



Sitting volleyball is a form of volleyball for athletes with a disability.

Sitting volleyball originated in the Netherlands (= Holland) in 1956 as a combination of volleyball and sitzball, a German sport with no net but seated players.

As opposed to standing volleyball, sitting volleyball players must sit on the floor to play. Each team is allowed three touches of the ball before it must cross over the net.

It is played by two teams of six players .

The players must make contact with the floor at all times.

As a result, sitting volleyball is a fast-paced and intense sport.

It became an official sport for men at the 1980 Paralympic Games in Moscow, and it became an official sport for women in 2004 at the Paralympic Games in Athens.

The sport is played on a smaller court (6m x 10m) with a lower net (1.15m for men, 1.05m for women).

The sitting volleyball competitions will take place in Paris from the 29th of August to the 7th of September 2024.