



***Special  
Olympics  
Rhode Island***

## **UNIFIED VOLLEYBALL RULES**

The spirit of Unified Sports is one of inclusion and encouragement; therefore, good sportsmanship will be paramount by both the coaches and players. Although partners benefit inherently from their participation, their role is one of a player, role model and a friend. Overall, the goal of Unified Sports is to help change the culture of the participating schools and to have fun together.

### **Section 1. RULES**

All Unified Volleyball matches of the RI Interscholastic League shall be played according to National Federation of State High School Association Volleyball Rules, except for any special rules adopted by the Committee.

#### **A. NET HEIGHT:**

The net height is 7'4" (same height for female varsity)

#### **B. SCORING:**

1. The Rally Point system will be used during each seasonal game.
2. Each game is played to 25 and needs to be won by two: with no maximum
3. Matches will be the best of three series

#### **C. SCHEDULE/MATCHES**

1. Standings are recorded by games won, not by matches.
2. If the prior game ends late and/or teams arrive late, a 10-minute warm-up will be allowed. The referee will set the clock at 10 minutes for this warm-up.
3. One scorer will be supplied by each team and will sit at the scorer's table.

#### **D. CONDUCT OF MATCHES**

1. Commencement of Play – The coin flip determines home or visitors and choice of service or receiving service.
2. Score Sheets –scorer to be provided from each scheduled team for each game of the match:
  - a. All scores must be reported to Special Olympics within 24hrs of completion.

#### **E. ROSTERS:**

1. Roster sheets are to be carried by the coaches to each scheduled game and should be available for the referee, upon request.
2. The roster shall not include any varsity, junior-varsity or freshmen volleyball players, either male or female, who are listed or have been listed on the RIIL website in this sport or in the previous year.
  - a. Appeals can be made through Special Olympics
3. Each school must submit a roster of all partners and athletes twenty-four (24) hours prior to the first RIIL contest.
  - a. Rosters should include Name, DOB, Gender, Jersey Number and Player/Athlete status.
4. All athletes must have a valid Assumption of Risk form, in file with their school

## **F. PLAY**

1. There is an **ALL PLAY RULE** whereby each player present is substituted in the rotation in each game. When the team rotates, the right forward will move to the bench and the next in rotation will enter in the right back to serve.

a. Note: substitutes must be a partner for a partner and an athlete for an athlete.

2. All Players must be in matching uniforms following guidelines from Special Olympics.

a. Shadows may wear a pinnie over jersey to indicate to teams they are only there for support

3. The rotation will reflect a separation format for all teams:

### **TEAM FLOOR SET UP**

P A P

A P A

4. A player may be substituted between servers only if an injury occurs. (The injured player may not re-enter that game until the next rotation.)

5. If a player arrives late to a game, he/she may not be added to the rotation for that game. Only after that current set is done, may you enter any new players on the rotation sheet for the next set/s. If a player arrives after the first service of the last game, then he/she must wait to enter the game until his/her team gains the service.

6. At no point can any player cross the center line under the net.

7. Only the captain and the coach may discuss the game with the referee.

## **G. SERVICE AND SIDES IN SUBSEQUENT GAMES**

1. Partners must serve from behind the service line as permitted under the NFHS General Rules.

2. According to NFHS there are no blocks at the net on the serve.

3. A player has 5 seconds to serve the ball after the referee whistles for service.

4. If the player lets the ball hit the floor, the referee will call a re-serve and the server will be given 5 more seconds (once per service opportunity).

5. The team that did not serve first in the preceding game shall serve first in the next game.

6. Teams may allow athletes to move up three feet to serve and each athlete is given one initial reserve on a miss.

7. There will be no reserve for an athlete who utilizes an overhead service. If the athlete makes the first attempt there is no re-serving of the ball.

8. No player may serve beyond **3 straight serves**. The service will then go to the next player of the same team who will begin to serve once they have rotated. The next server may not serve beyond 3 straight points.

9. After 6 consecutive points the serve will be granted to the opposing team

10. There shall be no overhead service or spiking by a partner

## **H. CEILING RULES:**

1. On a serve, the ball may not hit the ceiling and go over the net

2. A net serve is a good serve: if the ball goes over the net, it is alive and must be played

3. Any ball, other than a serve, that hits the ceiling on the same side, is playable only if it drops on the same side of the net. If the ball hits the ceiling and passes over the net, it is ruled a foul.

## **I. DECORUM:**

1. Players may not distract the opposing team by trash talking, clapping, vocalizations or noise making.

2. Poor sportsmanship will not be tolerated; the referee may give a player/coach an immediate Yellow or Red Card Warning