

## 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. It's played in a best-of-five set format, and the first to reach 25 points (with at least a two-point lead) wins the game.

Teams consist of mixed classes in male and female events, with 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 athletes' 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
Loss of limbs	Partial or complete absence of bones or joints due to amputation or deficiency from birth.	<p><b>Arm:</b> loss of fingers on one or both hands or shortened arms.</p> <p><b>Leg:</b> Loss of ½ length of one foot</p>
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.	Loss of strength in at least one hip, knee, shoulder, elbow, wrist or hand.

<b>Eligible impairments</b>	<b>Description</b>	<b>Minimum Impairment Criteria</b>
Co-ordination impairments - Hypertonia, Ataxia, Athetosis	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
Restricted joint movement/ Impaired passive range	Restricted movement or tightness in a joint/s from conditions such as joint fusions and other restricting conditions.	Joint movement restriction in at least one hip, knee, ankle, shoulder, elbow, wrist or hand.
Leg length difference	Significant difference in leg length due to a deficiency at birth or trauma.	The difference must be at least 7cm between both legs

## **Sitting Volleyball Sport Classes**

<b>Sport Class</b>	<b>Description (Guide Only)</b>
VS1	Athletes with more significant impairments.
VS2	Athletes with less severe impairments.
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.