

Sitting Volleyball Information Sheet

About the sport

Sitting volleyball made its Paralympic debut at the Arnhem 1980 Paralympic Games. Sitting volleyball is played on a smaller court (10m x 6m) and a lower net (1.15m for men; 1.05m for women). It's played in a best-of-five set format, and the first to reach 25 points, or 5th set being played to 15 points, with a minimum lead of 2 points, wins the game.

Teams consist of mixed classes in male and female events, with up to 14 players selected and six on the court at a time - 5 players are from the VS1 class and 1 player from the VS2 class. At all times, an athlete's bottom must be touching the ground, and service blocks are allowed.

Who can compete?

Sitting volleyball is open to athletes with a physical impairment. Athletes are required to submit medical reports and meet the minimum impairment criteria in order to compete.

Eligible impairments	Description	Minimum Impairment Criteria
Muscle Weakness / Impaired Muscle Power	Muscle weakness or paralysis from conditions such as muscular dystrophy, multiple sclerosis, nerve damage, spinal cord injury or other spinal condition or change in muscle origin/insertion.	Loss of strength in at least one hip, knee, shoulder, elbow, wrist or hand.
Impaired Passive Range of Movement	Restricted passive movement or tightness in a joint/s from conditions such as joint fusions and other restricting conditions.	Joint movement restrictions in at least one hip, knee, ankle, shoulder, elbow, wrist or hand.
Limb Deficiency	Partial or complete absence of bones or joints or anatomically irregular limb dimensions due to trauma, illness or deficiency from birth.	Arm: loss of fingers on one or both hands or shortened arm by 25%. Leg: Loss of ½ length of one foot.

Limb Length Difference	Significant difference in leg length due to a deficiency at birth or trauma.	The difference must be at least 7% between legs.
Co-ordination impairments – Hypertonia / Spasticity, Motor Ataxia, Dyskinesia	Impairments from neurological conditions such as acquired brain injury, cerebral palsy and multiple sclerosis that affect co-ordination and smoothness of movement and balance.	Co-ordination or movement difficulties in at least one arm or leg.

Sitting Volleyball Sport Classes

Sport Class	Description (Guide Only)
VS1	Athletes with more significant impairment.
VS2	Athletes with less severe impairment.
Not Eligible (NE)	Athlete does not meet the minimum criteria for the Para sport classes but may still be able to compete. Contact Volleyball Australia for more information.

Find out more

To get involved or for more information contact:

Volleyball Australia

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Note: The classification information provided is intended as a guide only. Only authorised classifiers are able to provide a formal classification in accordance with the rules of the sport.