



# SITTING VOLLEYBALL



## WHAT IS SITTING VOLLEYBALL?

Sitting volleyball is a modified discipline of volleyball designed for athletes with a disability; however, the unique thing about sitting volleyball is that it is a game that can be played by both able bodied athletes and athletes with a disability.

Sitting volleyball is played the same way as traditional volleyball but with a few rule modifications. The sitting volleyball court is smaller and the net lower. As a result, the game is much faster than traditional volleyball. Athletes must be able to quickly react to situations and use their hands to not only play the ball but to move on the floor as well. Quick reflexes and strong hand-eye coordination are key to being successful in sitting volleyball. Due to the speed of the game, athletes need to be able to play the ball in a variety of unique situations, including with one arm, two arms, overhead and with control in all situations.

# WHO CAN PLAY?

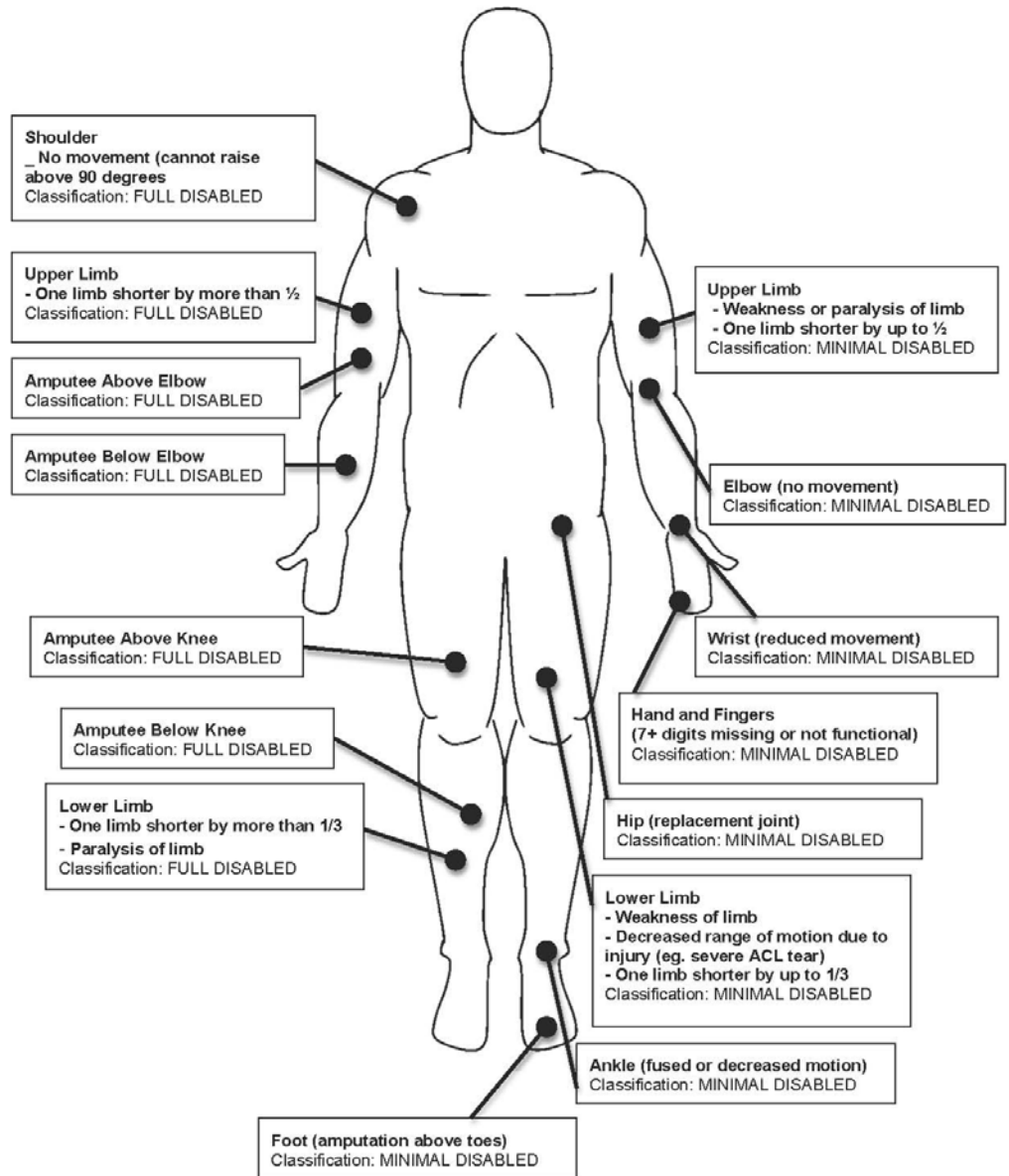
For international competition, sitting volleyball is only open to athletes with a physical disability who meet the minimum disability requirements for volleyball. An athlete's disability must be permanent (either progressive or non-progressive) and approved by international classification. Athletes with progressive physical disabilities (i.e., muscular dystrophy, multiple sclerosis, etc.) are given a Minimal Disabled classification and must be classified at each competition.

Domestically in leagues and recreational programs, sitting volleyball can be played by both able bodied and athletes with a disability. Because of the focus on quality ball contacts and strong all around ball control skills, sitting volleyball is great cross-training for able bodies athletes.



## Classification Figure for International Sitting Volleyball

The below diagram is a guideline for international classification. The classification below does not prevent other athletes from competing at community, club and national levels.



## SITTING VOLLEYBALL IN CANADA

Sitting volleyball in Canada is slowly gaining more exposure and development from coast to coast. Canada currently has two national teams for sitting volleyball (one male and one female), that compete internationally in preparation for major games such as World Championships, Para Pan Am Championships and the Paralympic Games.

Domestically, there are a number of recreational and competitive playing opportunities across the country and all athletes with a disability and able bodied athletes are welcome to participate.



## GET INVOLVED!

For more information on Sitting Volleyball and opportunities in your area please go to one of the following options:

Email: [disabled@volleyball.ca](mailto:disabled@volleyball.ca)  
 Website: [www.volleyball.ca](http://www.volleyball.ca)  
 Facebook: Team Canada Sitting Volleyball