

SOWV Modified Team Volleyball Rules



The [Official Special Olympics Sports Rules for Indoor Volleyball dated September 2024](#) will be in effect for the 2026-2027 program year. The SOWV rules modifications and interpretations listed below are intended to be used in conjunction with the [USA Volleyball \(USAV\) rules](#) and SOI rules; therefore, those rules are not repeated here but they will be enforced unless in direct conflict with the SOWV modifications.

General Modifications and Interpretations

- SOWV will implement a time limit of 30 minutes per set if time is limited.
- A game will be considered as regulation by the team that scores 15 or more points with a two-point advantage. In the case of a 1-1 or 2-2 set tie, the deciding set is played as a tie breaker with rally point scoring procedures to 15 points and no cap.
- A regulation size (25.6 to 26.4" in circumference) and weight (9oz - 10oz) volleyball will be used for all team competitions.
- The court size and net height will be the same for all team competitions.
- Each team may have two modified servers but may designate only one player on the court at a time as a modified server.
- Coaches must indicate modified server with an "M" on the line-up sheet and team roster.
- This modification of play moves the service line three meters (9 ft, 10 in) closer to the net.
- Coaches must play all athletes on the roster during each set, unless injured or ill. Failure to play all players in a set will result in a forfeiture of that set.
- At the end of the first set, teams will remain on the same sides. During a third deciding set, teams will not switch courts at 8 points.⁶ **An exception will be made, and teams will be required to switch sides if the competition manager and head referee determine there are significant disadvantages to one side of the court.**