

VOLLEYBALL ABILITY DIVISIONS/RULES
(Oct 2024)

Basic for all Levels – KSHSAA Rules will be followed with the following SOKS modifications being used in place of the KSHSAA rule.

Teams consist of 6 players. A team must start a game with 5 players, but if the team starts with 5 players. Whenever the 6th player arrives for the game, they can enter the game at the next dead ball and participate without penalty.

Matches are best two out of three games.

Games use rally scoring – one team receives a point after each serve.

Games are played to 25, unless it is the 3rd game which is to 15.

Team must win by two points.

Coin flip determines team with first serve.

A serve that hits the net and goes over the net is in play.

Front row players cannot spike a serve.

Level I

Teams will play standard 6-person volleyball with no adaptations to the court or the rules of the games. Spiking and blocking are allowed. Net height will be 7'4".

Level IIA

Standard Volleyball except:

1. No spiking - it is not considered a spike if the initial trajectory of the ball is upwards and not straight down; even if the player uses a spiking motion to hit the ball

Level IIB

Standard volleyball except:

1. No spiking – Net height 7'4"
2. 5 serve limit per person then automatic team rotation
3. 10 minute per game time limit
4. Serving line 10' in from the base line. Athletes can serve from anywhere behind this line. If the athletes serve behind the 10' line but in front of the end line the serve must be underhand. If the athlete serves from behind the end line an overhand serve is allowed.
5. A coach is allowed to hold the ball for an athlete to serve if the athlete needs assistance – once the ball is served the coach must stay in the out of bounds area.
6. Serves can bounce the ball and then hit the ball for a legal serve

Level III – Training Division

1. Use a “trainer v-ball” – 40% lighter & 25% larger than a regulation ball
2. Court will be 30' X 40' with underhand service from the end line
3. 5 serve limit then automatic side out
4. 10 minute per game time limit
5. One coach may be on the floor to assist their team
6. Wheelchair/walker athletes can participate in this level only.

Unified® Volleyball: Level 1 rules except

1. Partners cannot spike, but may block at the net.
2. If the ball is hit more than once by a team, an athlete must hit the ball.
3. The serving order must alternate between athletes and partners.
4. Athletes must choose between Unified® or regular Special Olympics volleyball. An athlete CANNOT play in both divisions.