

Growing the Game at the Regional Level

Sitting Volleyball:

What IS Sitting Volleyball?

VOLLEYBALL...except you sit to play!

RULES are about the same except:

- Net is lower (about 1.1m high) and court is smaller (10mx6m)
- You may block or attack a serve
- Small portion of upper body (butt to shoulders) must be in contact with the ground when contacting ball.
- No foot fault violations call, but rather contact point of butt on the floor determines location on/off court.

Check out [THIS](#) quick 2m video for more!

Who can play Sitting Volleyball?

ANYONE can play!

This is a great cross train for our able-bodied athletes!

It's low impact, but so fast!

To qualify at the Paralympic level...a disability such as limb loss is required for qualification.



WHY Add (more?) Sitting?

Perfect low impact, high speed cross train



Safe & fun Parent/Player night activity



Modifiable to suit any ability level



Easily modify your existing equipment



Why Invest?

Reasons Some Clubs Offer Sitting

- 1) IT'S FUN!
- 2) It's a great discipline for injured/disabled athletes
- 3) For an opportunity to include everyone...INCLUSION

PASSION > duty → Bottom line: It's the right thing to do!

Wheelchair basketball commercial

We All Play for Canada (kids basketball) commercial

Why Invest?

Reasons Some Clubs Offer Sitting Volleyball

4) **And....To help our National Team Athletes!**

Adding Sitting Opportunities/events helps our National team athletes as the more exposure to the sport, the better!

Also--our national team is always on the lookout for qualified athletes. If you have an athlete in your club who may qualify for that Paralympic pipeline (ie: limb loss), contact the national team staff or specifically Elliot.blake@usav.org.

WHO
is your
target
audience?



Your current members!

And possible event nights with:

- Youth? Adults? Aged?
- Disabled in your community?
- Injured or any athlete not able to continue playing standing?
- Local Vets/Wounded Warriors?
- PE programs?
- Rehab Facility Partnerships

WHAT will you offer?

Will you offer...

- A one-off event, such as a Family night or a 3v3 split court sitting event? Other short term programs?
- Repeating, long term programs such as leagues, etc?

What are your short and Long range goals?

What would be YOUR PERFECT PROGRAM?

THERE IS NO "RIGHT" PATH. ***EXPLORE.***



Sitting Volleyball Resources

Listen/support SittingHappens Podcast (Dan Mickle & Jon Aharoni)

SittingVolleyball.org

[USA Volleyball page](#)

Other ideas?

For more info or to share notes & photos of your club's sitting offers, contact Michelle Goodall, Iowa Region Sitting Volleyball Director.

michelle@iavbreg.org or 515-229-6114