



SITTING VOLLEYBALL STARTER PACK

#InclusiveByDesign



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Never played sitting volleyball? Not sure what the sport is all about? Not sure of the rules of the game or how to get started? This Volleyball England guide should answer those basic questions – and give you the means to find out more – about a sport that has been designed to be inclusive, hence the hashtag #inclusivebydesign.

1. WHAT IS SITTING VOLLEYBALL?

Sitting volleyball is an inclusive, fast-paced, fun sport that can be enjoyed by everyone. There is a myth that it is just for people with an impairment... this is not the case – it is an inclusive sport that everyone can enjoy.

Sitting volleyball originated in the Netherlands in 1956 as a combination of volleyball and sitzball, a German sport. It was introduced by the Dutch Sports Committee and saw its first international competition in 1967 in Flensburg, Germany.

Sitting volleyball is played on a court (10m x 6m) and the net is 1.15m high for men and 1.05m for women. It is played in a best-of-five set format, and the first to reach 25 points (15 in the fifth set), with at least a two-point lead, wins the set.

An important rule in sitting volleyball is that players must be sitting, and their torso must maintain contact with the floor when playing the ball. Athletes slide around the court using their arms, without leaving a sitting position.

Each team is allowed six players on court, including a libero (defensive specialist), who will wear a different coloured shirt to the rest of the team.



2. GB SITTING VOLLEYBALL

The award of the London Paralympic Games in 2005 created renewed interest in the sport, not only in England, but all across Great Britain, with GB Sitting Volleyball Men's and Women's teams competing in the London 2012 Paralympic Games. Want to represent Team GB in the future? Visit [British Volleyball](#) to learn more about the current GB senior squads and the international events entered.

3. WHAT DO YOU NEED TO GET STARTED?

To get started all you need a net and a ball. You can play sitting volleyball almost anywhere, and you can adapt the game to suit the facility, abilities and ages of the players.

- **Net height:** In competitive play, the net should be 1.15m high for men and 1.05m high for women. However, you can adjust the height to suit the players in a recreational setting. You can also play without a net.

- **Ball:** You can use a volleyball or lightweight balls, slower-moving balls such as a beach ball, or even balloons, to suit the needs of the participants.
- **Court size:** The court is usually 10m by 6m, but you can set the size depending on your venue and space.
- **Players:** Each team can have up to six players on court.
- **Contact:** Players must keep their pelvis in contact with the floor at all times.
- **Passes:** Teams have three passes to form an attacking play before the ball must go over the net.
- **Service order:** Players move round the court taking turns to serve.



4. PLAYING A GAME

To play sitting volleyball, you can follow these rules. However, like with other aspects of the sport, games can be adapted:

- **Teams:** Divide into two teams of six players.
- **Court:** Define your court,
- **Contact:** Players must keep their pelvis in contact with the floor at all times. When hitting the ball, at least one buttock or an extension of the torso must be on the floor.
- **Serving:** The first player serves the ball with their buttocks behind the service line at the back of the court.
- **Passing:** Teams have three passes to form an attacking play before the ball must go over the net.
- **Scoring.** The first team to win 25 points wins a set, but they must win by two points. The first team to win three sets wins the match.
- **Movement,** Players move around the court by sliding or shuffling.

5. RUNNING A SESSION

When starting to run your own sessions, always try to make them fun and adaptable to the people taking part whether following drills or creating games and mini challenges. Volleyball England have a database of drill and challenge ideas that can be found [here](#).

Try and advertise your sessions and much as possible and make sure you are using the right message to the right people. Resources to get started can be found [here](#).



6. FIND OUT MORE

To find further information about Sitting Volleyball, you can view these links:

Volleyball England

<https://www.volleyballengland.org/get-involved/play/sitting-volleyball>

[Looking for a club to play sitting volleyball](#)

British Volleyball

[British Volleyball](#)

World ParaVolley

[Volleyslide short resources](#)

[Sitting Volleyball Getting Started](#)