

Sport Management Team

**Special
Olympics**
Pennsylvania



Technical Director Volleyball: Maryellen Brown
Email: snickersbrown5@gmail.com

[John Klenzing](#)
[Taraz Crowley](#)

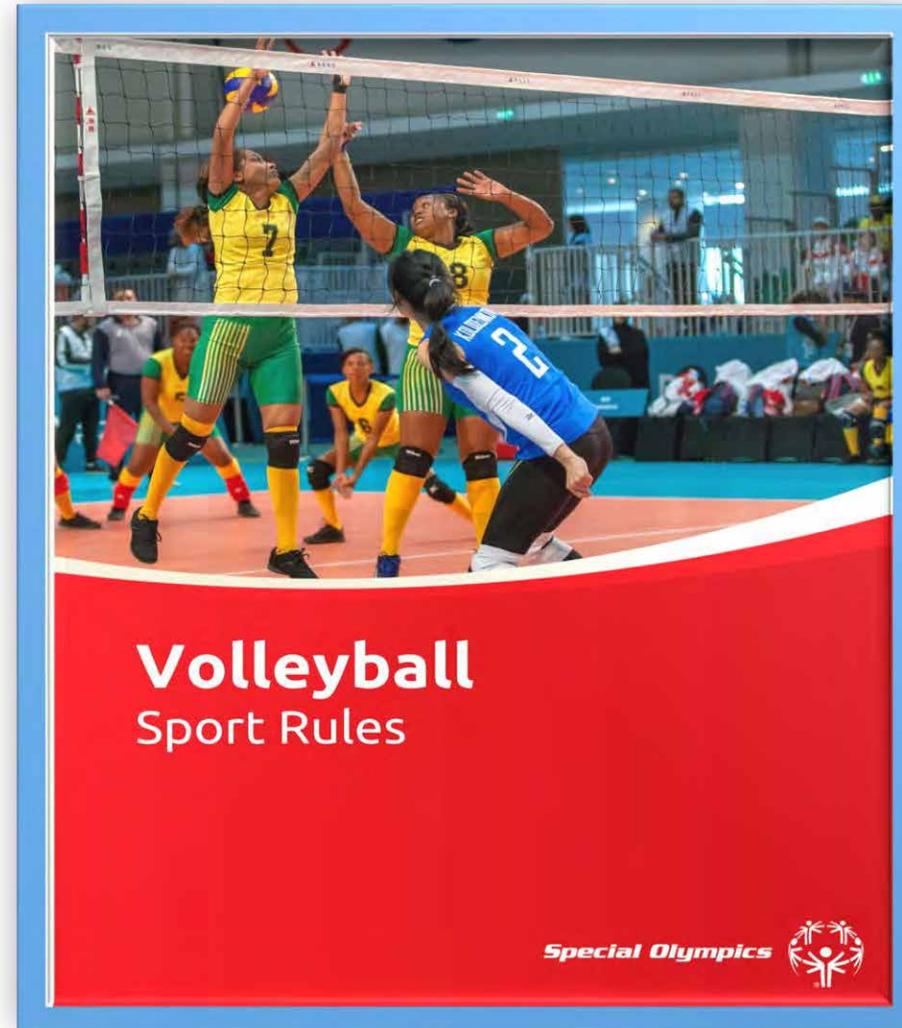


Volleyball Rules Book

**Special
Olympics**
Pennsylvania



Volleyball Sport Rules



SOPA Website - Sports Offered Page

**Special
Olympics
Pennsylvania**



Links to all the sport pages [Sports Offered](#)

2023 Volleyball Preseason Coaches Meeting

Wednesday, July 19, 2023 @ 07:00 PM

Register in advance for this meeting: [Volleyball Preseason Coaches Meeting](#)

