



Beach Volleyball

Sport Rules

Special Olympics





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1. GOVERNING RULES

The Official Special Olympics Sports Rules for Beach Volleyball shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation Internationale de Volleyball (FIVB) Rules for beach volleyball found at <http://www.fivb.org/>. FIVB or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Beach Volleyball or Article I. In such cases, the Official Special Olympics Sports Rules for Volleyball shall apply.

Refer to Article 1, <http://media.specialolympics.org/resources/sports-essentials/general/Sports-Rules-Article-1.pdf>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

2. OFFICIAL EVENTS

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

The following is a list of official events available in Special Olympics:

Unified Sports® Team Competition

3. COURT AND EQUIPMENT

3.1 Surface

- 3.1.1 Beach volleyball is played outdoors on a variety of natural surfaces and is not restricted to coastal areas.
- 3.1.2 Fine white sand is the preferred surface and will be used for Special Olympics Summer World Games, but for local competitions grass may also be substituted.
- 3.1.3 The playing surface should be level and free of all rocks, shells, twigs, branches, or other dangerous objects.

3.2 Service Line

- 3.2.1 The service line may be moved closer to the net, but no closer than 4.5 meters (14 ft, 9 in).
Note: There will be no modifications for Special Olympics World Games.

3.3 Height of the Net

- 3.3.1 Unified Sports competition
 - 3.3.1.1 Male & Coed competition: 2.43 meters (7 ft, 11 5/8 in)
 - 3.3.1.2 Female competition: 2.24 meters (7 ft, 4 1/8 in)
 - 3.3.1.3 The net may not be lower than 2.24 meters (7 ft, 4 1/8 in).

3.4 Volleyball

- 3.4.1 A lighter weight, leather, modified volleyball may be used.
- 3.4.2 The size of the ball should be no larger than 81 centimeters (32 in) in circumference and weigh no more than 226 grams (8 oz).
- 3.4.3 It should be as close as possible to the regulation-size volleyball.
- 3.4.4 The specified standard ball only will be used in Special Olympics World Games.

3.5 Official Court Dimensions



- 3.5.1 16 meters by eight meters, surrounded by a free zone of a minimum of three meters wide on all sides.
- 3.5.2 For Special Olympics World Games, the free zone shall measure a minimum of five meters from sidelines and eight meters from end lines.
- 3.6 Players' Jerseys
 - 3.6.1 The players' jerseys must be numbered from 1 to 99. For Special Olympics World Games, players' jerseys must be numbered from 1 to 20.
 - 3.6.2 The numbers must be a minimum of 10 centimeters (4 in) in height on the chest and a minimum of 15 centimeters (6 in) in height on the back.
 - 3.6.3 It is recommended (but not required) that the team captain have a stripe on his/her jersey underlining the number on the chest. Regardless, the captain will be designated on the roster.

4. COMPETITION RULES

- 4.1 Divisioning
 - 4.1.1 Prior to competition, the head coach must submit the scores from the four Beach Volleyball Skills Assessment Tests (BVSAT), i.e., serve, forearm pass, spike and bump-set, for each player on his/her roster. (These tests are for player/team assessment only and are not competition events for medals and ribbons. Information regarding the BVSAT follows in Section D).
 - 4.1.2 The head coach also must identify his/her four best players in terms of their on-court playing ability by placing a star next to their names on the roster.
 - 4.1.3 A "team score" shall then be determined by adding the top eight players' BVSAT scores and then dividing that total by eight.
 - 4.1.4 Teams are initially grouped in divisions according to the BVSAT team score.
 - 4.1.5 A classification process shall then be conducted as a means of finalizing the divisioning process. Suggestions for this process include, but are not limited to:
 - 4.1.5.1 Playing classification rounds where teams will play one or more sets, with each set lasting at least five minutes or 10 points, whichever comes first. Each team will be required to play all team members.
 - 4.1.5.2 Playing "pool play" rounds to establish divisions.
 - 4.1.5.3 Tournament Directors are encouraged to require that all players on a roster participate during the divisioning round for a minimum time or points as established by the tournament committee.
- 4.2 Libero Player
 - 4.2.1 There is no Libero option in Beach Volleyball.
- 4.3 Competition Adaptations (from FIVB Rules)
 - 4.3.1 A time limit of 30 minutes may be established for each set (if time is limited).
 - 4.3.2 Multiple substitutions will be allowed as follows:
 - 4.3.2.1 Unlimited individual entries by a substitute within the team's allowable 4 substitutions.
 - 4.3.2.2 Maximum 4 team substitutions per set.
 - 4.3.2.3 Unlimited number of players may substitute into a single position.
 - 4.3.2.4 A player in the starting lineup may start a set and re-enter, but only in the same position in which he started the set. Likewise, a substitute who has left the set may re-enter, but only in the position he/she had just previously played.



