



Source: Laura Codenzi

SITTING VOLLEYBALL

It is a Para sport with the same goal as conventional volleyball: hit the ball over the net to ground it in the opposing team court.

TYPES OF IMPAIRMENT

Physical

SPORT CLASSES

(VS1) Athletes with impairment

(VS2) Minimum impairment


AT LEAST TWO VS2 ATHLETES ON THE ROSTER AND ONE VS1 ATHLETE IN THE COURT.

RULES OF THE GAME

- 1** Each team may hit the ball three times before sending it over the net.
- 2** The opponent's can be blocked or attacked.
- 3** Two lines of three players each are set on the court. When the receiving team wins the service, they rotate a position.
- 4** A "LIFTING" foul is marked when the pelvis completely leaves the ground when touching the ball.

COURT

NET HEIGHT

-  1.15 m
-  1.05 m

REFEREES

-  2

