

## 2016 DOD WARRIOR GAMES SITTING VOLLEYBALL (SVB) RULES

Sitting Volleyball rules may be found in the current rulebook: The World ParaVolley 2013-2016 Sitting Volleyball Rulebook, published October 1, 2013.

### 1. **DISABILITY CLASSIFICATIONS AND CATEGORIES:**

- 1.1. Classification **OPEN:** This category is for players with minor or non-permanent physical disabilities and other illnesses (e.g. PTSD, TBI, minor orthopedic injuries) including but not exclusively:
- 1.1.1. A measurable loss of strength in an ankle, knee, hip, shoulder, elbow, or wrist that is less than 50% when compared to an opposing or fully functional joint.
  - 1.1.2. A measurable loss of range of motion in an ankle, knee, hip, shoulder, elbow, or wrist that is less than 50% when compared to an opposing or fully functional joint.
  - 1.1.3. A measurable combination of loss of strength and range of motion in an ankle, knee, hip, shoulder, elbow, or wrist joint that is less than 60% when compared to an opposing or fully functional joint.
    - 1.1.3.1. To determine the total combination of measured loss of strength and loss of range of motion, simply add the two scores of functional loss together. (i.e. 10% loss of range of motion + 40% loss of strength = 50% combined measured loss)
  - 1.1.4. Minor or no balance issues.
- 1.2. Classification **MODERATE:** This category includes players with one of the following physical/ functional impairments:
- 1.2.1. Loss of one (1) thumb and at least two (2) additional fingers on one hand.
  - 1.2.2. Loss of minimum of seven (7) total fingers
  - 1.2.3. Lisfranc amputation: mid foot or higher
  - 1.2.4. A measurable loss of strength in an ankle, knee, hip, shoulder, elbow, or wrist joint that is greater than or equal to 50% when compared to an opposing or fully functional joint.
  - 1.2.5. A measurable loss of range of motion in an ankle, knee, hip, shoulder, elbow, or wrist joint that is greater than or equal to 50% when compared to the opposing fully functional joint.
  - 1.2.6. A measurable loss of range of motion in an ankle, knee, hip, shoulder, elbow, or wrist joint that is greater than or equal to 60% when compared to an opposing or fully functional joint.
    - 1.2.6.1. To determine the total combination of measured loss of strength and loss of range of motion, simply add the two scores of functional



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loss together. (i.e. 30% loss of range of motion + 30% loss of strength = 60% combined measured loss).

1.2.7. Significant balance issues (player must walk with assisted device)

1.3. Classification **MAXIMUM:** This category includes players with the following or more significant physical/ functional impairments:

1.3.1. Complete loss of motor function in an ankle, knee, hip, shoulder, elbow, or wrist joint.

1.3.1.1. The inability to move one of the listed joints whether from amputation, paralysis, fusion, or other factor is considered a complete loss of function.

