



(U2L5-6R3) Modified Game: Sitting Volleyball

Sitting Volleyball

An alternative version to traditional standing volleyball using a smaller court and lower net. Sitting Volleyball is a Paralympic sport.

Playing the Game

What you need

- Any suitable indoor / outdoor playing area. Ideally the court should measure 10 metres by 6 metres
- Net or rope (with ribbons)
- Beach ball / light plastic or rubber ball / standard volleyball.

What to do

- Played by 2 teams with 6 players a team (if possible)
- Players must be seated
- Teams try to hit the ball over the net so that it touches the ground on their opponents' side.
- Rallies continue until the ball touches the ground, the ball goes 'out', or their opponents fail to return it.
- A point is scored if the ball lands in the opponents' court or they cannot return the ball. Normally, there is a maximum of three hits per team then the ball must cross the net.