Coaching Resources

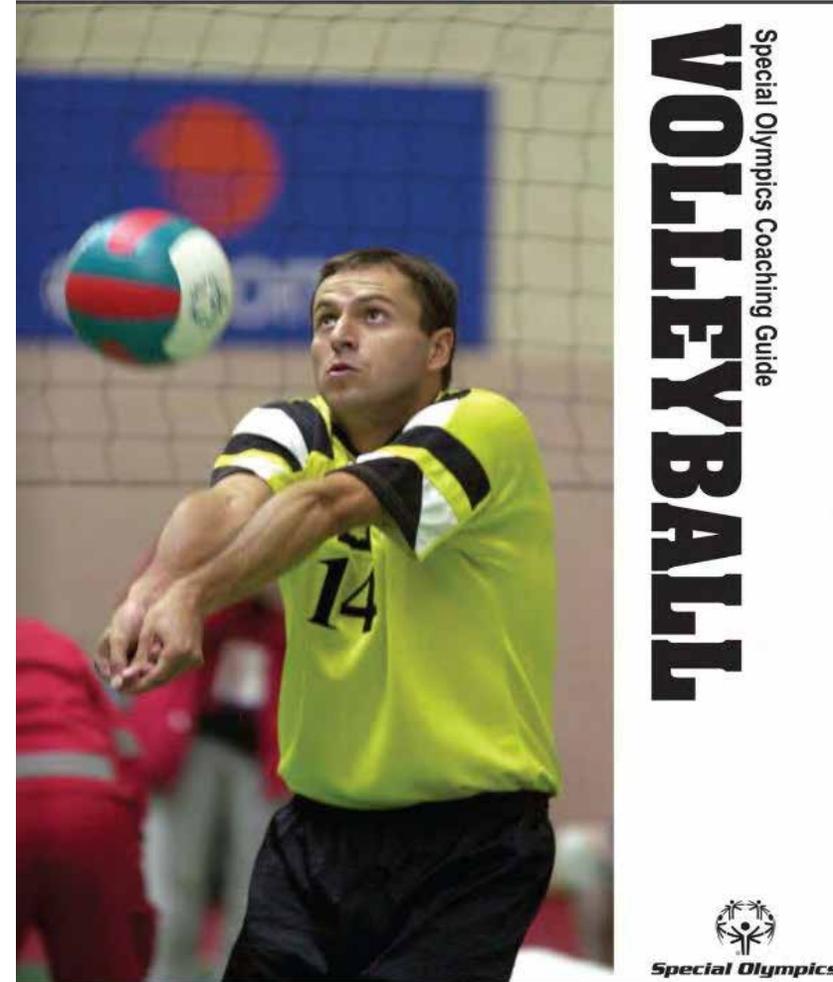
- [Volleyball Team Competency Rating Form](#)
- [Volleyball Resources](#) – rules, coaching guides, fact sheets, etc.
- [Everybody Plays](#)
- [Volleyball – Game 1 & 2 Scoresheet](#)
- [Volleyball – Prelims Scoresheet](#)
- [Volleyball – Starting Lineup Sheet](#)
- [Volleyball – Team Lineup Card](#)
- [Volleyball – Individual Skills Finals](#)
- [Volleyball Individual Skills Card](#)

Coaching Guide

**Special
Olympics**
Pennsylvania



[Volleyball Coaching Guide](#)



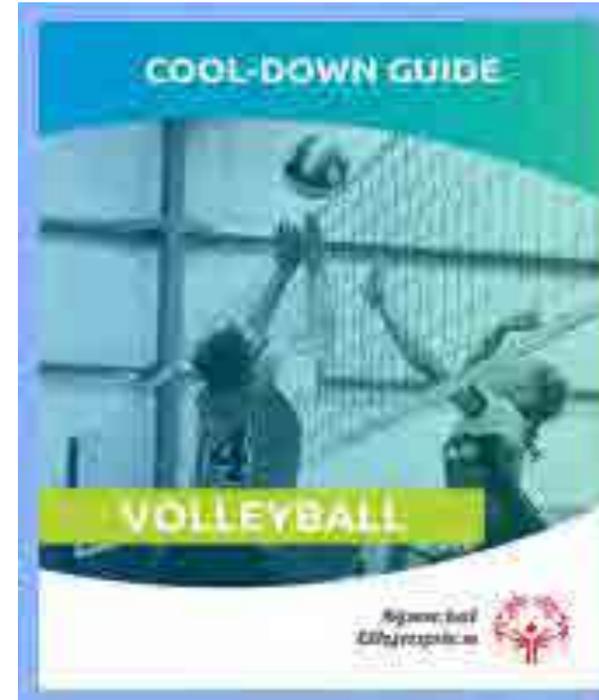
Warm-ups and Cool Downs

**Special
Olympics
Pennsylvania**



[Warm-Up and Cool-Down Videos](#)

[Cool Down Guide](#)



Attire

**Special
Olympics
Pennsylvania**



- Jersey
 - Numbered 1-99
 - Numbers on back and chest
- Shorts – must match jersey
- Socks – should match the uniform
- Sneakers
- Knee Pads - Recommended
- Arm sleeves – If worn, NO padding
 - Color – must match uniform or they can be either black or white.
- No Gloves may be worn.



Events Offered

*Special
Olympics
Pennsylvania*



- Individual Skills
- Unified Sports Player Development
- Team



Individual Skills

*Special
Olympics
Pennsylvania*



- Overhead Passing
- Serving
 - **NO modified serve line is used**
- Passing (Forearm Passing)

- Athletes must be dressed like your team members
- Individual skills athlete may not sit on the team bench.



Volleyball Reminders

(For Player Development & Traditional)

1. **Height of the Net** - Male and Mixed Gender competition: 2.43 meters (7 ft, 11 5/8 in)
2. **Service Line** - The service line may be moved closer to the net, but no closer than 4.5 meters (14 ft, 9 in).
3. **Time outs** - Each team may call two per set (game)
4. **Rally Scoring method** which means that each time a ball is put in play a point is awarded.
5. **A match** can consist of 3 sets (games). Best of 3 wins the match.
6. **Modified Serve** – Testing will be done at Sectionals. Athletes will not be retested at Fall Festival. Only those who were not tested at Sectional will be permitted to be tested at Fall Festival.



Bench Coaching

- A coach is permitted to get up from the bench and move around if the coach is not affecting the progress of the game.
- **Coaching from behind the end line or the sideline opposite the bench is NOT PERMITTED!**
- A coach is permitted to assist the athlete to move in position for substitutions.
- A coach is permitted to make a request for substitution.
- This request will be recognized by the referee even if the player has not yet entered the substitution zone.

