

Volleyball

Official Special Olympics rules for Volleyball can be found on the [SOI Volleyball](#) website. If Volleyball becomes an official sport of Special Olympics Minnesota, an SOMN handbook will be created from these rules. Here are some details to get you started.

Equipment

- Net Height: 7 ft, 11 inches
- Ball: no larger than 82 centimeters in circumference, weigh no more than 8 oz.
- Court Dimensions: 44 feet long, 17 feet wide (singles), 20 feet wide (doubles)

How to Play

- The goal is to hit the ball across the net to land in your opponent's court without having them return it.
- Teams have six players on each side of the net for the duration of the game.
- If the ball hits the ground in the opponent's half of the court, a point is won. This includes hitting the lines.
- If the ball hits the ground out of the opponent's half of the court, if it hits the net, or if a player hits it twice, the point would be conceded.
- Players need to wait for the ball to cross the net before returning.
- Serving Rules:
 - The server will serve from behind the back-end line of the court. They must remain behind the line the entire duration of the serve.
 - All players must be stationary until the serve is made.
 - Each player will retain serve for as long as they keep winning points. After the point is conceded and regained the server will rotate.
- Modifications for athletes in wheelchairs:
 - Athletes will have option of serving an overhand serve from either serving area.
 - The serving area is shortened to half the distance.

Scoring

- A point is scored on every serve and awarded to whichever side wins the rally. Whoever scores the point will get the next serve.
- A game will be won by the team to first score 25 points, the final set is played to 15 points (must win by 2 points).
- A match will consist of the best of any odd number of games (typically 3 or 5).

Possible Events

- Individual Skills – good stations to use for athletes that are learning the sport! More information in the [SOI Volleyball Rules](#) on page 10.
- Traditional
- Unified