

Sitting volleyball

Sitting volleyball is a form of volleyball with two 6-player teams, where they play the ball from a sitting position with a buttock in contact with the floor. The players must use their arm strength to move around the court, sliding across it while keeping their buttocks in contact with the floor.

Rules:

Generally the same rules as for regular volleyball

Each match is the best of five sets, meaning the first team to reach three sets wins the match. The ball is the same as a regular volleyball but the match is played on a narrower court and with a lower net compared to regular volleyball. If a player fails to keep a buttock in contact with the floor, this is classed as a “lifting” foul.

While a buttock must remain in contact with the floor during the service, attack and block, players are allowed to lift their buttocks for a moment when playing the ball in a defensive action.

Column:

A sequence of clever play using various combinations!

In the same way as in Olympic volleyball, the libero – a back-row defensive specialist – has been introduced and it is important for the team to work as one for defence. In order to dodge the opponent’s blocks during the attack, players often use combination play such as the quick and feint. Since it is permitted to block an opponent’s service, players need to be skilled in producing a strong service, the course of which the opponent is unable to read. Ingenuity and strategy unique to sitting volleyball are essential for both defence and attack. Also, look out for sequences of clever play regardless of attack or defence.

Iran, Egypt, China and the USA are ranked high in the world. The Japanese team missed out on qualifying for the Rio 2016 Games but are in training for the Tokyo 2020 Games.

Trivia:

Players must wear specific indoor shoes and socks.

Venue:

At the Tokyo 2020 Paralympic Games, sitting volleyball will be held at Makuhari Messe Hall A.