



7. SKILLS COMPETITION RULES

7.1 Individual Skills

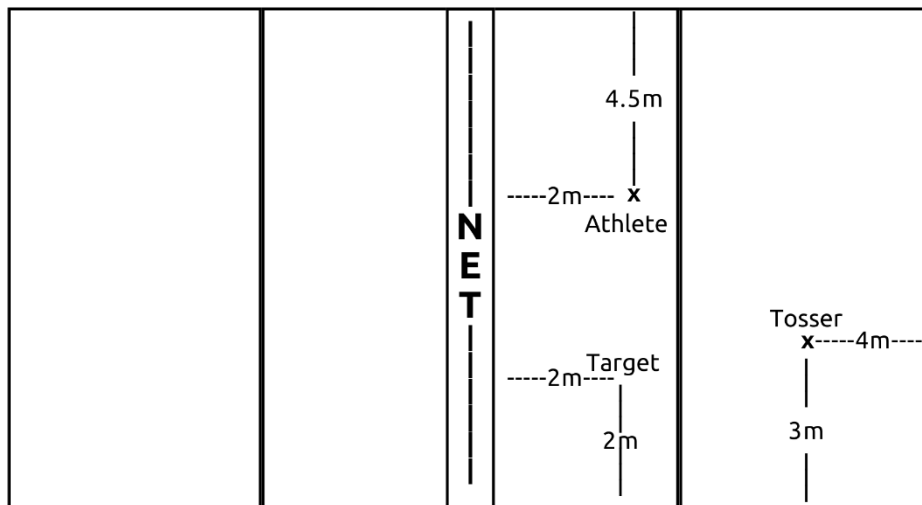
7.1.1 Score

7.1.1.1 The athlete’s final score is determined by adding together the scores achieved in each of these three events.

7.1.2 Events

7.1.2.1 Three events comprise the Individual Skills Competition: overhead passing (volleying), serving and passing (forearm passing).

7.2 Individual Skills Competition Event #1: Overhead Passing (Volleying)



7.2.1.1 Purpose

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

7.2.1.2 Equipment

7.2.1.2.1 Use a regulation-size court that is 18 meters (59 ft) long and 9 meters (29 ft, 6 in) wide, four volleyballs (modified ball permissible), net height at 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, and ball box.

7.2.1.3 Description

7.2.1.3.1 Player is given 10 attempts from the center front position that is two meters (6 ft, 6 3/4 in) from the net and 4.5 meters (14 ft, 9 in) from the sideline.

7.2.1.3.2 The player receives 10, two-handed, underhand-tossed balls from the tosser who is positioned in his/her backcourt, four meters (13 ft, 1 1/2 in) from the baseline and three meters (9 ft, 10 in) from the sideline in the left back position.

7.2.1.3.3 The player sets the tossed ball toward a target (a person who has his/her hands above the head and who is standing two meters from the net and two meters from the sideline in the left front position).

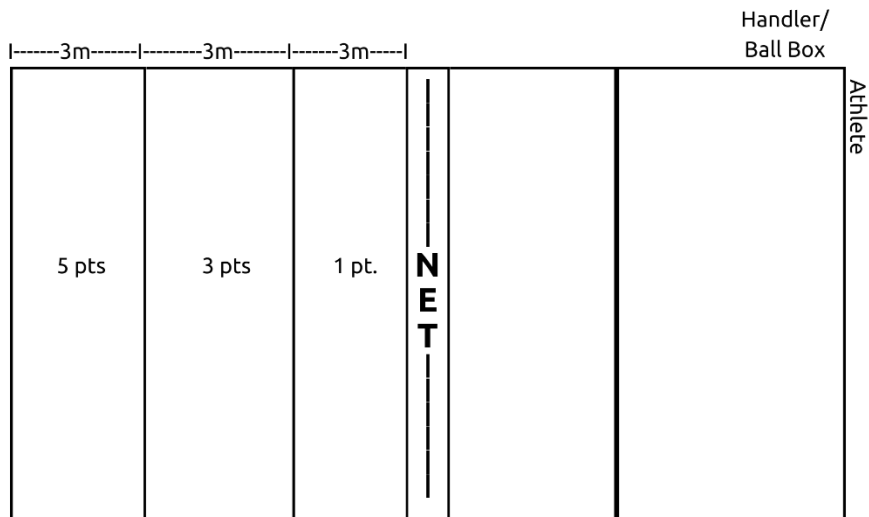
7.2.1.3.4 Tosses that are not high enough for the athlete to set are repeated. The goal is for the peak of the arc of each set ball to be above net height.



