

Volleyball - Individual Skills Contest 2 Scoresheet



Athlete Name	Qualifying Score
Delegation	Age

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.

1	2	3	4	5	6	7	8	9	10	Total

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.

1	2	3	4	5	6	7	8	9	10	Total

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.

1	2	3	4	5	6	7	8	9	10	Total

Grand Total for All 3 Events

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