

USA Volleyball Regions

WHERE TO PLAY?

To contact your local region volleyball association, go to:
<http://www.teamusa.org/USA-Volleyball/Membership/Regions.aspx>



National Teams and additional information:
405-974-3153
Sitting.Volleyball@usav.org



USA Sitting Volleyball



UCO TRAINING SITE .COM





USA Sitting Volleyball



ABOUT USA VOLLEYBALL

USA Volleyball (USAV) is the National Governing Body (NGB) for the sport of volleyball in the United States and is recognized as such by the Federation Internationale de Volleyball (FIVB), the World Organization Volleyball for the Disabled (WOVD), and the United States Olympic Committee

(USOC). The vision of USA Volleyball is to be acknowledged as the world leader in volleyball, and is committed to and works toward the opportunity for all to participate.

WHAT IS SITTING VOLLEYBALL?

Sitting Volleyball is a discipline of Volleyball that can be played by young and old, physically disabled and able-bodied. The rules of the game are very similar to the standing game, with only a few minor differences. First, the court is approximately 1/3rd in size at 10 meters in length divided equally in half by the net and 6 meters in width. Second, the net is 1.15 meters high for men and 1.05 meters for women. Next, a player must keep a small portion of their upper body (defined as the area from the buttocks to the shoulder) in contact with the ground when contacting the ball. Finally, a player's position on the court is determined by the contact of the buttocks with the ground. This means that a player's limbs may cross the center, attack, and service lines, as long as they do not interfere with an opposing player.



WHO CAN PLAY?

In the United States, all athletes, physically disabled and able-bodied, are encouraged to play sitting volleyball. The fast paced nature of the game not only provides a great workout, but a tremendous amount of excitement to win the next point. To compete as part of the national teams

in official international competitions, athletes with a physical disability have the opportunity to tryout and attend development camps specifically to work on their volleyball skills, and to learn the strategies and techniques employed at the highest levels.



ABOUT THE NATIONAL TEAM

The U.S. National Sitting Volleyball Teams are based in Edmond, Oklahoma at the University of Central Oklahoma (UCO), an Olympic and Paralympic Training Site. Here, athletes train on a daily basis as part of the resident-athlete program, while they pursue college degrees or work regular jobs.

To be considered for the national team, athletes may request a tryout at UCO. If an athlete lives away from campus, then another method for evaluation will be considered. Depending upon an athlete's athletic abilities and/or volleyball skills, an athlete may be invited to join the A2 team which is the development program for potential athletes. Athletes advance to national team training status once it has been deemed appropriate by the respective national team head coach.

