

GUIDE TO DISABLED VOLLEYBALL

From minimal disability to major handicaps, statistics indicate seven percent of any population is disabled. This guide gives you the opportunity to promote volleyball to those with whom you may cross paths who are disabled and want to play our great game! Volleyball easily fits with the motto of Disabled Sports/USA: "If I Can Do This, I Can Do Anything."

Along with wheelchair basketball, sitting volleyball has become one of the most widely played and most popular sports in the disabled society. In some parts of the world, the matches are televised. Disabled volleyball is played with participants standing, sitting and in wheelchairs. The sport allows for participation by amputees, as well as cerebral palsy athletes.

We urge you to take the time to teach anyone how to play the sitting version, even if over a rope in a classroom on a night you might have lost the main gym. Please take the time to find those athletes aspiring to play volleyball and join with them in training, either in standing or sitting versions...you'll be amazed.

Volleyball — An Ideal Sport for the Disabled

Volleyball is a team sport which can be played by the disabled and able-bodied. It can be played by youth, juniors, adults and seniors in any combination. Unlike many sports, volleyball can be played at all levels co-educationally, creating a gregarious and integrating atmosphere that is appreciated by all involved.

Volleyball is a uniquely universal sport, as it includes persons of minor disability, as well as people who are more severely handicapped. Top international sitting teams use setters who are double-leg amputees and these athletes are much faster in on-court movement.

Volleyball practice is economical, especially for sitting volleyball, since no expensive prostheses, wheelchairs and

special sport equipment are needed. All that is needed is floor space, a rope or net, and a ball.

Disabled Volleyball History

The need for disabled people to compete in sport arose during and after World War II. The rehabilitation process for disabled veterans progressed at a quicker pace when a sporting activity was involved in stimulating recovery. After the war, sitting volleyball was invented in The Netherlands. The first competitive international match was played in 1957.

Disabled Sports/USA (DS/USA), founded in 1976, is the national organization chartered to provide access to year-round, grassroots sports and recreational programs for children and adults with disabilities. The organization supports the vertical integration of disabled athletes into the National Governing Bodies (NGBs) of the United States Paralympics (USP) on an equivalent basis. The USP was formed in 2001 as part of the U.S. Olympic Committee (USOC) and works with USA Volleyball (USAV) in the development and training of the USA Women's and Men's National Sitting Teams for international World Championships and the Paralympics. The USA Men's Standing Team is self-supported at this time.

The international governing body for volleyball for athletes with physical disabilities is the World Organization Volleyball for Disabled (WOVD). WOVD oversees international championships and tournaments, including zonal championships, World Championships and the Paralympic Games. For more information, log on to <http://www.wovd.info>.

Standing Volleyball

Standing volleyball is played by regular volleyball rules with one exception: on-court player rankings of "A", "B" or "C". The six players on court must include a minimum of one "C"

class player, and may include a maximum of one “A” class player. If a Libero is on court, the six players must still satisfy this requirement. This is known as a classification system. Players are not classified “A”, “B” or “C” by their ability to play, but by the severity of their disability. “A” is considered a minimum disability and “C” would be someone with a more severe disability.

A complete set of rules for standing volleyball can be found and downloaded from the World Organization Volleyball for Disabled website at www.wovd.info.

Wheelchair Volleyball

Wheelchair volleyball is now being developed in Europe, and is played on a court 7 m x 12 m, over a net about 1.75 m in height. For more information, contact the World Organization Volleyball for Disabled (WOVD) at WOVD Headquarters, Secretary General Mr. J.A.J. Herrebrugh, Kraaivenstraat 45 B, 2820 Rijmenam, Belgium. E-mail: sg@wovd.info.

Sitting Volleyball

A complete set of rules for sitting volleyball can be found and downloaded from the World Organization Volleyball for Disabled website at www.wovd.info.

The regulation sitting court size is 6 m x 10 m. Boundary lines are included in the court. The centerline divides the court into two courts, 6 m x 5 m each. A racquetball court is almost perfectly sized, especially when using a lowered Wallyball net. The lines of a regular court using two linked nets down the middle allow for three courts (end line to 3-meter line; 3-meter line to 3-meter line; 3-meter line to end line).

Most programs use a normal net that is 1 m wide and 10 m long attached to the standards of a 9 m x 18 m court. (Internationally, a regulation net is 80 cm wide and 6.5 m long).

The net height is 1.15 m for men and 1.05 m for women.

The attack lines are drawn parallel to the centerline, 2 m from the middle of the centerline. The service zone is marked with two lines, each 15 cm long and placed inside the service zone at the end of each court, 20 cm behind and perpendicular to the end line. Both are drawn as an extension of each sideline.

The court size and height of the net may be modified for sitting volleyball. Modifications to gym space are acceptable for local play, as long as both courts are equal in size.

Key Rule Modifications for Sitting Volleyball

- The position of each player is determined and controlled by the position of his/her bottom. This means that at the time of service, the hand(s) and/or legs of back-court players may lie in the attack zone, and that the hand(s) and/or legs of on-court players may lie off court.

