

EXPERIENCE THE DYNAMIC SPORT THAT IS SITTING VOLLEYBALL, WITH TRAINING SESSIONS HELD AROUND THE COUNTRY FOR ALL ABILITIES

SITTING VOLLEYBALL



AN INTRODUCTION TO SITTING VOLLEYBALL



Sitting volleyball is a fast and exciting game to play and to watch. It is easy and fun to play at a recreational level. With greater technical and tactical skills, players have the opportunity for higher representation.

As a part of the volleyball family, the game is a team sport particularly suited to people with lower limb disabilities. It is also played by many who do not have a disability. As a team sport volleyball encourages the development of both individual and team skills, fostering team spirit and working together in a team environment. For this reason volleyball is a very "sociable" sport and new friends are easily made. Moreover, it is also an excellent way of keeping fit!

Why not register on line at www.volleyfirst.com/index_files/registration.php or by filling out the registration form opposite and sending to the return address overleaf. Or just come along

ORIGINS OF SITTING VOLLEYBALL

Sitting volleyball originated in the Netherlands and was introduced into the Paralympics in 1980. Over 30 countries around the world now play the game with Leagues and tournaments taking place throughout the year around the world.

Main rule differences from the standing game are:-

- Court dimensions : 10m x 6m
- Net height: 1.15 for men and 1.05 for women
- Buttocks/torso must remain on the floor when you are playing the ball.
- Blocking the serve is allowed.



Personal Details (Please print in BLOCK CAPITALS)

Surname: _____

Forename: _____

Address: _____

2nd Line: _____

Postcode: _____

Telephone (home): _____

Telephone (mobile or work): _____

Email (home): _____

Disability: _____

D.O.B: _____

Male: Female:

British Sitting Volleyball will only use your personal information to provide you with the services, products or information you have requested, for administration purposes and to further our sporting aims.

Please tick this box if you would like to receive communication about future Sitting Volleyball events. By providing us with any personal data, you consent to the collection and use of any information you provide in accordance with the above purposes and our privacy statement. Please return your form to:-

Volleyball England
Suite B
Loughborough Technology Centre
Epinal Way
Loughborough



INTERNATIONAL COMPETITIONS

The WOVD Calendar for this years summer season is now online -<http://www.wovd.info/calendar>

Paralympic Champions Men	Paralympic Champions Women
Gold-Bosnia	Gold-China
Silver-Iran	Silver-Netherlands
Bronze-Egypt	Bronze-USA

Useful links

World Organisation Volleyball for Disabled
<http://www.wovd.info>

European committee Volleyball for disabled
<http://www.ecvd.eu>

British Paralympics Association
<http://www.paralympics.org.uk>

Volleyball England
<http://www.volleyballengland.org>

Scottish Volleyball Association
<http://www.scottishvolleyball.org>

Northern Ireland Volleyball Association
<http://www.nivb.com>



BVF Sitting Programme

A programme to establish sitting volleyball clubs in London and throughout the home counties, and promote the establishment of a wider league throughout the UK for sitting volleyball, joining teams which already exist in Cambridge London, Kent, and other areas. We aim to recruit as many players for sitting volleyball wherever they come from. Also to raise the profile of sitting volleyball as a crossover sport capable of being played by both able-bodied and disabled players male and female who simply love playing the game.

We will endeavour to answer any questions you may have. Come and talk to us or drop us an email to find out more about the sport and what's available in your area.

National Contacts

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Kwok Ng-Cambridge Development
Email: Kwok.w.ng@gmail.com



LEADING THE WAY IN DISABLED TEAM SPORT

FOR MEN & WOMEN

A recreational game played for fun.

Played to local, national or

international level—whatever your

commitments and skill level, we would like you to join us. Come and find out more about one of the most exciting team sports to watch and play.