7.2.1.4 Scoring

- 7.2.1.4.1 The peak of the arc of each set ball toward the target is measured.
- 7.2.1.4.2 The athlete will receive one point for volleying/setting the ball above his/her head height and three points for volleying/setting the ball above net height.
- 7.2.1.4.3 The following result in zero points: illegal contact, balls which go lower than head high and balls which go over the net or outside the court.
- 7.2.1.4.4 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.

7.1.6 Individual Skills Competition Event #2: Serving



7.1.6.1 Purpose

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

7.1.6.2 Equipment

- 7.1.6.2.1 Use a regulation-size court that is 18 meters (59 ft) long and 9 meters (29 ft, 6 in) wide, five volleyballs (modified ball permissible), net, standards, antennae, measuring tape, floor tape or chalk and ball box.

7.1.6.3 Description

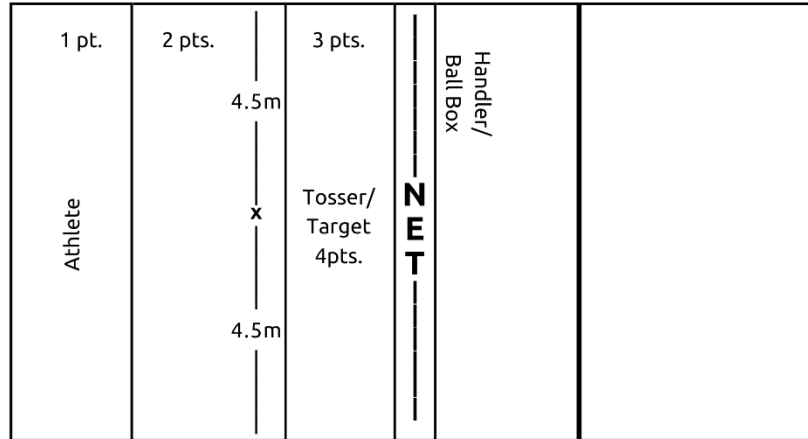
- 7.1.6.3.1 The athlete stands 1.5 meters (4 ft 11 in) inside the end line and serves 10 volleyballs, one at a time, into the opponent's court.

7.1.6.4 Scoring

- 7.1.6.4.1 The court is divided into three equal areas of 3 meters (9 ft 10 in) 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.



7.1.7 Individual Skills Competition Event #3: Passing (Forearm Passing)



7.1.7.1 Purpose

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

7.1.7.2 Equipment

7.1.7.2.1 Use a regulation-size volleyball court that is 18 meters (59 ft) long and 9 meters (29 ft, 6 in) wide, five volleyballs (modified ball permissible), net, standards, measuring tape, marking tape, and ball box.

7.1.7.3 Description

7.1.7.3.1 The athlete stands at the center back position. A ball is thrown, using a two-hand, overhead toss by a tosser/target who is standing on the same side of the net in the center front position, two meters (6 ft, 6 3/4 in) from the net. The athlete receives the toss and passes the ball towards the tosser/target, who is the same person. Tosser/Target may not step towards the ball but can only grab the ball within arms reach. Target areas of varying point values are marked on the front court.

7.1.7.4 Scoring

7.1.7.4.1 The athlete must pass the ball so that it goes above their head height in order to receive maximum points. A ball which lands on the line is assigned to the area with the higher point value. The athlete’s final score is determined by adding together the points scored from his/her ten attempts at the center back position. An athlete will receive zero points if no contact is made with the ball. If the athlete passes the ball back to the tosser/target 4 points will be awarded.