## Overhead Passing (Setting)

**Rules:**
- Athlete makes 10 attempts from center front position.
- Athlete receives 10, two-handed, underhand-tossed balls. (Repeat tosses that are not high enough to set.)
- Athlete sets the tossed ball toward a target, with the goal that the peak of the arc be above net height with consistency and at a height that could be spiked.

**Scoring:**
- Measure peak of the arc of each set ball toward target.
- 1 pt - Setting the ball 1 meter above his/her head height.
- 3 pts - Setting the ball above the net height.
- 0 pts - Illegal contact, balls set lower than head height, and balls which go over the net or outside the court.

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## Serving

**Rules:**
- Athlete stands inside the end line (no closer than 4.5 meters from net) and serves 10 volleyballs.

**Scoring:**
- Court is divided into 3 equal areas of 3 meters in width. Each area is assigned a different point value.
- A ball which lands on the line gets the higher point value.

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## Passing (Forearm Passing)

**Rules:**
- Athlete makes 5 attempts from the right back position and 5 attempts from the left back position.
- Athlete receives 10, two-handed, overhand-tossed balls.
- Athlete passes the ball towards a target, with the goal of accuracy, height and consistency.

**Scoring:**
- Athlete must pass the ball so that the peak of the arc is at least net height in order to receive maximum points.
- A ball which lands on the line gets the higher point value.
- A ball which is passed below net height will receive only 1 point, regardless of where it lands.

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## Grand Total for All 3 Events

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