Everybody Plays

- Everyone on the roster must play in each game and prelims



Everybody Plays

Article 1.03F of the Special Olympics General Rules States:

- *Special Olympics celebrates and strives to promote the spirit of sportsmanship and a love of participation in sports for its own sake. To that end, Special Olympics aims to provide every athlete with an opportunity to participate in training and competition events which challenge that athlete to his or her fullest potential, regardless of the athlete's level of ability. Special Olympics therefore requires that Special Olympics Games and Tournaments offer sports and events which are appropriate for athletes of all levels of ability, and in the case of team sports, provide every athlete with an opportunity to play in every game.*
- Special Olympics Pennsylvania supports Article 1.03F as the guiding principle for participation of athletes registered as members of a team for competition at any SOPA Sectional or State Competition. As such, each athlete on a team roster must be given an opportunity to play in every game for which their team is scheduled. Special Olympics Pennsylvania will not dictate the amount of time that each athlete must play during a game, but the goal is to provide a meaningful competition experience for every athlete on every team.
- The only exceptions to this requirement will be in cases of illness or injury, where an athlete is not physically able to play, or behavioral issues, where a coach chooses not to play an athlete in order to address inappropriate behaviors. In situations where an athlete will not be playing due to illness or injury or behavior issues, the athlete shall not dress in their competition uniform for the game and if appropriate supervision is available, will not be seated on the bench with the team for that game.
- If the illness or injury or the behavior issue is such that an incident report or misconduct report is completed this report should be provided to the programs HOD who should then forward to the Program Manager and if appropriate, a representative of the Games Organizing Committee (GOC) or a SOPA staff person. The coach should also be prepared to provide an explanation to the GOC or SOPA staff, if requested, as to the reason why an athlete is not dressed and playing in a particular game. As a reminder, athletes who do not participate in preliminary games may not participate in pool play or medal round games.

At Events:

- Teams must complete lineup cards, with numbers & names
- Bottom of the card – those who are not playing and why
- Scorekeeper will check the players as they enter the game
- Code of conduct will be filed on the coach if all players are not played

**Special
Olympics
Pennsylvania**





Player Development

- The purpose is for athletes to acquire the skills, understanding and confidence to independently play a team sport.
- Unified partners act as mentor coaches on the court with verbal, visual and physical cues as well as encouragement during practices and competitions.
- Athletes improve their skills and knowledge through the on-court coaching/mentor support provided by the Unified partners.
- During competition, athletes play and Unified partners coach and facilitate play on successful Player Development teams.
- Player Development is recommended for advanced Individual Skills player and if your team is in the bottom division at sectionals and states.
- Player Development teams will be required to submit the new Team Assessment as well as the old team assessment. Teams will be sent these forms.

Player Development Team Members

- **Team Min and Max**

- Minimum: 5 athletes and 2 Unified partner/coach (***We highly recommend 3***)
 - If a UP gets injured or isn't able to attend an event the team would need to play 1 person short – the UP would not be replaced with an athlete. (*5 people on the court*)
- Maximum: 6 athletes and 4 Unified Partner Coach

- **Starting line-up**

- 4 Athletes
- 2 Unified Partner/Coach



Role of Unified Partner/Coach

*Special
Olympics
Pennsylvania*



A Unified partner **MAY NOT** do the following:

- Serve
- Block
- If the ball goes over the net, it is a side-out
- Favor one athlete

Unified partners **CAN**:

- Set, Bump
- Provide continual on-court instruction to their athlete teammates with verbal, visual, and physical cues. These include where to position themselves on the court, how to execute a skill, and overall game tactics

Partner/Coach will wear the opposite color jersey from the athletes.
This will allow the official to know who is who to make the correct calls.

Role of a Unified Partner/Coach

*Special
Olympics
Pennsylvania*



Most Important Rule:

A Unified Partner/Coach may only hit the ball over the net if it has been touched by an athlete first.





Role of the Coach

- Recruit Coaches, Partners & Identify Athletes
- Organize practices
- Manage SOPA required paperwork
- Teach the athletes the skills
- Tactical understanding of the game
- Teach the partners how to coach the athletes on the court
- Assess the athletes on how they learn – visually, verbally or physical cues



***Special
Olympics
Pennsylvania***



Player Development

For more information on Unified
Sports Player Development contact:

Michelle Boone

Traditional Volleyball Roster Size

- Minimum 6
- Maximum 10



***Special
Olympics
Pennsylvania***





Rotation

- Rotation takes place when a team receiving the ball earns a point.
- The players rotate clockwise and attempts to maintain the serve.
- The receiving team does not rotate until they regain the serve.
- When creating your starting line-up sheet, always prepare two!
- The first is if you are serving
 - Make sure of the # your first server is in box I
- Be sure to make up Line-up cards for Sets 1 & 2

SET 1 LINE-UP SHEET			LIBERO Nº
TEAM			
IV	III	II	
V	VI	I	
			SERVICE
			COACH SIGNATURE

 USA Volleyball

Season at a Glance



	FALL	WINTER	SPRING
Training Site Registration (see link below)	April 1 - May 1	September 1 - October 1	November 1 - December 1
Athlete, Unified Partner, Volunteer Signup	May 15 - July 15	October 15 - November 15	December 15 - March 1
Season Length	August 9 - November 3	December 1 - March 2	March 14 - June 7
Eligibility Deadline	August 23	December 13	March 28
Sports Offered	Bocce, Bowling, Flag Football, Long Distance Running/Walking, Powerlifting, Soccer, Volleyball	Alpine Skiing, Bowling, Figure Skating, Floor Hockey, Snowboard, Snowshoe, Speed Skating	Athletics (Track & Field), Basketball, Equestrian, Golf, Gymnastics, Softball, Swimming, Tennis

