

CLASSIFICATION FOR COMPETITION IN THE UNITED STATES

EVERYONE PLAYS!!

For domestic competition of sitting volleyball, there is no requirement for classification of disabilities to play. Rather, it is encouraged that all athletes, able bodied and physically disabled, play together. This promotes inclusion of all athletes and helps to increase the quality of play between veteran and new volleyball players. Additionally, sitting volleyball is a great cross-training method for standing volleyball players to focus on their reading and ball handling skills.

CLASSIFICATION FOR INTERNATIONAL COMPETITION

Sitting Volleyball is recognized as the Paralympic discipline of volleyball internationally. In such competition, players are required to have a qualifying disability as determined by a classification process. To be classified, each player is evaluated by two medical classifiers who measure an athlete's functional loss. Based upon this evaluation, an athlete may be classified as Minimal Disabled or Disabled.

A Minimal Disabled athlete has lost some muscular strength, flexibility, or a combination of the two, in a joint that hinders the athlete's ability to play volleyball. A Disabled athlete has lost complete muscular strength, flexibility, or a significant combination of the two in a joint. Teams competing in official international competition are permitted to have a maximum of two Minimal Disabled athletes on the roster, and only one is permitted to be in the lineup at a time.

RULES OF THE GAME

Sitting Volleyball follows almost all of the same rules as the standing game, with only a few modifications:

1. Court Dimensions - 10 meters in length x 6 meters in width
2. Attack Lines – 2 meters from the net
3. Net Height - 1.15m for men; 1.05m for women
4. A player's bottom must be in contact with the ground when contacting the ball.
5. The contact of a player's bottom determines their location on the court. A player's limbs may cross the center line, attack line, and service line.
6. Blocking and/or attacking a served ball is permitted.

GET INVOLVED!

For more information about sitting volleyball and opportunities to play in your area, please visit www.usavolleyball.org, or email your questions to sitting.volleyball@usav.org.

CLASSIFICATION FIGURE FOR NATIONAL TEAMS & INTERNATIONAL COMPETITION

The diagram below is a guideline for international classification. The classifications shown below do not prevent athletes from playing in community, club and domestic competitions.