4.3.3 Bench Coaching

- 4.3.3.1 A coach is permitted to get up from the bench and move around as long as the coach is not affecting the progress of the game. Coaching from behind the end line is prohibited, but the coach may move within the “coaching zone” along the side line.
- 4.3.3.2 A coach is permitted to assist the athlete to move in position for substitutions.
- 4.3.3.3 A coach is permitted to make a request for substitution. This request will be recognized by the referee even if the player has not yet entered the substitution zone.
- 4.3.3.4 Coaches from both teams must sign the scoresheet after the match to verify the results.
- 4.3.3.5 For minor misconduct, a verbal warning followed by a yellow card may be given. If given, the yellow card applies to the entire team for the match. After a yellow card warning, sanctions may escalate to a red card, which is a penalty point and service to the opponent, a yellow and red card shown together, which results in expulsion from the set, or a yellow and red card shown separately, which results in disqualification from the match.

4.3.4 Antennas will still be placed above the sideline on the net.

4.3.5 In local competitions only, competition organizers may opt to have the teams NOT change courts in the middle of the deciding set.

4.4 Basic Ground Rules

4.4.1 Players

- 4.4.1.1 All matches shall start with four players. In competitions other than Special Olympics World Games, in the event of injury during a match whereby a team has been reduced to three players, a team may continue tournament competition. After a match begins, only the following lineups are allowed:
 - 2 athletes and 2 partners
 - 2 athletes and 1 partner
- 4.4.1.2 Unified Sports teams must be composed of two athletes and two partners. In extenuating circumstances, a Tournament Director may allow more athletes than partners if he/she deems that it is still in the spirit of Unified Sports.
- 4.4.1.3 The team roster, including substitutes, may not exceed eight players.
- 4.4.1.4 Each team shall have an adult, non-playing coach responsible for the lineup and conduct of the team during competition.

4.4.2 Service

- 4.4.2.1 The serving order and positions on the court shall be an alternation of athletes and partners.
- 4.4.2.2 The first server of each set is the one indicated on the scoresheet. Thereafter, the right front player rotates to the back row position. The team receiving first service shall rotate upon the first side out.
- 4.4.2.3 A team continues to serve until it commits a violation or a server has served three consecutive points in a row. Once a server has scored three consecutive points, his/her team shall rotate to the next server and shall continue to serve.
- 4.4.2.4 The service alternates when there is a violation by the serving team. The ball is awarded to the opponent who shall rotate clockwise one position.



