

Paralympic Sport - Sitting Volleyball

Sitting volleyball - is a Paralympic sport using a smaller court and lower net. It provides an ideal activity for mixed ability groups.

Age Range

Any age

What you need

- Sitting volleyball is played on a 10m x 6m court, with a reduced net height (1.15m for men, 1.05m for women).
- However, for recreation, practise or beginners, it can be played in any available indoor or outdoor space.
- There are official nets and balls for sitting volleyball, however, a net can be adapted using rope, tape, or another type of net (eg. a badminton net).

How to play – game basics

- Two teams of 6 players (for practise or recreation, any number can play depending on space available)
- Players must sit on the floor/ground.
- Teams score points by sending the ball over the net so that it touches the floor in their opponents' court. A point is scored if the ball lands in the opponents' court or they cannot return the ball.
- In competition, part of the player's back or buttocks must be in contact with the floor when playing the ball.
- As in standing volleyball, there can be no 'double hits' – ie. a player cannot hit the ball twice consecutively.
- As in standing volleyball, there are a maximum of three hits per team before the ball must cross the net.



Something to think about

Explore ways of ensuring that all the players are equally involved.

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BESO can be applied to adapt or modify the activity as in these examples.

tegeBar (Task)

- Introduce rules gradually; for example, do not penalise 'double' hits in the beginning or allow more than three team hits before the ball crosses the net.
- Allow the players to play the ball off one bounce initially.

hEzebe (People)

- Some players may prefer to play from a seated position in a chair or wheelchair; in competition sitting volleyball, everyone must be on the floor.

quSaquse (Equipment)

- In competitive sitting volleyball, the net should be 1.15m high (1.05 for women); however, the net can be set at different heights to suit the age or ability of the players. Or play without a net!
- Try using different types of ball:
 - lightweight balls,
 - slower-moving balls,
 - even balloons initially.

bOta (Space)

- Vary the size of the court to suit the number of players; for example, if there are more players, use a bigger space. (However, note that if some players become less involved, it may be better to divide the group into 4 teams and play two games!)
- In recreational play, sitting volleyball can be played outdoors on grass; however, care should be taken to avoid abrasions (for example, legs covered).

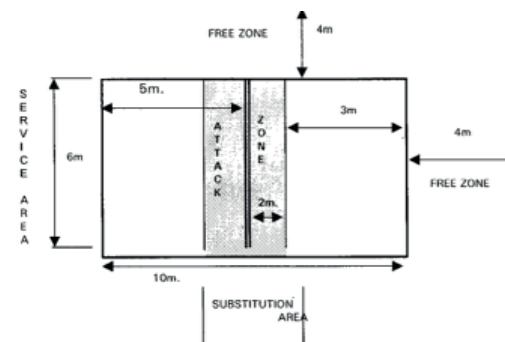
Safety

- Be careful to protect players whose skin or legs may be sensitive to rough surfaces – they should sit on a mat or something soft.

How to improve

- Work together as a team; try to play the ball to the person in the best position.

Court Dimensions



Extension game - Slide

Sitting volleyball is not a static game; although seated, players can slide, shuffle and move to cover the court and play the ball. Try these variations to encourage movement:

- As soon as the ball is played, the player must move to another position on the court by sliding or shuffling.
- Players spin around on the spot every time they play the ball.
- Players play the ball in a different way each time they touch the ball; for example, left hand, then right hand, then both hands.