### 2. SITTING VOLLEYBALL TOURNAMENT RULES:

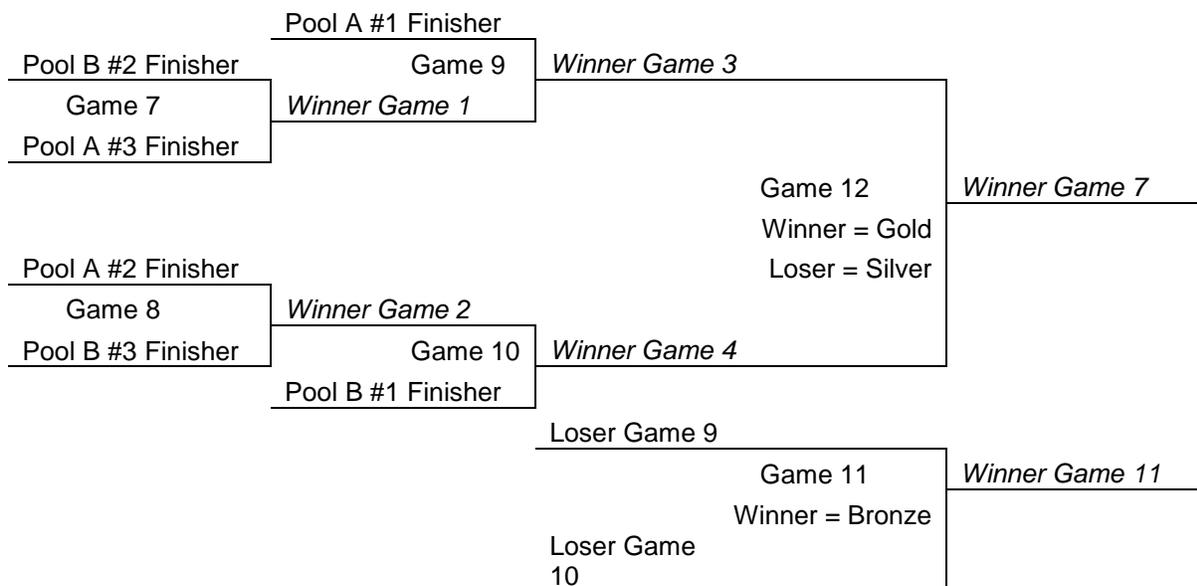
2.1. Preliminary round (subject to change) – 2 pools of 3 teams. Within each pool, the three teams will play each other one time. The result of those matches produces the seeding for the single elimination 6-team Championship.

2.2. If limitations in space and time exist, teams are seeded based on their results in the last calendar year, including 2015 DoD Warrior Games and 2015 Warrior Care Month tournament at the Pentagon.

Pool A	
1	Army
2	Navy
3	International

Pool B	
1	Air Force
2	Marines
3	SOCOM

PRELIMINARY ROUND	
Games 1 & 2	1 v 3
Games 3 & 4	2 v 3
Games 5 & 6	1 v 2



**Figure 6:** Example of Double Elimination SVB Tournament Starting Positions.



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### 3. MATCH RULES

- 3.1. The rules of play shall be governed by the World ParaVolley Sitting Volleyball 2013-2016 Rulebook, issued October 1, 2013 and are available for download at: <http://www.worldparavolley.org/wp-content/uploads/2015/02/A.1-Sitting-Volleyball-Rules-2013-2016-w-diagrams-guidelines.pdf>
- 3.2. Teams should familiarize themselves with the rules of play noting the following list of modifications specific for the 2016 DoD Warrior Games. The list below replaces the respective rules written in the World ParaVolley Rulebook. The rule number is provided as a reference for comparison.
- 3.3. All matches played in preliminary and/or championships rounds will be the best of three sets format. All references in the rulebook related to best of five sets or a deciding 5th set, should be recognized as a best of three sets and a deciding 3rd set.
- 3.4. Additional rule modifications and/or notes regarding the rules include:
  - 3.4.1. Rule 4 – Team composition
    - 3.4.1.1. The team roster will be composed of a maximum of 12 athletes and 5 staff members. Each team will determine the number of players per classification category that best suits their needs. Each team will also determine the number of defined roles filled by the staff members (coach, assistant coach, therapist, or medical doctor), with one person identified as the Coach.
    - 3.4.1.2. Player jerseys may be numbered from 1 to 99.
    - 3.4.1.3. Rule not in effect for the captain to have a stripe on his/her jersey underlining the number on the chest.
- 3.5. Rule 5 – Team Leaders
  - 3.5.1. The assistant coach(es) has no right to intervene in the match.
  - 3.5.2. One assistant coach may stand to instruct his/her team from behind the coach's restriction line in addition to the coach.
- 3.6. Rule 7 – Structure of play
  - 3.6.1. Prior to the match, the teams will be provided 3 minutes of warm-up away from the net and 6 minutes of shared warm-up at the net. This includes any time for shared serving across the net.
  - 3.6.2. If either captain requests separate (consecutive) warm-ups at the net, the teams may do so for 3 minutes each. Teams will conduct any serve warm-up during their time.
  - 3.6.3. There must always be six players per team in play. The six players on court may include a maximum of two "open disability" players, a maximum of four "moderate disability" players, and a minimum of two "high disability" players. If a Libero is on the court, the six players must still fulfil this requirement. The team's starting line-up indicates the rotational order of the



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players on the court. This order must be maintained throughout the set.

