**Sitting volleyball Rules**

**Year group: Year 5 & 6 combined**

**Gender: Mixed**

**Team criteria: This is a SEN competition or for inactive young people.**

6 players playing and 10 in a squad.

2 girls playing at all times

**Format:**

Heigh of pitch roughly a badminton/tennis net lowered down to floor level.

**Rules:**

Teams aim to hit an inflatable ball over a net and land it within the opposition's court.

Teams have three passes, to form an attacking play, before the ball has to go over the net.

Sitting Volleyball requires players to maintain contact between their pelvis and the floor **at all times.**

The position of each player is determined and controlled by the position of their bottoms. This means that the hand(s) and/or leg(s) may lie in the attack or free zone outside the court.

“Bottom” is defined as the upper part of the body, from shoulder to one’s buttocks.

Touching the opponent’s court beyond the centreline with a hand is permitted, if some part of the penetrating hand remains either in contact with or directly above the centreline. To contact the opponent’s court with any other part of the body is forbidden. The player may penetrate into the opponent’s space under the net, provided there is no interference with the opponent.

The player is not allowed to lift his/her bottom from the court when executing any type of attack-hit. The back-row player may perform any type of attack-hit from any height, if at the time of the hit the bottom does not touch or cross over to the attack line.

The player must have contact with the court with some part of the upper part of the body at all times when playing the ball, except when making a defensive free zone play. In such defensive play, a loss of contact with the court is permitted for a moment.