



CEREBRAL PALSY AWARENESS - WHAT IS POSSIBLE?

SITTING VOLLEYBALL

WHAT IS SITTING VOLLEYBALL?

Sitting volleyball has many similarities to its stand-up version, but as its name implies is played from seated positions. At all times, the athlete's pelvis must be in contact with the ground. There are up to 12 players on a team, requiring everyone to work together to score points against the other team.

WHO CAN TAKE PART?

Individuals with a physical impairment can participate in Sitting Volleyball. However, for competition, individuals would require to be able to sit on their bottom unaided.



CLASSIFICATION

Due to the format of the game of Sitting Volleyball, there is no specific classification for individuals with Cerebral Palsy.

Individuals can either be classified with a 'MD' classification (which means that individuals have an impairment but this has a minimal impact on their performance), or a 'D' classification (which means individuals are more affected by their disability).



World ParaVolley is recognised by the International Paralympic Committee (IPC) as the sole International Federation responsible for the governance, planning and management of all forms of volleyball for persons with a physical impairment. Sitting Volleyball is a Paralympic sport and at Rio 2016 a total of 192 athletes competed.

World Para Volley aims to deliver a variety of the highest quality Volleyball programs and competitions for athletes with a physical impairment through the implementation of effective governance, development, training, education, research and event management activities.



www.cpisra.org/sport/volleyball/
www.worldparavolley.org