### 3.7. Rule 15 – Regular game interruptions

#### 3.7.1. Limitation of substitutions

3.7.1.1. Twelve substitutions are the maximum permitted per team per set. Substitution of one or more players is permitted at the same time.

3.7.1.2. A player in the starting line-up may leave the set and re-enter, but only in his/her previous position in the line-up (Exception is Libero player).

3.7.1.3. A substitute may enter a set in the position of a teammate in the starting lineup.

3.7.1.4. Unlimited individual entries by a substitute within the team's allowable 12 substitutions are permitted. Each entry must be in the same position in the line-up.

3.7.1.5. More than one substitute may enter the set in each position.

3.7.1.6. A substitution which would result in the team breaking the rules on classification is illegal.

#### 3.7.2. Exceptional Substitution

3.7.2.1. A player (except the Libero) who cannot continue playing due to injury or illness should be substituted legally. If this is not possible, the team is entitled to make an EXCEPTIONAL substitution, beyond the limits of Rule 15.6. However, following the exceptional substitution, the team line-up must still conform to Rule 7.3.1

3.7.2.2. An exceptional substitution means that any player who is not on the court at the time of the injury/illness, except the Libero or their replacement player, may be substituted into the game for the injured player. If there are no substitutes available, then the Libero may be used as the exceptional substitution, provided they are able to change into the proper jersey to match his/her teammates without delay. The use of the Libero as an exceptional substitution must be the last possible option. The substituted injured/ill player is not allowed to re-enter the match.

3.7.2.3. An exceptional substitution cannot be counted in any case as a regular substitution, but should be recorded on the score sheet as part of the total of substitutions in the set and the match.

#### 3.7.3. Rule 19 – The Libero Player

3.7.3.1. Each team has the right to designate from the list of players one specialist defensive player: Libero.

3.7.3.2. The Libero player must wear a jersey, jacket, or bib which has a different dominant color from any color of the rest of the team. The jersey, jacket, or bib must clearly contrast with the rest of the team.



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The Libero jersey, jacket, or bib must be numbered like the rest of the team. The Libero jersey will be provided DoD Warrior Games.

- 3.7.3.3. The Libero may not block or attempt to block. In one rotation, a Libero may serve after replacing the player in position 1.
- 3.7.3.4. Libero Replacements are not counted as substitutions. They are unlimited, but there must be a completed rally between two replacements involving a Libero, except:
  - 3.7.3.5. When a penalty causes a rotation of the Libero to position 4;
  - 3.7.3.6. The libero becomes unable to play;
  - 3.7.3.7. Or, in one rotation, a Libero can replace the player in position 1 and serve the next rally, even if he/she is already on the court in replacement of another player. In this situation, the Libero does not have to exit the court before replacing the player in position 1, and there does not need to be a completed rally between Libero replacements. In this instance, the player who was previously replaced by the Libero enters the court through the Libero Replacement Zone and the player who was to serve the next rally and is now replaced by the Libero exits the court through the Libero Replacement Zone.
- 3.7.4. Uniform Specifications:
  - 3.7.4.1. Players are required to wear a numbered uniform to track serving order and substitutions for the scorekeepers.
  - 3.7.4.2. Numbers will be readily visible on the front and back for the uniforms.
  - 3.7.4.3. Numbers will start at one (1) and may go through Ninety-nine (99)
  - 3.7.4.4. Each player is required to wear the same jersey number throughout the event with limited exceptions, as required by emergency or blood rule applications.
  - 3.7.4.5. Libero will wear a jersey of contrasting colors.
- 3.7.5. SVB Match Scoring:
  - 3.7.5.1. All matches will be the best two out of three sets.
  - 3.7.5.2. To win either Set 1 (one) or Set 2 (two)
    - 3.7.5.2.1. A team must earn 25 points, and
    - 3.7.5.2.2. Have a two point advantage over their opponent.
    - 3.7.5.2.3. If a team does not have a two point advantage, then play will continue until such advantage by either team is gained.
  - 3.7.5.3. When a third set is required the following rules will apply:
    - 3.7.5.3.1. To win set 3 a team must earn 15 points, and
      - 3.7.5.3.1.1. Have a two point advantage over their opponent.
      - 3.7.5.3.1.2. If a team does not have a two point advantage, then play will continue until such advantage by either team is gained.
    - 3.7.5.3.2. Teams will remain on their sides during the deciding set.



