

GET DOWN WITH OUR GAME

USA Volleyball is proud to be the National Governing Body (NGB) for the sport of volleyball in the United States as a part of the Olympic and Paralympic movement. Sitting volleyball is a discipline of volleyball in which athletes play from a seated position and has a few rule differences from the standing game.

RULE DIFFERENCES

Sitting volleyball rules are nearly identical to standing indoor volleyball with a few key differences. For more information on the rules of sitting volleyball, visit: go.usav.org/sittingvb

Court Size and Net Height

The court dimensions are 10m x 6m with a 2m attack line, and a net height of approximately 3.5 feet (1.15m for men, 1.05m for women).

Blocking Serve

Players may block or attack a ball served by the opposing team.

Contact with the Court

Players must keep a small portion of their upper body (defined as the area from the buttocks to the shoulder) in contact with the court when contacting the ball. A player's position on the court is determined by the location of the buttocks, allowing a player's limb(s) to cross the service, attack and center lines, provided they do not interfere with the opponent.



U.S. NATIONAL SITTING VOLLEYBALL TEAMS

The U.S. Men's and Women's Sitting National Volleyball Teams are based in Edmond, Oklahoma, at the University of Central Oklahoma. Athletes can train in a resident-athlete program while also pursuing their college degrees or working in the community.

National team athletes have a wide variety of athletic backgrounds including those with volleyball experience and those with no previous volleyball experience – they are simply athletes.

If you are an athlete with a physical impairment and would like to explore trying out for a national sitting team, send an email to sitting.volleyball@usav.org.

EVERYONE CAN PLAY!

Athletes and non-athletes, young or old, physically disabled or able-bodied, are encouraged to play sitting volleyball. Most nationwide events do not require players to have physical disabilities to compete. Only at the national team level is an athlete required to have a classifiable physical disability. For more information regarding the national team program, email sitting.volleyball@usav.org. For information at the regional level, email paravolley@geva.org.

WHERE CAN I PLAY?

Sitting volleyball can be played in any gym, racquetball court or wherever a net can be hung. Some volleyball clubs host regular sitting volleyball programming as do Paralympic Sport Clubs, City Parks and Recreation Departments, Veteran Affairs facilities and other disabled sport or rehabilitation centers in communities like yours. One-day tournaments are also hosted by various organizations around the country every year, and there is a Sitting Division within the USA Volleyball Open National Championships held annually around Memorial Day weekend. To find a Regional Sitting Volleyball Program, email: sitting.volleyball@usav.org.

Start a Sitting Volleyball Program or Host a Tournament

For resources, support and information to start a new program or tournament in your area, contact us at geva.org/paravolley.