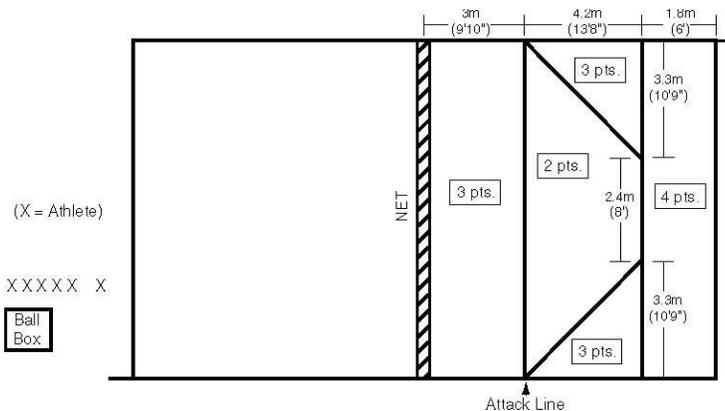
- 4.4.2.5 The winner of the coin toss may choose to serve, receive or select a specific side of the court. If a deciding third set is necessary, a coin toss shall again be conducted with the same options.
- 4.4.2.6 Serve shall be from the serving area. Stepping on or over the line when the ball is contacted shall constitute a violation.
- 4.4.2.7 The server must contact the ball within eight seconds after the first referee's whistle for service.
- 4.4.3 Play
 - 4.4.3.1 A player shall not play the ball twice in succession, except in blocking. This is not to be confused with allowable multiple contacts in one attempt to play the ball, as provided in the FIVB Rules.
 - 4.4.3.2 A team shall not play the ball more than three times before it crosses the net.. A block contact is not counted as a team hit. Consequently, after a block contact, a team is entitled to three (3) hits to return the ball.
 - 4.4.3.3 Any player may attack the ball, there are no backrow restrictions.
 - 4.4.3.4 . Touching any part of the net while playing the ball is a fault. Contact with the net by a player between the antennae, during the action of playing the ball, is a fault. The action of playing the ball includes (among others) take-off, hit (or attempt) and landing.
 - 4.4.3.5 Any ball landing on the line is considered good.
 - 4.4.3.6 Handsetting violations should be called according to the level of ability of the player to encourage athletes to handset.
 - 4.4.3.7 Return of service may occur by any legal hit. Serves may not be received with two hands 'open handed', or overhead as permitted indoor, unless the hands are firmly locked together.
- 4.4.4 Substitution/Replacement
 - 4.4.4.1 Players shall substitute by position as per the adapted FIVB Rules.
- 4.4.5 Scoring
 - 4.4.5.1 A match is won by the team that wins the best of three sets. A one-set match is won by the team that scores 21 or more points with a two-point advantage. Teams change sides every seven combined points. In the case of a 1–1 set tie, the deciding third set is played as a tie breaker with rally point scoring procedures to 15 points with a minimum lead of 2 points and no point cap. In the third set teams change sides every five combined points.
 - 4.4.5.2 A set is won by the team which first scores 21 points with a minimum lead of two points (except the deciding third set). In the case of a 20–20 tie, play is continued until a two-point lead is achieved.
 - 4.4.5.3 If a team fails to serve properly, return the ball or commits any other fault, the opponent wins the rally and scores a point. 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.
 - 4.4.5.4 A served ball touching the net and continuing over the net shall remain in play, and the receiving team has three plays to return the ball to the opponents.
 - 4.4.5.5 FIVB International Scoring System (based on matches won, sets won and point ratio) will be used to handle all ties during competition.
- 4.4.6 Referees



- 4.4.6.1 Referees shall have full authority to interpret the rules. For further questions, the Competition Management Team shall be consulted.
- 4.4.6.2 Ball handling will be called in accordance with the ability level of the athletes.
- 4.4.6.3 There shall be at least two line judges who shall be positioned on opposite corners in the left, rear corner of each court. Each line judge shall have responsibility to judge whether a ball is in or out for their assigned end and sidelines, as well as appropriate touch calls as instructed by the first referee. In some competitions, a four-line judge system may be utilized. In this case, two line judges will be assigned the end lines; and two line judges will be assigned the sidelines.
- 4.4.7 Technical Officials (i.e. Referees) Ratings
 - 4.4.7.1 There shall be a minimum requirement for a Technical Official to be considered at each level of competition. Technical Officials with higher ratings are acceptable at each level of competition.
 - 4.4.7.2 World Games
 - 4.4.7.2.1 Minimum Requirement: National certification or highest equivalent proficiency rating awarded by a Volleyball NGB. FIVB Internationale Arbitre rating preferred.
 - 4.4.7.3 Regional Games
 - 4.4.7.3.1 Minimum Requirement: National certification, or highest equivalent proficiency rating awarded by a Volleyball NGB.
 - 4.4.7.4 National Games
 - 4.4.7.4.1 Minimum Requirement: National certification or equivalent proficiency rating awarded by a Volleyball NGB. Also acceptable is a Junior National or equivalent proficiency rating awarded by a Volleyball NGB.
 - 4.4.7.5 Competition Below National Games level
 - 4.4.7.5.1 Minimum Requirement: All Technical Officials shall be certified (any level) by their Volleyball NGB.