- **Sign-ups Athletes and Volunteers - July 15th**
- After this deadline anyone interested in signing-up must contact the Regional Sport Director.
 - Season officially begins August 9th
 - Seasonal Eligibility/Age Group Exemption deadline – August 23

Sports Season Prep

*Special
Olympics
Pennsylvania*



Important Fall Dates:

- **Fall Season Calendar:** [Central](#), [East](#), [West](#)
 - Since due dates are different for each Sectional, there is one calendar per section of the state.
 - Found on SOPA website under sports then competition
- **Eligibility Deadline:** **August 23**
- **Season Dates:** August – November

Air Quality

**Special
Olympics**
Pennsylvania



If air quality levels are in an Unhealthy Zone (151) or above, no outdoor activities should occur (social or active); as indicated within the documents these activities should be rescheduled or moved indoors.



You can monitor Air Quality levels at <https://www.airnow.gov/> enter your location and the current status will be provided.



You can use this [Air Quality Guide](#) document as an overall reference.

Athlete & Volunteer Eligibility

**Special
Olympics
Pennsylvania**



Athlete Requirements: Medical on file WITH signature + expiration dates

- Athlete Medical / Registration Form & Health History under Certifications.
- Valid for 3 years.
- Save attachments under "Attachments" within a person's profile vs. anywhere else in the profile.

Class A Volunteer Requirements: Class A Trainings + Background Check on file

- Background Results under Background Checks, Valid for 5 years.
- General Orientation under Training, Valid for life.
- Protective Behaviors, under Training, Valid for 3 years.
- Concussion Training, under Training, Valid for 3 years.

Team Sport Age Groups

**Special
Olympics
Pennsylvania**



SOPA sponsored Team Sports include:

- **Fall Season: soccer, flag football, volleyball**
- Winter Season: floor hockey, floorball;
- Spring Season: softball, basketball

[Team Sport Age Group Resource](#) outlines the guidelines.

- This document includes links to two supporting documents: [Why Age Groups are Important](#) and [Exemption Process](#).
- **Exemption requests need to be submitted EVERY year. Even it was approved last year, it must be resubmitted.**
- **Fall Exemption Request Deadline is - Friday, August 23**
- Please review all documents for a full understanding of the age groups and how to submit exemptions. This [video](#) will explain these documents and how to submit exemption in more detail.

If you have questions, please contact your Regional Sport Director or Michelle Boone (mboone@specialolympicspa.org).

Qualifiers

**Special
Olympics
Pennsylvania**



- **All Fall sport athletes MUST** attend their respective Sectional event to be considered for Fall Fest.
- Games Advancement slots per Sectional will be dependent on total number of slots at Fall Fest and % of interest in advancing from each Sectional. These will be shared on September 20th

FALL

- Bocce
- LDR/W
- Flag Football: Team & skills
- Powerlifting
- Soccer: 5v5, 7v7, skills
- **Volleyball: Team & skills**

Fall Allocations

*Special
Olympics
Pennsylvania*



- Fall Initial allocations were shared in last week's Weekly email.
- Fall Allocations can be found: [SOPA State Games Paperwork Webpage](#)
- Please remember that the Coaches can request additional allocations via the LOI column on their tracker.

Be Prepared for the Season!

***Special
Olympics
Pennsylvania***



- Get everyone eligible.
- Understand and be aware of Air Quality and Heat Risks.
- Keep a pulse on illness/disease outbreaks within your community – remind athletes not to attend training if they are sick and to practice healthy habits and good hygiene.
- Know your facilities Emergency Action Plan and Evacuation route.
- Updated yourself on sport rules and work with assistant coaches on a seasonal plan – identify who will manage each task during practice. Recruit additional assistance if needed.

Athlete as Coach

**Special
Olympics
Pennsylvania**



- Athletes can participate in sports in more ways than just an athlete.
- Prior to each sports season, SOPA provides seasonal webinars to any current/interested Athletes as Coaches to help them learn what is expected as a coach vs. an athlete and how to go about getting certified.
- In addition to athletes, these webinars are also for coaches, Team Leaders and other volunteers to better understand how they can support current/potential Athletes as Coaches.
- In the event an interested Athlete as Coach does not want to wait for the next webinar, here is the link to the recording of the most recent one: [Athlete as Coach Webinar](#)
- All interested Athletes as Coaches must fill out the Athletes as Coaches [request form](#) with approval from the head coach they would be working with. From there, they will be interviewed by their Regional Sports Director to determine if they are appropriate to attend a training school.
- Please contact Jordan Schubert at jschubert@specialolympicspa.org with any questions about Athletes as Coaches.

Coaching Requirements



Coach requirements for training and competition:

Team Sports:

- Must have at least one (1) certified coach per team

Individual Sports and Team Individual Skills:

- Must have at least one (1) certified coach per 25 athletes

Example: If you have two teams and 3 skills athletes, you will need 3 certified coaches.



