

2022 Sitting Volleyball Rules

These sport rules are modified from International Paralympic Committee competition rules to suit the population and goals of the Valor Games Southeast. Valor Games Southeast 2022 is not a qualifying event for USA Nationals or other Paralympic sanctioned events.

Disability/Classification Groups:

There are no different classes in sitting volleyball.

(Players with a minimal disability as defined in the medial classification are eligible to play sitting volleyball in a World Organization Volleyball Disabled-WOVD sanctioned competition)

Rule Differences between standing volleyball and sitting volleyball:

There are only four major rule differences from the standing volleyball game.

- You must remain touching the floor when playing the ball (at least one 'cheek')
- You may block a serve attempt
- The net is lower
- The court measures 10m x 6m

Event Details:

- Players may choose to wear long pants for games.
- Volleyball is a sport played by two teams on a playing court divided by a net. There are different versions available for specific circumstances in order to offer the versatility of the game to everyone.
- The object of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The team has three hits for returning the ball (in addition to the block contact).
- The ball is put in play with a service: hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly.
- In volleyball, the team winning a rally scores a point (Rally Point System). When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.
- Teams consist of six players both male and female. At Valor Games Southeast your team will consist of more than 6 players to allow for substitutes - but six will play on the court at all times for each team.
- The number of matches played will be determined by the number of athletes and number of teams participating in the event.

Medals:

Medals will be awarded to each team member of the top three teams in the tournament.

For more information about sitting volleyball visit: www.sittingvolleyball.org