partners. Although the exact distribution of roster spots is not specified, a volleyball roster containing eight athletes and two partners does not meet the goals of the Unified Sports Program.
2. A lineup during the competition consists of half athletes and half partners. Unified Sports Volleyball will consist of three athletes and three partners. They will alternate on the lineup sheet (ex: one partner, one athlete, etc.). In extenuating circumstances, a competition manager may allow more athletes than partners if he/she deems that it is still in the spirit of Unified Sports.
3. In team sports, division assignment is based on the best players on the roster, not the average ability of all players.
4. Team sports must have an adult, non-playing coach. Player-coaches are not allowed in team sports.

Unified Sports Volleyball is designed to contribute further to the mainstreaming of individuals with intellectual disabilities by bringing together individuals with intellectual disabilities and those without on the same team as equal partners. The equality among all teammates is enhanced when the teammates are of roughly the same age and ability. The selection of athletes and partners of similar age and ability is essential for Unified Sports Volleyball training and competition.

It is very important that the Unified Sports partners know their role on the team and in Special Olympics in general. Player dominance by Unified Sports partners does not meet the intent and goals of the program and does not allow the athletes to showcase their talents. A good partner is one who plays right alongside the athlete and has a similar ability. In a perfect world, it would be impossible to differentiate between the contributions of an athlete and a Unified Sports partner.



Protest Procedures

Protest procedures are governed by the rules of competition. The role of the competition management team is to enforce the rules. As coach, your duty to your athletes and team is to protest any action or event that occur while your athletes are competing that you think violated the Official Volleyball Rules. It is extremely important that you do not make protests because you and your athlete did not get your desired outcome. Protests are serious matters that impact a competition's schedule. Check with the competition manager prior to competition to learn the protest procedures for that competition.

There are generally two types of protests: Eligibility and Rules of the Game.

Eligibility

Protests regarding eligibility shall be filed according to the procedures approved by the competition management team.

Rules of the Game

Protests must be made by the playing captain prior to the next serve. Judgment is not a protestable situation. A valid protest would be a rule that the coach and playing captain feel the official has misapplied. An example would be an erroneous number of partners on the court or the official failing to enforce the number of substitutions in a particular game.

If a valid protest has been made and accepted by the first referee (R1), the referee will get off the stand and consult the rulebook. If, after consulting the rulebook, the playing captain still wants to protest, the R1 will send a suitable representative to locate the competition manager. At this time, the scorekeeper should record all pertinent facts for the match (score, time of protest, substitutions used, time-outs taken, etc.). The competition manager and/or Chief Referee will make a ruling on the protest. If denied, play will begin immediately. If the protest is upheld, the play in question will be played over and the problem corrected. These decisions are final. There is no appeal. The set will proceed immediately upon conclusion of a decision being made.



Volleyball Protocol & Etiquette

During Practice

Good volleyball etiquette and protocol start at practice. Teaching your team good sportsmanship and respect for officials, teammates, opponents and volunteers will carry over to when an actual competition takes place. Your role as coach sets the standard that your team will follow. Always strive to set a good example.

When practicing, make sure your team is following the rules they will expect to have enforced in competition. The better your athletes understand the rules, the better equipped they will be to understand why a given call was made. Many volleyball calls are subjective, and being consistent in applying calls in practice will reduce confusion and frustration in competitions. Teaching respect for both officials and playing opponents begins in practice. The coach needs to set a high standard of sportsmanship.

During Competition

Volleyball is a highly competitive sport that is best played with lots of positive emotion. Keeping this emotion under control and channeled into good sportsmanship can be a challenge to the coach.

During warm-ups, be sure all players and balls stay on the proper side of the net. A common issue during warm-ups is a loose ball going onto the other side of the net where someone may be jumping and may land on the ball. It is good etiquette to yell “ball” or “stop” if a player or coach notices a loose ball heading to the opposing side, especially if a potential injury could occur. Good sportsmanship is to thank the team who prevented a possible injury.

Only the playing captain may speak to the referees. This player will represent the team at the captains’ meeting with the referees. He/she should inform both the coach and fellow players of the ground rules and any special items that the referee mentioned. Knowledge of the rules by all players, not just the captain or coach, is expected and helps to make the game run smoother.

When the R1 indicates for the team to line up, the six starters plus the Libero will line up on the end line. When the referee signals, the teams will go counterclockwise to the net to shake hands with their opponents. Some teams will have small gifts to give to the other team (e.g., pins or something from their region or area). This is done mainly at the national or World Games level, but it’s always a nice gesture.

During the set, players will treat referees, opponents and teammates with respect. Yelling through the net at an opponent will not be tolerated and is cause for the player to get a yellow card (warning) or a red card (ejected). Arguing with an official could result in the same sanctions being given.

After the last set, the referee will direct the teams to the end line and then will instruct the teams to meet at the net to shake hands and congratulate their opponents on a well-played match.

Be aware that there may be a match scheduled directly after your match, so please collect your belongings and vacate the court so the next teams may begin their warm-ups.

In general, volleyball has a great reputation for good sportsmanship and respect among players, coaches and officials. As a coach, please be sure to stress this to your team and set a good example yourself. Your athletes will follow the example set by the coach. If a coach yells at the officials, his or her players will do the same. A coach who respects the officials, the other players and the other coach, and who can remain positive, will have a positive influence on his/her team and their behavior. If a player does behave badly on the court or during warm-ups, it is the responsibility of the coach to talk to that athlete and let him or her know that good sportsmanship is expected and poor behavior will not be tolerated.



Sportsmanship

“Let me win. But if I cannot win, let me be brave in the attempt.”

