

Paralympics Fact File

All About Sitting Volleyball

What is Sitting Volleyball?

Sitting volleyball is a sport for all athletes with a physical impairment. Many athletes are amputees.

The aim of sitting volleyball is for each team to score points by landing the volleyball in the opponent's court.

Sitting volleyball is played on a smaller court than Olympic volleyball (1 metre by 6 metres) and a lower net is used.

Sitting volleyball is for both men and women's teams.

The Rules

- In the game, players need to make sure they make contact with the floor at all times.
- Teams have three passes to form an attack, before the ball has to go over the net.
- Teams are allowed to block their opponent's 'serve'. This is not allowed in the Olympic sport.
- Each team is allowed six players on court at one time. A 'libero', who plays in defence, wears a different-coloured shirt.
- The first team to 25 points wins a set but they must win by two clear points.
- The first team to win three sets is the winner. A maximum of five sets are played. If a match goes to a fifth set, the first team to 15 points and with a 2 point advantage, wins!



Facts About Sitting Volleyball:

- Sitting volleyball began in the Netherlands in the 1950's. It was a cross between volleyball and a German game called 'sitzbal'.
- Sitting volleyball was introduced at the Arnhem Paralympic Games in 1980. It was taken out of the games in 1991 and then re-introduced in 2012 for the London Paralympics.
- In the London 2012 Paralympic Games, 198 athletes competed in sitting volleyball events.
- In Rio 2016, Iran won the gold medal in the Men's Sitting Volleyball event and USA won gold for the Women's Sitting Volleyball event.