TRACKER



ROSTER STATUS	ACTIVE ▾	Team Name		Training Site		Sport	
Traditional/Unified	▾	Training Site Lead Name		Email		Cell Phone	
Meets 4:1 Ratio	YES	# Athletes	9	# Unified Partners	2	# General Volunteer	4
# Head Coaches	0	# Assistant Coaches	4	# Total Head/Asst Coaches	4	# Certified Coaches	5

TRACKER COMPLETION INSTRUCTIONS:
Team Roster, Attendance & Competition Participation

Tracker:
This tracker is **EXTREMELY IMPORTANT** and the **ONE** place the Head/Assistant Coach/Site Coordinator will enter all **KEY** information for the season for each team/training site participant. Event LOI and registration will now be pulled directly from this form.

Populating Your Tracker:
Participants will automatically populate to your tracker when a SIGN UP form is completed for your site. Athletes and volunteers **MUST** complete the online sign up form. The participant data (Columns A - J) are **locked and cannot be modified**. If you need someone removed from your roster or something is incorrect, you must reach out to your **Regional Sport Director - they will be happy to update the form.**

Tracker Updates

**Special
Olympics
Pennsylvania**



TRACKER- is now the ONE place to manage your team: Attendance, eligibility and event registration.

Every individual that signed-up for your training site via the Sign-Up form will appear on your Tracker.

TABS:

Instruction:

- Explains what is contained on each tab and what needs to be completed by the coach during the season.
- Includes total people count and verifies 1:4 ratio is being met.
- **Athlete/Volunteer:**
 - View Sign-ups, pull contact information, check eligibility
 - Actions to take here - complete LOI, track attendance
- **Sport Specific Roster:**
 - Manage roster, track athlete data throughout the season
 - Actions to take here: assign roles for events, enter sport specific data required for events
- **Rating Form (Team Sports):**
 - We have added a roster to this page, please complete along with jersey number
 - Enter player initials into appropriate box under each evaluation category.

Tracker - Instruction Tab

Training Site Info and Data

ROSTER STATUS	ACTIVE	Team Name	Training Site		Sport		
Traditional/Unified		Training Site Lead Name	Email		Cell Phone		
Meets 4:1 Ratio	#DIV/0!	# Athletes	0	# Unified Partners	0	# General Volunteer	0
# Head Coaches	0	# Assistant Coaches	0	# Total Head/Asst Coaches	0	# Certified Coaches	0

TRACKER COMPLETION INSTRUCTIONS:

Team Roster, Attendance & Competition Participation



Tracker:

This tracker is **EXTREMELY IMPORTANT** and the **ONE** place the Head/Assistant Coach/Site Coordinator will enter all **KEY** information for the season for each team/training site participant. Event LOI and registration will now be pulled directly from this form.

Populating Your Tracker:

Participants will automatically populate to your tracker when a SIGN UP form is completed for your site. Athletes and volunteers **MUST** complete the online sign up form. The participant data (Columns A - J) are **locked and cannot be modified**. If you need someone removed from your roster or something is incorrect, you must reach out to your **Regional Sport Director - they will be happy to update the form**.

Athlete / Volunteer Tab:

Columns A-J will populate automatically from the SIGN-UP form

Eligibility: Column I will indicate Eligibility for participation as an athlete, coach or volunteer.

- * **RED** - indicates that an athlete, assistant/head coach is either missing or has an expired **Required** item(s), these are listed in **Column J** and are **INELIGIBLE** to participate until required missing or expired item(s) are up to date. RAMs will update Eligibility every Monday until the Seasonal Eligibility deadline.
- * **YELLOW** - indicates that the a participants has a Required item(s) that will expiring during the current season. These Required item(s) (listed in Column J) **MUST** be renewed in advance of expiration date in order to remain eligible to participate as an athlete, unified partner, coach or supervise athletes within 1:4
- * **ORANGE** - this person is considered a (Class B) General Volunteer and **CANNOT** supervise athletes within 1:4
- * **GREEN** - This indicates the participant has met all Requirements and is eligible to participate as an athlete, unified partner, assistant coach or head coach.

LOI Data: Columns K, L, M will collect Letter of Intent data for events. If athletes are interested in going to events it should be indicated with an "X" by the deadline listed. After this time people cannot be added.

USA Games Interest: Please mark YES if an athlete is interested in USA Games, any blank cells or "No" cells will not be considered for USA Games drawing.

Form Instructions

Tracker - Athlete/Volunteer Tab

Eligibility, LOI, Attendance

Eligibility - Red
 LOI - Yellow
 USA Games – Green
 Attendance – Blue

A, B, C are frozen
 and will remain as you
 scroll over

A	B	C	D	E	F	G	H	I	J	K
AGE EXEMPTION REQUEST FORM	AGE GROUPING POLICY							ELIGIBILITY: GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4	BR - Background Clearances GO - General Orientation PB - Protective Behavior CO - Concussion Training	This will be used for attend an
PARTICIPANT TYPE	FIRST NAME	LAST NAME	GEN DER	DOB	AGE	EMAIL	PHONE #	RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE - General Vol CANNOT supervise athletes within 1:4	REQUIRED Missing or Expired Items	LOI - Interest in Attending Local/Invit Competition
					124					
					124					
					124					