4. **SVB TEAM COMPOSITION:**

4.1. Team Composition:

- 4.1.1. Team roster size: 12 athletes no substitutions after the first match.
- 4.1.2. During competition only six (6) athletes are allowed on the court at any one time
- 4.1.3. A minimum of two (2) maximum disability athletes are required to play at all times
- 4.1.4. Only two (2) open or minimum disability athletes may play at any time.

4.2. Libero player:

- 4.2.1. The Libero is a defensive specialist and may be used during 2016 DoD Warrior Games.
- 4.2.2. Each team has the right to designate from the list of players one specialist defensive player: Libero.
- 4.2.3. A Libero is counted in the 12 member roster.
- 4.2.4. A Libero on the court must align with classification on floor requirements in accordance with 3.1.
- 4.2.5. Each Team may designate only one (1) Libero per match prior to each match with the submission of the first set lineup
- 4.2.6. Libero Specific Uniform:
  - 4.2.6.1. The Libero player must wear a jersey, jacket, or bib that is contrasting in color from the rest of his/her teammates.
  - 4.2.6.2. The use of a solid color jersey by the Libero and/or his/her teammates is not in effect.
  - 4.2.6.3. Use of a bib or jacket with a visible number on the front and back is permissible.
- 4.2.7. The Libero may not block or attempt to block. In one rotation, a Libero may serve after replacing the player in position 1.
- 4.2.8. Libero replacements are not counted as substitutions.
- 4.2.9. Libero substitutions are unlimited, however, there must be a completed rally between two (2) replacements involving a Libero except when:
  - 4.2.9.1. A penalty causes a rotation of the Libero position, who is therefore unable to play.
- 4.2.10. In one rotation, a Libero can replace the player in position 1 and serve the next rally, even if he/she is already on the court in replacement of another player.
- 4.2.11. In this situation, the Libero does not have to exit the court before replacing the player in position 1, and there does not need to be a completed rally between Libero replacements.
  - 4.2.11.1. A libero must enter the court between the spiking line and the end line
  - 4.2.11.2. A libero enters the action without having to notify the umpires. The libero and the replacement simply switches



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4.2.11.3. After leaving the game the libero must stay out one (1) rally before re-entering play

### 4.3. Starting Line-Up:

4.3.1. The team's starting line-up indicates the rotational order of the players on the court.

4.3.2. This play order must be maintained throughout the set.

### 4.4. Substitution Rules:

4.4.1. Teams will not exceed twelve (12) player substitutions per set.

4.4.2. And provided that the team maintains the athlete functional classification requirements: Minimum, Moderate, and Maximum (Team Composition Rule 3.1).

4.4.3. The requirement that the starting player return to the court for the substitute has also been changed to allow multiple players to play within the same line-up position.

4.4.4. A player of the starting line-up may leave the game and re-enter only to his/her previous position on the lineup.

4.4.5. Multiple exits and re-entries are allowed.

4.4.6. A substitute player may enter the game in place of a player of the starting line-up, and he/she can be substituted by any player from the bench who has not already entered the set in a different position within the lineup.

4.4.7. Substitute player must: be in an equal or lower functioning classification category than the player being replaced; meet the classification requirements; and is not necessarily a one for one substitution.

4.4.8. Substitution rule for athlete injury: In the event a player is injured during a game:

4.4.8.1. The injured player may be replaced by a substitute player in an equal or lower functioning classification category.

4.4.8.2. If a team is unable to comply, then the team will play with five (5) players on the court until the injured/ill player is cleared to return by the appropriate medical professional.

4.4.8.3. If an injured/ill player cannot be substituted, legally or exceptionally, the player is given a three (3) minute recovery time, but not more than once for the same player in the match.

