



# SITTING VOLLEYBALL

**SITTING VOLLEYBALL** first appeared on the Paralympic program at the 1980 Games in Arnhem, Netherlands. Standing volleyball made its first appearance in the 1976 Paralympic Games in Toronto, Ontario, Canada.

Paralympic volleyball is divided into two major disciplines: sitting and standing. For the Athens Games in 2004, however, only sitting volleyball was on the Paralympic program. Athens also introduced the first Paralympic competition for women's sitting volleyball.

## BASIC RULES

Paralympic volleyball follows the same rules as its able-bodied counterpart with a few modifications to accommodate the various disabilities. In sitting volleyball, the net is about 3.5 feet high, and the court is 10 x 6 meters with a two-meter attack line.

The position of each player is determined and controlled by the position of their bottoms. A player's limb may cross the service, attack, and center lines, provided the athlete does not interfere with an opposing player.

A player's "bottom" is defined as the upper part of the body, from the shoulder to one's buttocks.

The player is not allowed to lift his/her bottom from the court when executing a contact with the ball. Defensively, if a player remains low and follows through their playing action to have their upper torso contact the ground after playing the ball, then a brief loss of contact by a player's bottom is generally permitted.

Blocking or attacking the serve is legal.

## GETTING STARTED

We encourage you to start by connecting with a local adaptive sports organization that offers sitting volleyball or getting involved with a local volleyball club. To find a list of clubs in your area, please visit <https://uspara.us/findaclub>.

## CLASSIFICATION

Classification determines which athletes are eligible to compete and how athletes are grouped together for competition. If an athlete has a Paralympic eligible impairment, the athlete may be eligible for a classification appointment. Once an athlete is ready to compete regionally or nationally, an athlete should seek national classification.

For more information on sitting volleyball, please visit [www.TeamUSA.org/USA-Volleyball/usa-teams/sitting-volleyball](http://www.TeamUSA.org/USA-Volleyball/usa-teams/sitting-volleyball).

## PARALYMPIC ELIGIBLE IMPAIRMENTS

- Ataxia, Athetosis and Hypertonia
- Impaired Muscle Power
- Impaired Passive Range of Movement
- Limb Deficiency
- Leg Length Difference

## NUMBER OF PLAYERS

Matches are played 6 vs. 6 (can play smaller size games for 4 vs 4, 2 vs 2, etc. on appropriately smaller sized courts).

## EQUIPMENT NEEDED

In sitting volleyball, a volleyball, court and net are required.

## PARALYMPIC SCORING

In international play, the match is won by the team that wins three sets out of a maximum of five.

Domestically, matches could be schedule single-set, best of three, or any other format as desired.

A set is won by the team which first scores 25 points with a minimum lead of two points in a non-deciding set. Adjusting the number of points to win a set is possible for domestic competition for tournament format considerations.

In the case of a 1-1 or 2-2 set tie, the deciding (3rd/5th) set is played to 15 points. A two-point margin is required for victory.