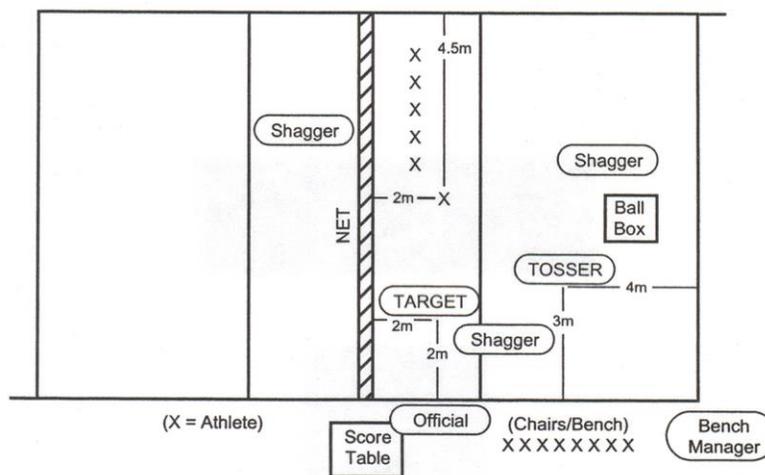




SPECIAL OLYMPICS COLORADO VOLLEYBALL INDIVIDUAL SKILLS COMPETITION

- This event provides meaningful competition for athletes with lower ability levels, athletes that do not have access to participate on a team and athletes with equipment or mobility assistance devices that, for safety reasons, cannot participate in team play.
- Three events comprise the Individual Skills Competition: Overhead Passing (Volleying), Serving, and Passing (Forearm Passing). Athletes must attempt to complete all skills to receive an award.
- The athlete's final score is determined by adding together the scores achieved in each of these three events.
- Each event is diagrammed with the suggested number and placement of volunteers who will administer them. It is also suggested that the same TOSSER remain at an event throughout the competition so that consistency is provided.

SKILL #1 - OVERHEAD PASSING (Volleying)



1. PURPOSE:

To measure an athlete's ability to overhead pass (volley) the ball with consistency and at a height that could be spiked.

2. EQUIPMENT:

Use a regulation size court of 18m (59') long and 9m (29'6") wide, four volleyballs (modified ball permissible), net (7'4 1/8" [2.24m] for women and 7'11 5/8" [2.43m] for men), standards, antennas, and ball box.

3. DESCRIPTION:

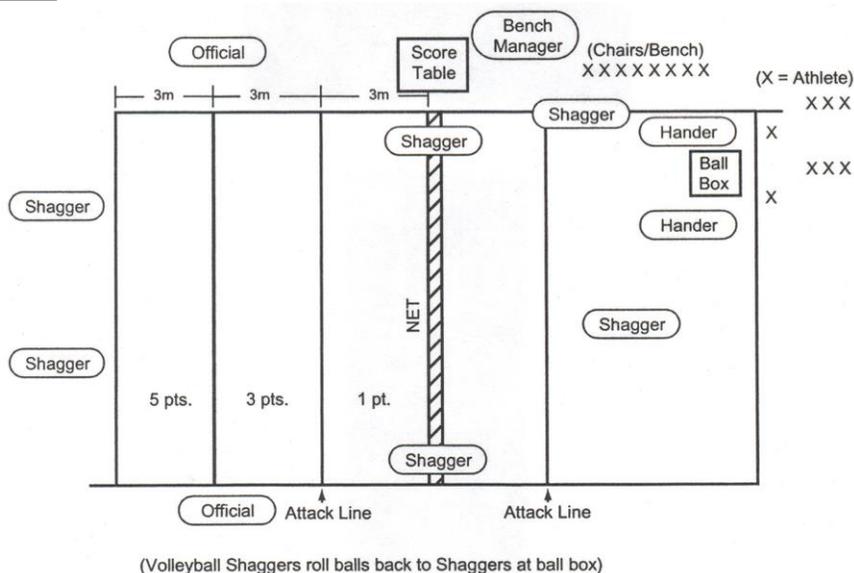
Player is given 10 attempts from the center front position that is 2m (6'6 3/4") from the net and 4.5m (14'9") from the sideline. The player receives 10 two-handed underhand tossed balls from the tosser who is positioned in his/her backcourt 4m (13' 1 1/2") from the baseline and 3m (9' 10") from the sideline in the left back position. The player sets the tossed ball toward a target (a person who has his/her hands above the head and who is standing 2m from the net and 2m from the sideline in the left front position). Tosses that are not high enough for the athlete to set are repeated. The goal is for the peak of the arc of each set ball to be above net height.

