

# SITTING VOLLEYBALL



## WHO CAN PLAY?

Sitting volleyball can be played by anyone! All athletes with physical impairments are eligible. Most players are athletes who are amputees. Those athletes with 'minimal impairments,' which means their impairment may appear minimal but it prevents them from competing in the non-disabled version of the sport. These injuries include anterior cruciate ligament damage and missing fingers.



## OVERVIEW

### Stand Up Volleyball vs. Sitting Volleyball

9m x 9m (3m attack zone)	Court	10m x 6m (2m attack zone)
2.43m (men) 2.24m (women)	Net	1.15m (men) 1.05m (women)
Service may not be blocked	Service	Service can be blocked
Speed is dependent on level of experience and competition	Speed	Quicker speed due to reduced court size
Players remain ambulatory throughout play	Position	Players remain seated throughout play



## ADAPTIVE EQUIPMENT

The striker is used for athletes with a spinal cord injury and no waist control. The design provides both support and independence. It was engineered to be adaptable to different types of physical conditions by providing more or less restriction and support.



## RULE MODIFICATIONS

Standard stand up volleyball rules with a few modifications

- Player must maintain contact between their pelvis and the floor at all times
- Hand(s) and/or leg(s) may lie in the attack or free zone outside of the court
- Loss of contact with the court is permitted for a moment during a defensive free zone play
- The player may penetrate into the opponent's space under the net, provided there is no interference with the opponent.

## SCORING

- The match is won by the team that wins three sets
- A set is won by the team which first scores 25 points with a minimum lead of two points
- In the case of a 2-2 set tie, the deciding (5th) set is played to 15 points

## RESOURCES

For more information, visit: [www.athleticsforall.net](http://www.athleticsforall.net)

