



Marine Corps Trials Sitting Volleyball Rules

GENERAL EVENT RULES

Players will be required to wear numbers on the back of their uniform to track serving order and substitutions for the scorekeepers.

Teams will play the best two out of three games. Games will be played until the first team reaches 25 points. If a third game is needed it will be played until 15 points are reached. A team must win by at least two points in all games.

In the event of a tie at the conclusion of round robin play, the seeds will be determined based on the following method:

If two teams are tied, the one with the better overall won-loss record gets the higher seed. If the two teams have the same overall number of wins and losses, the head-to-head winner in match play will get the higher seed.

In the event there is a three-way or more tie, the total number of sets won/loss record (of the teams in the 3 or more way tie) will determine how the teams are seeded. If there is still a tie; then total points (won/lost), not head to head will determine seeding. Should the total game points also result in a tie; a coin toss will be used to determine the seeds.

Key Rule Modifications that are Different from Standing Volleyball:

Sitting Volleyball follows the same rules as its able-body counterpart with a few modifications to accommodate various physical disabilities.

Court Set Up:

- In sitting volleyball, the net is 1.15 meters high.
- The court is 10 x 6 meters with a two-meter attack line.
- Players are allowed to block serves, but one buttock must be in contact with the floor whenever they make contact with the ball.

Player's Body Rules and Regulations:

-The position of each player is determined and controlled by the position of his/her bottom. This means that hands and/or legs 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 center line with a hand is permitted, if some part of the penetrating hand remains either in contact with or directly above the center line.

-A player's feet and legs may penetrate the opponent's space under the net, provided there is no interference with the opponent. To contact the opponent's court with any other part of the body is forbidden.

-When serving, only the player's buttocks have to be behind the end line. Contacting the ball with any body part is permitted.

-The player is not allowed to lift his/her bottom completely 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. Feet or legs may be in contact or across the attack line.

-The player must have contact with the court with some part of the upper part of the body when playing the ball, except when making a defensive play. In such defensive play, a short loss of contact with the court is permitted.

-The referee's official hand signal of "lifting" is 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.

Substitution Procedure

-A team may make as many substitutions as it wishes during the match. Players may only play within one position of the service order. This eliminates the possibility of a player always substituting out when rotating to the back row only to substitute immediately back into the front row for a different player. Example – If player A begins in the second position of the service order and is replaced by player B, player A can only reenter the game to the location where player B has rotated to as play progressed. Any number of players can play a single position. The only requirement is that once they enter the set to play in a specific position, they must maintain that position relative to the serving order.

To make a substitution, during a dead ball:

-A coach may request a substitution by verbally informing the second referee.

-A substitute player enters the substitution zone

a. The substitution zone is the area outside the sideline between the center line and the attack line.

-The substitute(s) going into the match waits at the sideline for the player coming out of the match, and then waits for authorization from the second referee to enter.

-If there are to be more than one player substituting during the same dead ball, all players must report to the substitution zone at the same time. Coaches may also verbally inform the second referee how many substitute players will change.

Frequently Asked Questions on the Rules

Contact with the net:

-The ball may contact the net at any time, including serve, and it remains in play.

-A player may not contact the top white band of the net when playing the ball. A player may contact any part of the net below the top white band as long as it does not interfere with play.

Example – a player hits the ball over the net and during his/her follow through, contacts the black mesh of the net. This is legal and play continues.

Contacting the ball:

- Multiple contacts by a player playing the ball is permitted on the team's first contact, provided it is a single attempt to play the ball.
- A touch on the ball during a block attempt does not constitute a team's first contact and therefore, the same player may attempt to play the ball again. The player's contact with the ball after touching the ball on a block attempt may include multiple contacts as it is this attempt that is considered the team's first contact.
- Prolonged contact with the ball is not permitted. This is a judgment call by the referee and should never be questioned when it is or is not called.

Reaching beyond the net to contact the ball:

- Attacking a ball that is completely on the opponent's side of the net is not permitted.
- Blocking a ball that is completely on the opponent's side of the net is permitted when:
 - a. The opponent has made its three team contacts on the ball,
 - b. The opponent has directed the ball over the net,
 - c. The ball is falling near the net and no one is making an attempt to play the ball

A back row play

- May play in the front row as long as they do not complete an attack of the ball, completely above the height of the net. A player completes an attack when:
 - a. It is the team's third contact
 - b. The ball is legally blocked by an opponent
 - c. The ball crosses the net, regardless of the player's intention.