4. SCORING:

The peak of the arc of each set ball toward the target is measured. The athlete will receive one point for volleying/setting the ball 1m (3' 3 1/3") above the athlete's head height and three points for volleying/setting the ball above net height. The following result is zero points: illegal contact

(ex. hands do not hit simultaneously, ball rests in palms, ball is pushed, thrown, or flipped), any ball which goes lower than head high, any ball which goes over the net or outside the court. The athlete's final score is determined by adding together the points awarded for each of the 10 attempts. (It is suggested that the official stand on a chair to evaluate the height of each set.)

SKILL #2 - SERVING



1. PURPOSE:

To measure the athlete's ability to serve the volleyball over the net and into the opponent's court.

2. EQUIPMENT:

Use a regulation size court of 18m (59') long and 9m (29'6") wide, five volleyballs (modified ball permissible), net, standards, antennas, measuring tape, floor tape or chalk, and ball box.

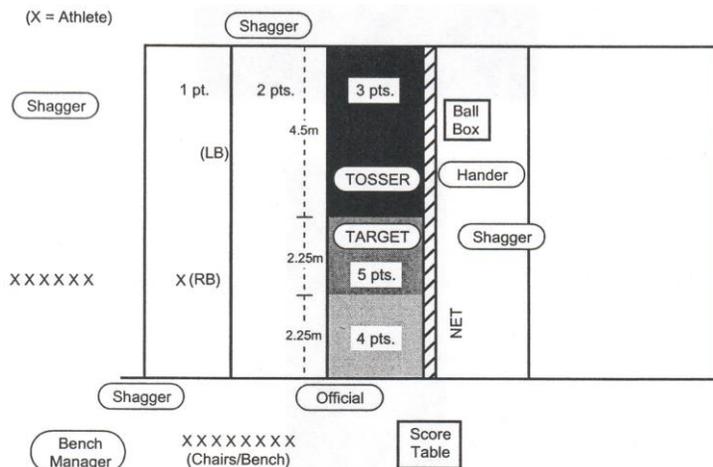
3. DESCRIPTION:

The athlete stands in the serving area and serves 10 volleyballs, one at a time, into the opponents' court.

4. SCORING:

The court is divided into three equal areas of 3m in width. Each of these areas is assigned a different point value. The athlete's score is the cumulative point total of the 10 serves. A ball which lands on the line is assigned to the area with the highest point value.

EVENT #3: PASSING (Forearm Passing)



1. PURPOSE:

To measure the athlete's passing accuracy, height, and consistency using the forearm pass technique.

2. EQUIPMENT:

Use a regulation size volleyball court of 18m (59') long and 9m (29'6") wide, 5 volleyballs (modified ball permissible), net, standards, measuring tape, marking tape, and ball box.

3. DESCRIPTION:

The athlete stands at the right back position 3m [9'10"] from the right sideline and 1m [3'3 1/3"] from the baseline. A ball is thrown using a two-hand, overhead toss by a coach/official who is standing on the same side of the net in the center front position 2m (6'6 3/4") from the net. The athlete receives the toss and passes the ball toward a target (a person who has his/her hands above the head and who is standing on the same side of and 2m from the net and 4m [13'1 1/2"] from the sideline away from the tosser). Target areas of varying point values are marked in the front court. The event is repeated with the athlete at the left back position 3m from the left sideline and 1m from the baseline.

4. SCORING:

The athlete must pass the ball so that the peak of the arc is at least net height in order to receive maximum points. A ball which lands on the line is assigned to the area with the higher point value. A ball which is passed below net height will receive only one point, regardless of where it lands. The athlete's final score is determined by adding together the points scored from his/her five attempts at both the right back and the left back positions. (It is suggested that the official stand on a chair to evaluate the height of each pass.)