Good sportsmanship is the coaches’ and athletes’ commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. Lead by example. Below we highlight a few focus points and ideas on how to teach and coach sportsmanship to your athletes.

Competitive Effort

- Put forth maximum effort during each event.
- Practice the skills with the same intensity as you would perform them in competition.
- Always finish the match - Never quit.

Fair Play at All Times

- Always comply with the rules.
- Demonstrate sportsmanship and fair play at all times.
- Respect decisions of the officials at all times.

Expectations of Coaches

1. Always set a good example for participants and fans to follow.
2. In every match, there will be a winning team and a losing team. Instruct participants in proper sportsmanship responsibilities, and demand that they make sportsmanship and ethics their top priority.
3. Give positive reinforcement of athlete performance.
4. Respect the judgment of match officials, abide by rules of the event and display no behavior that could incite fans.
5. Treat all participants and fans with respect.
6. Shake hands with officials and the opposing coach in public, both before and after a match.
7. Develop and enforce penalties for participants who do not abide by sportsmanship standards.

Expectations of Athletes & Partners in Special Olympics Unified Sports®

1. Treat teammates with respect.
2. Encourage teammates when they make a mistake.
3. Treat opponents with respect: shake hands prior to and after contests.
4. Respect judgment of contest officials, abide by rules of the contest and display no behavior that could incite fans.
5. Cooperate with officials, coaches or directors and fellow participants to conduct a fair contest.
6. Do not retaliate (verbally or physically) if the other team demonstrates poor behavior.
7. Accept seriously the responsibility and privilege of representing Special Olympics.
8. Define winning as doing your personal best.
9. Live up to the high standard of sportsmanship established by your coach.

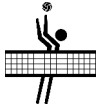
Coaching Tips

- Teach your players to respect the officials and their decisions.
- Teach players to play hard within the rules.
- Teach the general rules of volleyball to the players.
- Give sportsmanship awards or recognition after each match or practice.
- Always commend the athletes when they demonstrate sportsmanship.



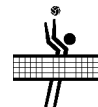
Remember

- ♦ Sportsmanship is an attitude that is shown by the way you and your athletes act on and off the field of play.
- ♦ Be positive about competing.
- ♦ Respect your opponents and yourself.
- ♦ Always stay under control, even if you are feeling mad or angry.



Volleyball Glossary

Term	Definition
Antenna	A flexible pole extended up from the net, attached as part of the net extension to designate the outside boundaries of the court
Attack Line	The line across the court at 3 meters from the center. Back row players may not attack a ball on or in front of this line
Back Row Attack	When a back row player attacks the ball on or in front of the attack line
Back Row Block	When a back row player blocks a ball at the net
Ball In	Ball which lands on the court, on or inside of the boundary line
Ball Out	Ball which lands outside of the court
Base Position	The designated position of an athlete at the time of the service
Block	The skill of jumping at the net to stop a ball from entering your court
Center Line	The line directly under the net
Contact, Double	A violation in which a player hits the ball twice in succession or the ball contacts various parts of his/her body in succession
Contact, Successive	A legal play that occurs during the team's first hit, when successive contacts with various parts of the player's body are permitted in a single action of playing the ball
Contacts, Consecutive	A violation in which a player hits the ball two times consecutively (Exception Rules 9.2.3, 14.2 & 14.4.2)
Dead Ball	The ball is out of play, called by the officials
Deciding Set	The final (3 rd or 5 th) set to be played if the match is tied
Dig	Usually the first reception by the team after an unblocked spike
Divisioning	A process to evaluate teams in an effort to achieve parity in competitive brackets or pools
Foot Fault	The server touches the end line at the same time as contacting the ball when serving
Held Ball	A ball that is caught or thrown and not played cleanly
Hitter/Spiker	A player who attacks the ball with force to the opponent's court
Knee Pads	Optional protective equipment to protect the knees of a player
Libero	A defensive specialist who only plays in a back row position; this player wears a contrasting colored uniform and has several other restrictions
Match	Predetermined number of sets
Officials	1 st Referee: on the stand (R1); 2 nd Referee: on the floor near the score table (R2); scorekeeper; Libero tracker; line judges
Overlap	A foul that occurs when players are in the incorrect rotation at the precise moment of the serve
Pancake	A play where a defensive player will put his/her hand palm down on the floor to prevent the ball from hitting the floor



Term	Definition
Pass	Usually the first contact by a teammate to the setter
Player Replacement	Act of the Libero either coming into or leaving the game
Playing Captain	The player on the court who represents his/ her team and is the only team member who can talk to the referee
Points to Win	15 or 25 points is required to win a set; in order to win, a team must be at least 2 points ahead (Competition management may determine other limits in certain situations)
Rally	The act of playing the ball back and forth over the net
Rally Scoring	Each play results in a point unless a replay is directed
Red Card	A sanction resulting in the ejection of a player/coach from the set for rude or unacceptable behavior with no point being awarded
Replay	When an official instructs the team to play over the previous point due to an error or other reasons
Serve	The technique of putting the ball into play
Setter	A player (usually the second team contact) who delivers the ball to a hitter
Side Out/Rotate	When the team wins the serve from the opposing team, the team will rotate one position clockwise, often referred to as a Side Out
Spike	A hard driven ball into the opponent's court, usually accomplished by hitting the ball with an overhead arm swing
Substitution	The act by which a player enters a set to occupy the position of another player who must leave the set
Time-Out	A suspension of play requested by the playing captain or coach and granted by the R1; the length of the time-out is governed by rule
Touch	A ball that is touched by a player either intentionally or accidentally; both count as a touch
Yellow Card	A warning to a player/coach for unacceptable behavior that results in a point for the other team