Specific Column instructions can be found in first 2 rows

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
AGE EXEMPTION REQUEST FORM	AGE GROUPING POLICY							ELIGIBILITY: GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4	BR - Background Clearances GO - General Orientation PB - Protective Behavior CO - Concussion Training	This will be used for your LOI - if ATHLETE is planning to attend an event mark with an "X"				At end of the season Head Coach will need		
PARTICIPANT TYPE	FIRST NAME	LAST NAME						RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE - General Vol CANNOT supervise athletes within 1:4	REQUIRED Missing or Expired Items	LOI - Interest in Attending Local/Invit Competition	LOI - Interest in Attending SECTIONAL Competition DEADLINE: CFS - Aug 23, WFS - Aug 29, EFS - Sept 5	LOI - Interest in Attending FALL FEST DEADLINE: Sept 26	Interested in USA Games 2026 in this sport	Athlete Trained for 8 weeks	8/	8/

RSDs will sort by participant type then alphabetical on a weekly basis through end of August (roster should not change after this time)

Tracker - Athlete/Volunteer Tab (cont)

Eligibility

- The ELIGIBILITY tab on each of your attendance trackers will be updated on a weekly basis from July 19th-Aug 23 by your Regional Team. **PLEASE encourage and assist your athletes and volunteers in meeting our eligibility requirements.**
- The deadline to make sure athletes and volunteers meet eligibility requirements for the Fall is August 23rd**
- Athletes and Volunteer CANNOT participate in trainings if they have not met all eligibility requirements - it is YOUR responsibility to track this.

ELIGIBILITY: GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4		<i>BR - Background Clearances</i> <i>GO - General Orientation</i> <i>PB - Protective Behavior</i> <i>CO - Concussion Training</i>
RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE = General Vol CANNOT supervise athletes within 1:4	REQUIRED Missing or Expired Items	
eligible		
not eligible	Missing PB	
not eligible	Missing Medical	
expiring	BR 10/1/2024, PB 10/5/2024	
Eligible BUT CAN NOT supervise athlete		

Tracker - Athlete/Volunteer Tab (cont)

Event LOI

	A	B	C	K	L	M	N
1	<u>AGE EXEMPTION REQUEST FORM</u>	<u>AGE GROUPING POLICY</u>		This will be used for your LOI - if ATHLETE is planning to attend an event mark with an "X"			
2	PARTICIPANT TYPE	FIRST NAME	LAST NAME	LOI - Interest in Attending Local/Invit Competition	LOI - Interest in Attending SECTIONAL Competition DEADLINE: CFS - Aug 23, WFS - Aug 29, EFS - Sept 5	LOI - Interest in Attending FALL FEST DEADLINE: Sept 26	Interested in USA Games 2026 in this sport
3							<input type="checkbox"/>
4							<input type="checkbox"/>
5							<input type="checkbox"/>
6							<input type="checkbox"/>
7							<input type="checkbox"/>

You will mark here with Yes/No if individuals are interested and appropriate to attend USA Games



Here is where you will complete your LOI – indicating with an "X" which athletes and volunteers have interest in attending an event.

Tracker - Athlete/Volunteer Tab (cont)

Attendance

	A	B	C	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB
1	AGE EXEMPTION REQUEST FORM	AGE GROUPING POLICY	At end of the season Head Coach will need to mark which athletes have and have not attended 8 weeks of practice. Attendance tracking is required and MUST be tracked here. Please list practice dates in the boxes below and mark attendance with an "X" in each box														
2	PARTICIPANT TYPE	FIRST NAME	LAST NAME	Athlete Trained for 8 weeks	8/	8/	8/	8/									
3																	
4																	
5																	

At end of the season Head Coach will

Athlete Trained for 8 weeks

8/

8/

YES

NO

Tracking attendance is required BUT tracking attendance week by week in this document is not required; this can be a good tool to keep everything in one place.

At the end of the season the Head Coach must be able to come back into this document and for every athlete/UP indicate if they attended training for the minimum of 8 weeks.

Tracker - SPORT Roster Tab

Event Commitment and Registration

	A	B	C	D	E	F	G	H	I	J	K	L	
1	Instructions: STEP 1: Complete Yellow Box - Event Roster for each event by selecting role for each individual. STEP 2: Complete Blue boxes - Event Registration with event, team name, skill score. Each athlete may only be entered in 1 event.			Tip for DropDown selection cells: You can copy (Ctrl - C) and paste (Ctrl - V) the role in dropdown OR you once you select a role, the cell is outlined in a blue box with a small circle in lower right hand corner, you can click and pull that role down - this would be a quick way to select Athlete role for all athletes. if a person is not going you can highlight that cell with the blue box and then hit delete and it will remove the role.			EVENT ROSTER			EVENT REGISTRATION			
2							DEADLINE			DEADLINE: CFS - Aug 26 WFS - Sept 2 EFS - Sept 9		DEADLINE: September 30	
3	Participant Type: Athlete, Unified Partner, Head Coach, Assistant Coach, General Volunteer	FIRST NAME	LAST NAME	GENDER	DOB	AGE	Attending Local Event - MARK Role	Attending Sectional - MARK Role	Attending Fall Fest - MARK Role	Team Athletes & Coaches Select level	Team Name	Individual Skills Select Level	
4						124							
5						124							
6						124							
7						124							
8						124							

Tracker - SPORT Roster Tab (cont)

