



SITTING VOLLEYBALL



WHO CAN PLAY

Sitting volleyball is for individuals of all ability levels. By eliminating jumping, sitting volleyball puts all players on an equal playing field and brings disabled and able bodied individuals together to play. In a competitive setting, each team needs one athlete with a physical disability.

STAND UP VOLLEYBALL

- 9m x 9m (3m attack zone)
- 2.43m (men) 2.24m (women)
- Service may not be blocked
- Speed is dependent on level of experience and competition
- Players remain ambulatory throughout play

VS.

SITTING VOLLEYBALL

- | | |
|-----------------|---|
| Court | • 10m x 6m (2m attack zone) |
| Net | • 1.15m (men) 1.05m (women) |
| Service | • Service can be blocked |
| Speed | • Quicker speed due to reduced court size |
| Position | • Players remain seated throughout play |

RULE MODIFICATION EXAMPLES

- 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

EQUIPMENT

- State of the art sitting volleyball equipment
- Telescoping volleyball poles
 - Competition regulated volleyball netting
 - Padding, standards, antennas
 - Balls
 - Court marking (use approved floor tape to outline a court using the sitting volleyball's smaller sized court dimensions)
- Work with what you have
- Flip the net upside down (use existing net)
 - Padding, poles, antennas (use basic equipment from school's existing program)
 - Balls (from existing stand up program)
 - Court marking (use approved floor tape to outline a court using the sitting volleyball's smaller sized court dimensions)

COURT DIMENSIONS