4.4.8.4. The injured player may return to the game only after being evaluated and cleared by the Service Team Medical Staff.

## 5. **SVB TOURNAMENT GENERAL EVENT RULES:**

5.1. Paralympic volleyball follows the same rules as its non-disabled counterpart with a few modifications to accommodate the various disabilities.



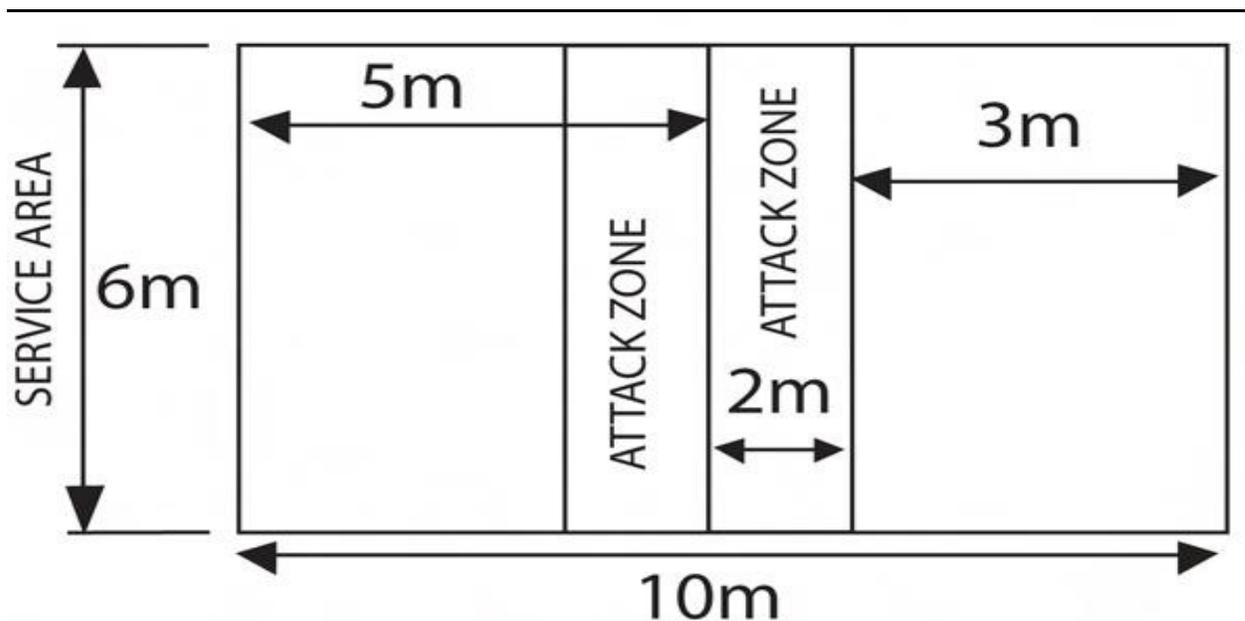
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5.2. Players are allowed to block serves, but one (1) "buttocks cheek" must remain in contact with the floor when the Athlete makes contact with the ball.

5.3. Playing Court:

5.3.1.1. The playing court is a rectangle measuring ten (10) meters by six (6) meters and is represented in Figure 7.

5.3.1.2. A three (3) meter free zone on all sides of the court is recommended



**Figure 7:** Sitting Volleyball Court Dimensions

5.4. Sitting Volleyball Net:

5.4.1. Net Height/Top: The top of the Sitting Volleyball net should be at 42 inches (1.07 meters or about 3.5 feet)

5.4.2. Net Width: The net is 31.5 inches wide (0.8 meters) and 21.33 -22.97 feet long (6.50 to 7 meters long)

5.4.3. Net Mesh: 3.94 square mesh (10 cm)

5.4.4. Net Posts: The posts supporting the net are placed at a distance of 19.7 inches to 39.4 inches (0.50 – 1.00 meters) from the outside sidelines and are 49.25 inches high or (1.25 meters)