5. BEACH VOLLEYBALL SKILLS ASSESSMENT TESTS (BVSAT)

5.1 BVSAT- Serve

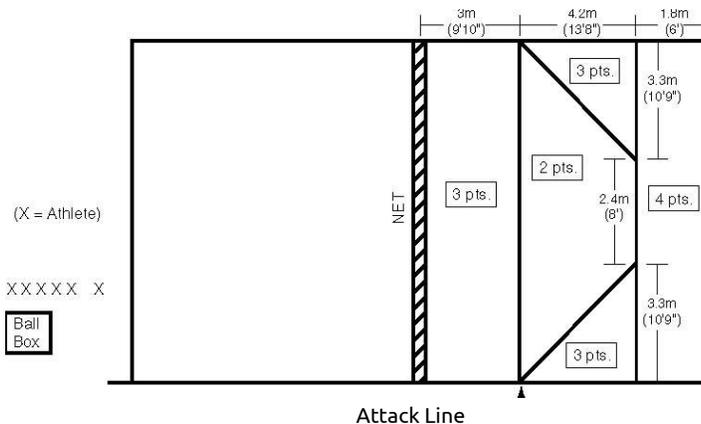


5.1.1 Set-up



- 5.1.1.1 Use a regulation-size court that is 16 meters long and 8 meters wide, 10 volleyballs, net height of 2.24 meters (7 ft, 4 1/8 in) for women and 2.43 meters (7 ft, 11 5/8 in) for men, standards, antennae, measuring tape, tape and ball box.
- 5.1.2 Test
 - 5.1.2.1 Athlete is given 10 attempts from the service area.
 - 5.1.2.2 Athlete may serve overhead or underhand.
 - 5.1.2.3 Taped or chalk lines mark the court outlining the target areas which value from two to four points.
- 5.1.3 Scoring
 - 5.1.3.1 Balls hitting on a line score the higher point value.
 - 5.1.3.2 Balls contacting the net, antennae, or landing out-of-bounds receive no points.
 - 5.1.3.3 The athlete's final score is determined by adding together the points awarded for each of the 10 attempts.
- 5.1.4 Staging
 - 5.1.4.1 Volunteers administer the test and are not to interfere with any athlete who is performing the test.
 - 5.1.4.2 Volunteer "A" will instruct the group doing this particular test while Volunteer "B" demonstrates the actual test. Volunteer "C" will toss a volleyball to the athlete who will perform. Volunteers will retrieve the volleyballs after they land and will roll them to a volunteer who is standing near the ball box. When the athlete is finished, Volunteer "A" will give the score to Volunteer "D" who is the scorekeeper. Each volunteer is to administer the test and manage the area only.

5.2 BVSAT- Forearm Pass



- 5.2.1 Set-up
 - 5.2.1.1 Use a regulation-size court that is 16 meters long and 8 meters wide, five volleyballs, net height of 2.24 meters (7 feet, 4 1/8 inches) for women and 2.43 meters (7 feet, 11 5/8 inches) for men, standards, antennae, measuring tape, floor tape or chalk and ball box.
- 5.2.2 Test
 - 5.2.2.1 Athlete receives 10, two-handed, overhead-tossed balls from the tosser who is positioned across the net at the middle of the court. Athlete is given five attempts from 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 and five attempts from the left back position, three meters from the left sideline and one meter from the baseline. Poor tosses are repeated. Athlete passes the tossed ball toward a target, a person who has his/her arms above the head and who is standing on the same side of and two meters (6 ft, 6 3/4 in) away from the net and two meters from the sideline. Target areas have values from one to five points. The peak of the arc of each passed ball must be above the height of the net.

5.2.3 Scoring

5.2.3.1 The following result in zero points:

5.2.3.1.1 illegal contact

5.2.3.1.2 balls which are passed below net height

5.2.3.1.3 balls which land beyond the centerline

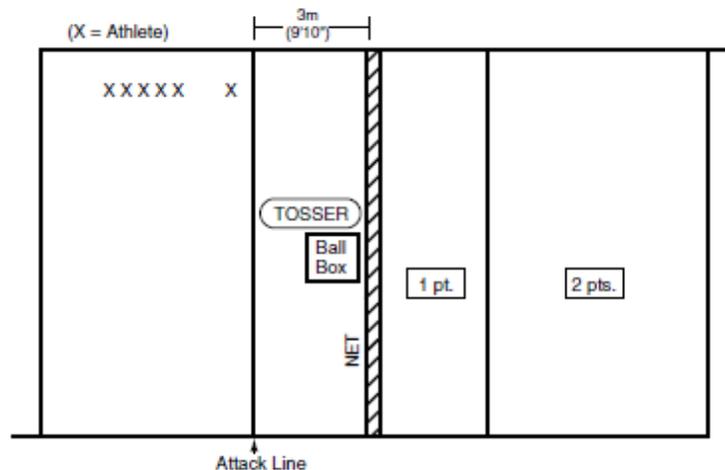
5.2.3.2 A ball hitting the line between point values will be given the higher point value.

