

Volleyball - Individual Skills Contest 1 Scoresheet



Athlete Name	Qualifying Score
Delegation	Age

Juggle

- **Rules:**
 - Athlete starts by standing or sitting in the middle of the circle and holding a ball.
 - Athlete begins juggling at the sound of the whistle.
 - Athlete may use only hands and arms to juggle the ball as he/she tries to keep it in the air.
 - There will be a maximum time limit of 60 seconds.
 - The event ends when the athlete catches the ball, the ball touches the ground, or when 60 seconds is reached.
- **Scoring:**
 - Count the number of times the athlete hits the ball into the air and award one point for each.
 - Athlete receives five bonus points for keeping the ball in the air for the full 60 seconds.
 - Final score is the number of hits plus bonus points.

Number of Hits	Bonus Points	Total

Toss and Hit

- **Rules:**
 - Athlete sits or stands behind the throwing line.
 - Athlete attempts to hit five balls, one at a time, over the net.
 - Athlete may hit the ball with one or two hands.
 - Athlete has two attempts to hit each ball over the net. Maximum attempts permitted is 10.
- **Scoring:** Award one point for each ball hit over the net.

Ball 1	Ball 2	Ball 3	Ball 4	Ball 5	Total (Max 5 pts)

Pass

- **Rules:**
 - Athlete starts in sitting or standing position behind the throwing line.
 - Athlete attempts to throw the ball over the net.
 - Athlete may throw the ball with one or two hands.
 - Athlete has one attempt to throw each ball over the net.
- **Scoring:** Award one point for each ball thrown over the net.

Ball 1	Ball 2	Ball 3	Ball 4	Ball 5	Total (Max 5 pts)

Grand Total for All 3 Events