5.5. Coaches and Staff:

5.5.1. No more than five (5) accredited coaches and staff members may be present on the team bench.

5.5.2. Only the head coach may speak to the referee for any requests or questions.

5.5.3. The assistant coach has no right to intervene in the match.



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5.5.4. The assistant coach may stand in the free zone near their team's bench to provide instruction to their team

5.5.5. Assistant coaches should have the ability to approach the court and provide instructions to their team members.

### 5.6. Warm Up Time:

5.6.1. Prior to the match, teams will have warm-up period that:

5.6.1.1. Begins at the appropriate time in consideration of the scheduled match start time.

5.6.1.2. Includes two (2) minutes of shared court time away from the net.

5.6.1.3. Includes six (6) minutes of shared court time hitting at the net, and

5.6.1.4. One (1) minute of shared court serving.

5.6.2. Separate Consecutive Hitting: If either captain requests separate (consecutive) hitting at the net, the teams may do so for 3 minutes each.

### 5.7. Time Outs:

5.7.1. Each team may request a maximum of two 30 second time-outs and twelve (12) player substitutions per set.

5.7.2. During all time-outs, the teams may remain on their court to meet with their coaches and teammates.

5.7.3. The need to move off the court for a time-out is not necessary for the 2016 DoD Warrior Games.

5.7.4. However, it should be noted that any delay in resuming the match to clean up any spilled liquids on the court, except for bodily fluids, may result in a delay sanction penalty at the discretion of the officials.

### 5.8. Team Rosters:

5.8.1. Each Service will submit a roster in accordance with the general rules listing all of the following:

5.8.2. Team players' name with jersey number (1 thru 99) and classification

5.8.3. Coach names

5.8.4. Staff names

5.8.5. No changes in players, coaches or staff will be made once the first match has started.

5.8.6. Please review the 2016 DoD Warrior Games Sitting Volleyball Classifications regarding team composition.

### 5.9. Starting Coin Toss:

5.9.1. The first service of the first set, as well as that of the deciding set (the 3<sup>rd</sup>) is executed by the team determined by the coin toss.

5.9.2. Prior to beginning the match, the sitting volleyball team captain will represent his team in the coin toss

5.9.3. The winning team of the toss has the option to serve, receive, or choose sides of the court to begin play.



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- 5.10. Athlete injury/illness:
- 5.10.1. If a player is injured during the match:
  - 5.10.2. The injured/ill player is given a single three (3) minute recovery time
  - 5.10.3. Only one (1) recovery time per player per match is allowed.
  - 5.10.4. The injured player may be replaced by a substitute player in an equal or lower functioning classification category.
  - 5.10.5. The injured player may only return to the game after being evaluated and cleared by their team medical staff.
  - 5.10.6. If an injured/ill player cannot be substituted, legally or exceptionally, the team will play with five (5) players on the court.

### 6. **ROLES OF OFFICIALS:**

- 6.1. First (1<sup>st</sup>) Referee: The 1st referee directs the match from the start until the end.
- 6.2. Second (2<sup>nd</sup>) Referee: The second referee controls the number of time-outs and substitutions used by each team, and reports the second time-out and 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> substitutions to the first referee and the coach concerned.
- 6.3. Line Judge: The line judges perform their functions by using flags (40 X 40 cm) (16" X 16"), to signal when/or:
- 6.3.1. The ball is "in" the court if the ball touches the line and the ball is "out" of the court when the ball touches outside the line.
  - 6.3.2. The touches of "out" balls by the team receiving the ball;
  - 6.3.3. The ball touching the antenna, the served ball and the third hit of the team crossing
  - 6.3.4. The net outside the crossing space, etc.
  - 6.3.5. Any contact with the top 80 cm (approximately 32 inches) of the antenna on their side of the court by any player during his/her action of playing the ball or interfering with the play
  - 6.3.6. The ball crossing the net outside the crossing space into the opponent's court
  - 6.3.7. At the 1st Referee's request, a line judge must repeat his/her signal.
- 6.4. Scorer:
- 6.4.1. The scorer keeps the score sheet according to the governing rules and in cooperation with the Second (2<sup>nd</sup>) Referee
  - 6.4.2. Tracks the Libero.