- "Bottom" is defined as the upper part of the body, from the shoulder to one's buttocks.

- Touching the opponent's court beyond the centerline with a hand is permitted, if some part of the penetrating hand remains either in contact with or directly above the centerline. The players' legs may penetrate into the opponent's court or space under the net, provided there is no interference with the opponent.

- At all times during playing actions, the players must contact the court with some part of the body between the buttocks and the shoulders, except that a *short* loss of contact with the court is permitted when playing the ball, excluding the service, the block and attack hit when the ball is completely higher than the top of the net. To stand up, raise the body or take steps is forbidden.

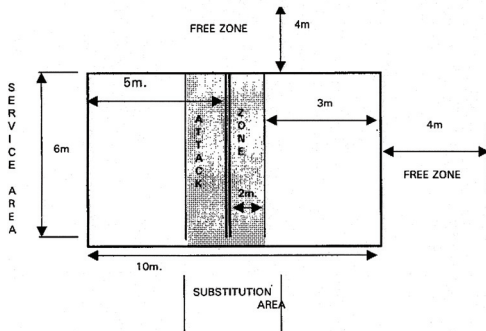
- The back-row player may perform any type of attack-hit from any height, if at the time of the hit the bottom does not touch or cross over to the attack line.

- The referee's official hand signal of "lifting from the court" is made by raising the upper hand and forearm positioned parallel to the floor and mirror imaging the lower hand and forearm.

- Referees in sitting volleyball must stand to the sides of the court because of the height of the net and the fact that the players are in a seated position.

- Blocking a served ball is allowed.

Sitting Volleyball Court Diagram



Paralympics

Volleyball has been a Paralympic discipline for more than 20 years. The first Paralympics were conducted in 1960 in Rome, although the expression "The Paralympic Games" was first used in 1984. Although in the beginning it only included men's competition, women's sitting volleyball was added to the Athens 2004 Summer Paralympics. In the 2004 Athens Games, the U.S. women's sitting team earned a bronze medal; and the men, although ending up in sixth place, earned valuable international experience.

The U.S. women's sitting team won the silver medal at the 2008 Paralympics in Beijing, China. The U.S. men narrowly missed the opportunity to compete in Beijing by virtue of a defeat

at the hands of Brazil at the 2007 Parapan American Games.

The USA needs to identify and train the top American athletes for men's and women's sitting and men's standing volleyball. In 2009, Bill Hamiter was selected as the first high performance director and resident head coach for the U.S. Sitting Teams, which are based at the University of Central Oklahoma (UCO) in Edmond. He will work closely with Elliot Black, the sitting volleyball coordinator at UCO.

USA National Championships

The U.S. Standing Volleyball Team competed in the "A" Division at the 2003 U.S. Open Championships in Minneapolis, Minn. – an event designed for non-disabled athletes. The Sitting Men's and Women's Teams also use Nationals and various Junior Qualifiers as training and talent awareness stops on their quadrennial journey to the Paralympics.

Disabled Sports/USA annually holds the National Amputee and Les Autres Games, including the Standing and Sitting Volleyball National Championships. Teams need only three disabled on the roster and two disabled players on the court at all times.

Resources

- If you would like to play, organize or coach a disabled volleyball team, including establishing a volleyball program in your area, please check out the web sites of www.dsusa.org and www.usavolleyball.org.

- For more information on WOVD officiating in the United States, contact Joe Campbell at (713) 856-5565 or iokepa1@yahoo.com.

- For more information on the sitting team programs at UCO, contact Elliot Blake at (405) 974-3153 or jblake1@uco.com or Bill Hamiter at (405) 974-3138, bill.hamiter@usav.org.

**2011-2013 DOMESTIC COMPETITION
REGULATIONS (INDOOR)
TECHNIQUES, MECHANICS & PROCEDURES**

Referee Techniques

1. Roster verification:

Rosters, if used, are verified pre-match by the scorer, assisted by the second referee. Both referees visually review uniforms for legality.

2. Coin toss procedures:

USA Volleyball does not designate “home” or “visitor” teams, so the first referee will designate one team as “heads” and the other team as “tails” for the pre-match and deciding set coin tosses. The coin should be tossed and caught and the result immediately revealed without turning the coin onto the back of the opposite hand. If the coin is dropped, it shall be re-tossed. Captains have the options of: serve or receive the serve, or the side of the court to occupy.

3. Pre-set line-up check by second referee:

When checking line-ups at the start of each set, the second referee should stand at the sideline of each team’s court with both teams’ line-up sheets in hand to verify player positions. The second referee should not enter the court. The game ball should remain at the scorer’s table until line-ups have been verified and Libero replacements authorized. Once the line-up sheets have been returned to the scorer, the game ball should be tossed or rolled to the first server.

4. Referee signal sequence:

a. If the fault is whistled by the first referee, the first referee indicates which team wins the rally by extending the arm in the direction of the team that will serve next (palm perpendicular to floor), then the nature of the fault and the player at fault, if necessary.