Event Commitment

EVENT ROSTER		
DEADLINE	DEADLINE: CFS - Aug 26 WFS - Sept 2 EFS - Sept 9	DEADLINE: September 30
Attending Local Event - MARK Role	Attending Sectional - MARK Role	Attending Fall Fest - MARK Role
▼	▼	▼
▼	Athlete	▼
▼	▼	▼
▼	Unified Partner	▼
▼	▼	▼
▼	Head Coach	▼
▼	▼	▼
▼	Assistant Coach	▼
▼	▼	▼
▼	Athlete Coach	▼
▼	▼	▼
▼	HOD	▼
▼	▼	▼
▼	Asst HOD	▼
▼	▼	▼
▼	1:1	▼
▼	▼	▼
▼	Delegation Volunteer	▼
▼	▼	▼
▼	General Volunteer (not in 1:4)	▼
▼	▼	▼
(Tracker/LOI) ▼	Young Athlete Chaperone	gistra

Select role for each individual attending the event (can not exceed the total # of your final allocations)

EVENT ROSTER	
DEADLINE	DEADLINE: CFS - Aug 26 WFS - Sept 2 EFS - Sept 9
Attending Local Event - MARK Role	Attending Sectional - MARK Role
▼	▼
Athlete	▼
▼	▼

Once a selection is made you can pull down on the blue circle in lower right corner to copy that selection to cells below.

EVENT ROSTER	
DEADLINE	DEADLINE: CFS - Aug 26 WFS - Sept 2 EFS - Sept 9
Attending Local Event - MARK Role	Attending Sectional - MARK Role
▼	▼
Athlete	▼
▼	▼
Athlete	▼
▼	▼
Athlete	▼
▼	▼
Athlete	▼
▼	▼
Athlete	▼
▼	▼
Athlete	▼
▼	▼
Assistant...	▼
▼	▼
Assistant...	▼
▼	▼
Assistant...	▼
▼	▼
Assistant...	▼
▼	▼
Head Co...	▼

Tracker - Volleyball Roster Tab

Event Registration

VOLLEYBALL - TEAM
Select Type of team for each athlete & coach and provide Team Name.
Each Team should have a unique name that begins with the County/School (i.e. Berks Lions, Nova Crazy Cats)
EVENT REGISTRATION DEADLINE:
CFS- Sept 5 WFS - Sept 12 EFS - Sept 19
Fall Fest - October 10

Team Athletes & Coaches Select level	Team Name
<input type="text"/>	
Traditional	
Unified Player Development	
Alternate	
NOT COMPETING	
<input type="text"/>	

VOLLEYBALL - INDIVIDUAL SKILLS
Update all scores by:
EVENT REGISTRATION DEADLINE:
CFS- Sept 5
WFS - Sept 12
EFS - Sept 19
Fall Fest - October 10

Individual Skills Select Level	Individual Skills Total Score
<input type="text"/>	
Individual Skills	
NOT COMPETING	
<input type="text"/>	

Tracker - Team Sport – Rating Form Tab

**ONE FORM PER TEAM		<u>Volleyball - Team Rating Form</u>				
Please be sure to complete all information on the right (To do so, double click in each row)	HEAD COACH:					
	Program / Team Name:					
	Team Composition (Indicate with X): <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Coed/Mixed Gender					
	Team Type (Indicate with X): <input type="checkbox"/> Traditional <input type="checkbox"/> Unified <input type="checkbox"/> Unified Player Development					
	Are there 1+ Libero players (Yes or No): <input type="checkbox"/> NO <input type="checkbox"/> Yes					
This Teams level (Indicate with X): <input type="checkbox"/> High Level <input type="checkbox"/> Average Level <input type="checkbox"/> Low Level <input type="checkbox"/> Developing Level						
<i>Based on Fall Sectionals/Fall Festival (Div 1-2) (Div 3-4) (Div 5-6) (Div 7-8)</i>						
Please list all Team Athletes and their Jersey #'s ----> START WITH YOUR TOP 6 PLAYERS!	Athlete's First & Last Name	Jersey #	Athlete's First & Last Name	Jersey #	ALTERNATE ATHLETES	Jersey #
	1		6		ALT 1	
	2		7		ALT 2	
	3		8		ALT 3	
	4		9		ALT 4	
	5		10		ALT 5	
TEAM RATING FORM COMPLETION DEADLINE: CFS - Sept 5 WFS - Sept 12 EFS - Sept 19		Please note sections below that will ask a series of sport-specific competency questions for each player on the team. The objective is for the evaluator to provide a point value rating for each of the players on the team based upon the listed competency. For some competencies, a player may not exactly meet the competency and/or be rated in between two competencies; therefore, please indicate the competency rating that would most closely be aligned to the player. You MUST enter your player's First and Last Name Initials in the boxes below the point value that most closely matches their skill competency. DO NOT USE X's				
Team Level	Level 1 - Novice		Level 2 - Intermediate	Level 3 - Advanced		
Player Competency Point Values	1	2	3	4	5	
g, Hitting	Serving	Difficulty contacting ball/controlling ball direction; has to serve underhand legally to get ball over net	Legally serves underhand to consistently get ball over net; better ball control direction; may attempt overhand serve	Frequently serves legally underhand with ball control/direction; capable of overhand serve with some ball control/contact	Consistently serves overhand over the net with ball control/some direction; some speed on serve	Consistently serves overhand with ball control and into designated areas of the court; can vary speed of serve

TRACKER UPDATE - Event LOI

- LOI process will be managed as it has been in past years.
 - You can still update within the Tracker but you don't have to
- You will hear from someone within the program for your LOI request and will then be given final allocations numbers.
- We will accommodate all of the teams and Individuals Skills athletes for Sectional events.
- It is important for us to collect information on Teams so we can share the levels of competition that will be provided.
- Sport specific Event Registration will still be collected via the Tracker!



