

Sitting Volleyball

Sitting volleyball has many similarities to its stand-up version, but of course, with a few modifications. Whilst teams in the stand-up version are separated by a raised net, sitting volleyball is played from a lower net. The court dimensions in sitting volleyball are also smaller.

The main difference between the two versions is that sitting volleyball, as its name implies, is played from seated positions. At all times, the athlete's pelvis must be in contact with the ground, and service blocks and attacks are allowed.

It is played in a best-of-five set format, and the first to reach 25 points (with at least a two-point lead) wins the



Eligibility:

Impaired muscle power	Limb deficiency	Athetosis	Hypertonia
Impaired passive range of movement		Leg length difference	Hypertonia

Classification:

MD	Minimally Disabled
D	Disabled

Sport-Technical Rules:

To ensure a fair competition between two teams, a team may only have one MD player on the court. The other five players must have sport class D.