

What is sitting Volleyball?

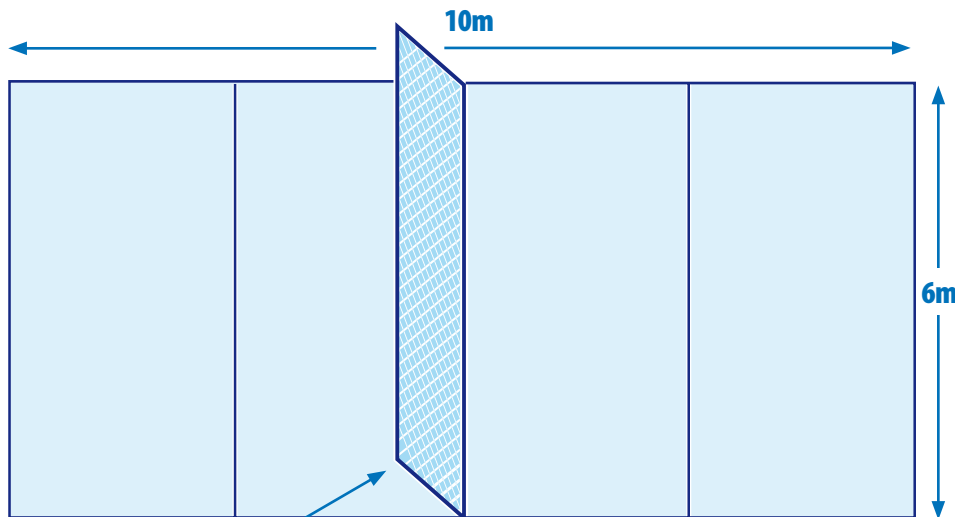
Sitting Volleyball is similar to standing volleyball. It was introduced into the Paralympics in 1980.

Who can play?

At a competition level, teams consist of players from different classification groups. But anybody can play at a recreational level.

What is the objective of the game?

Same as regular volleyball game, the objective is to ground the ball in the opposition's court.



How is it played?

Field of play	See diagram
Equipment	Regular volleyball
Players	3 players on each team
Length	Play to 11 points

Rules for Sitting Volleyball

- Players must always have part of their body between buttocks and their shoulder in contact with the floor when playing the ball.
- Each team has up to 3 contacts of the ball before it is returned.
- Scoring – when the non serving team wins a rally it is awarded a point and the right to serve.

Skills to be taught

Same as in volleyball the pass, the attack-hit, the block, and the serve.