



What is sitting volleyball?

Sitting Volleyball is an adapted version of Indoor Volleyball.

Rule similarities are:

- ✓ Games are best of 5 and played to 25 points (except the 5th game that is played to 15)
- ✓ 6 players are on the court at a time
- ✓ Each team can have up to 2 liberos
- ✓ Serve, pass and attack rules remain the same

Rule differences are:

- ✓ The net is lower to the ground (Women - 1.05m, Men - 1.15m) and the court is smaller (6m wide by 5m long)
- ✓ Sitting volleyball is played on the ground without prosthetics or mobility aids
- ✓ Player's buttock or torso must remain in contact with the ground when in the front row
- ✓ Players can block the opponents serve



Who can play?

Anyone can play sitting volleyball recreationally! In order to play on a national team, athletes must be eligible based on classification requirements; athletes will have varying physical disabilities and impairments.



What is classification?

Athletes are evaluated and placed into the categories of VS1 or VS2. Disabilities and impairments that are eligible for sitting volleyball include, but are not limited to:

- Limb deficiency – amputation or limb dysmelia
- Leg length difference
- Limb deficiency
- Hypertonia
- Ataxia
- Athetosis
- Spinal cord injuries
- Loss of range of motion
- Loss of muscle strength

There is a wide range of athletes who are eligible to play. If you have a disability or physical impairment, it is very likely you can classify for sitting volleyball.

[More Info](#)



Get Involved

Contact the Sitting Volleyball Head Coaches:

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Follow our teams on Instagram:

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