5.2.3.3 The athlete's final score is determined by adding together the points awarded for each of the 10 attempts.

5.2.4 Staging

5.2.4.1 Volunteers administer the test and are not to interfere with any athlete who is performing the test. Volunteer "A" will instruct the group doing this particular test while Volunteer "B" demonstrates the actual test. Volunteer "C" will toss a volleyball to the athlete who will perform. Volunteers will retrieve the volleyballs after they land and will roll them to a volunteer who is standing near the ball box. When the athlete is finished, Volunteer "A" will give the score to Volunteer "D" who is the scorekeeper. Each volunteer is to administer the test and manage the area only.

5.3 BVSAT- Spike



5.3.1 Set-up

5.3.1.1 Use a regulation-size court that is 16 meters long and eight meters wide, five volleyballs, net height of 2.24 meters (7 ft, 4 1/8 in) for women and 2.43 meters (7 ft, 11 5/8 in) for men, standards, antennae, measuring tape, floor tape or chalk and ball box.



5.3.2 Test

5.3.2.1 A tosser will toss the ball in front of the athlete and 2 meters (6 ft, 6 3/4 in) above the net. Tosses that are not at the proper height are repeated. The athlete stands in the court, three to four meters from the net, makes a spiking approach and spikes the ball over the net within the boundaries of the opponent's front court. Each athlete receives 10 attempts.

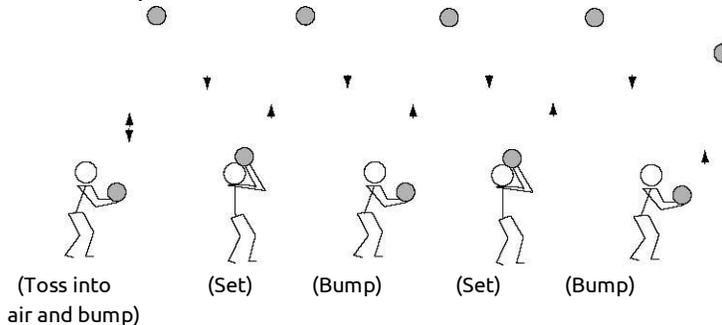
5.3.3 Scoring

5.3.3.1 The athlete receives two points for each spike that lands beyond the attack line in the backcourt and one point for each spike that lands between the net and the attack line within the opponent's court. A tip (dink) or half-speed shot is not recorded as a spike. The athlete's final score shall be the total of all 10 attempts.

5.3.4 Staging

5.3.4.1 Volunteers administer the test and are not to interfere with any athlete who is performing the test. Volunteer "A" will instruct the group doing this particular test while Volunteer "B" demonstrates the actual test. Volunteer "C" will toss a volleyball to the athlete who will perform. Volunteers will retrieve the volleyballs after they land and will roll them to a volunteer who is standing near the ball box. When the athlete is finished, Volunteer "A" will give the score to Volunteer "D" who is the scorekeeper. Each volunteer is to administer the test and manage the area only.

5.4 BVSAT- Bump-set



5.4.1 Set-up

5.4.1.1 Use half of a volleyball court, a net with a minimum height of 2.24 meters (7 ft, 4 1/8 in) and three volleyballs.

5.4.2 Test

5.4.2.1 Athlete alternately bumps (forearm passes) and sets the ball to himself/herself without stopping.

5.4.2.2 Athlete first tosses the ball into the air and then bumps the volleyball.

5.4.2.3 Athlete then must move under the ball to set-bump-set-bump-set, etc.

5.4.2.4 Athlete must stay within the half-court lines.

5.4.3 Scoring

5.4.3.1 Athlete is given four trials to gain his/her best score.

5.4.3.2 The maximum score is 50 (25 bumps and 25 sets).

5.4.3.3 Each legal hit is counted as one point, as long as the ball goes above the height of the net.



- 5.4.3.4 A particular trial is finished when the athlete sets or bumps the ball twice in a row, illegally hits the ball, goes out of the court to play the ball or reaches a score of 50.
- 5.4.4 Staging
 - 5.4.4.1 Volunteers administer the test and are not to interfere with any athlete who is performing the test. Volunteer "A" will instruct the group doing this particular test while Volunteer "B" demonstrates the actual test. Volunteer "A" will hand a volleyball to the athlete who will perform the skill. Other volunteers will retrieve the volleyballs after they go out of bounds. When the player is finished, Volunteer "A" will give the score to Volunteer "C" who is the scorekeeper. Each volunteer is to administer the test and manage the area only.