Athlete Performance Training

*Special
Olympics
Pennsylvania*



ATHLETE PERFORMANCE TRAINING

If you are looking to volunteer or learn more, please reach out to [Charla Stein, Healthy Communities Coordinator](#), 610-630-9450 ext. 254.

Local, Invitational, Regional Competitions

*Special
Olympics
Pennsylvania*



- We would like to develop a comprehensive **SOPA Competition Calendar**, but we need your HELP!
- We want to better capture ALL the AMAZING work that you and our volunteers are doing within the community
- We also want to create as many opportunities as possible, having a better understanding of when and where events are already occurring will help the Regional Teams to plan out a season

We are asking event leads to fill out this quick form to let us know when you have competitions planned.

[SOPA Competition Calendar Submission Form](#)

Fall Sectionals

Central Fall Sectional:

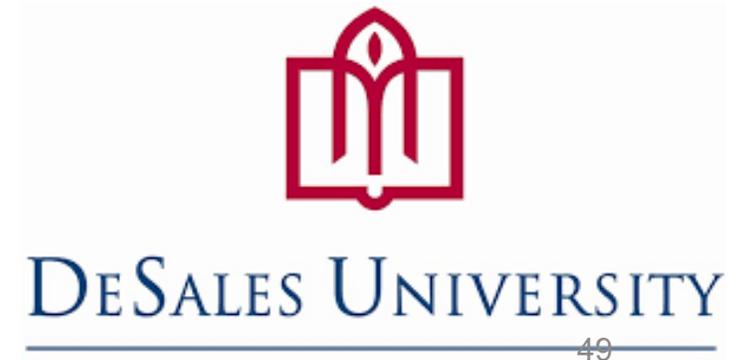
- Juniata College
September 22

Western Fall Sectional:

- Slippery Rock University
September 29

Eastern Fall Sectional

- DeSales University
October 6



Fall Fest: Nov. 1 - 3

**Special
Olympics**
Pennsylvania



Villanova University

Important Dates:

- Reg Info: Will be out by 9/6
- LOI: Due 9/26
- Final Allocations: 9/27
- Rosters: Due 10/1
- Google links sent: 10/3
- Registration: Due 10/10
- Scratch/Activation: Due 10/24



2026 USA Games



- **Quota timeline**
 - SOPA will receive in mid-August
- **Athlete communication**
 - We will share the list of qualified individuals (1st place finish in quota sport) with RSDs and Team Leaders for review
 - Athletes will be emailed and asked to complete Pre-Selection questionnaire to be entered into the Selection Process
- **Additional Staff Roles applications**
 - SOPA will be looking for staff, athletes or volunteers to fill a few roles on our PA Management Team – these opportunities will be shared in August via weekly email
- **Coach/Medical staff applications**
 - Sept 1 – October 1



New Portal

**Special
Olympics**
Pennsylvania



Welcome to the Special Olympics Portal

Be a part of something bigger

Discover the joy of sports and inclusion by becoming a Special Olympics athlete, volunteer, or coach.

If you do not have a Special Olympics account, start here:

[CREATE AN ACCOUNT](#)

Already have an Account?

If you have signed up before, click here to login to your account:

[SIGN IN](#)



Volleyball Training Schools

<input type="checkbox"/>	LDRW Virtual Training: 9:00 AM EDT - 11:00 AM EDT	General Volunteer	08/03	5 / 30
<input type="checkbox"/>	LDRW Virtual Training: 6:30 PM EDT - 8:30 PM EDT	General Volunteer	08/19	3 / 30
<input type="checkbox"/>	Bocce Skills Virtual Training: 12:00 PM EDT - 3:00 PM EDT	General Volunteer	08/03	3 / 30
<input type="checkbox"/>	Bocce Skills Virtual Training: 6:00 PM EDT - 9:00 PM EDT	General Volunteer	08/20	2 / 30
<input type="checkbox"/>	Bocce Officials Virtual Training: 6:00 PM EDT - 8:00 PM EDT	General Volunteer	08/25	0 / 0
<input type="checkbox"/>	Flag Football Skills Virtual Training: 6:30 PM EDT - 8:30 PM EDT	General Volunteer	08/22	0 / 30
<input type="checkbox"/>	GLVPR Soccer Coaches Training: 10:30 AM EDT - 12:30 PM EDT	General Volunteer	07/28	0 / 30
<input type="checkbox"/>	GLVPR Powerlifting Coaches Training: 10:00 AM EDT - 1:00 PM EDT	General Volunteer	08/03	0 / 30
<input type="checkbox"/>	Greater Phila. Region Volleyball Coach Certification Training: 10:00 AM EDT - 1:00 PM EDT	General Volunteer	08/10	0 / 30

