

Approved Rule changes to the 2025-2028 Sitting Volleyball Rules

1. Rule 1.4.5 – Re-position the Warm-up Area
2. New Rule 1.4.6 – Establish a Player Area in Front of the Bench
3. New FIVB Rule change 1 – Rule 12.5. Screening
4. New FIVB Rule change 2 – Rule 10.1.2 Crossing Space
5. New FIVB Rule change 3 – Rule 7.4 Positions
6. Clarifications to Definitions
7. Clarification to Rule 9.4 – Contact With The Court - (Defensive Action)
8. Rule 15.4.1 - Time-out duration
9. Service rule change for hand-impaired players

Changes to "Official Guidelines and Instructions"

10. Changes to guidelines for Rule 4.1.1 – Team Composition (Libero players)
11. Changes to guidelines for Rule 5.2.3.5 – Introduction of a Scoring Challenge Procedure
12. Coaches uniform / dress code

Approved by the Board for immediate implementation from February 2025

1. RE-POSITION THE WARM-UP AREA

This is a minor change that has the benefit that players in the warm-up area are able to see the court. This will reduce the issues during the match where the Second Referee or Reserve Referee need to control the players who are moving out of the warm-up area.

The change should not impact on the free-zone, as the team benches should all be positioned at the edge of the free-zone, so this aligns with moving the warm-up area to the same distance from the court as the team bench.

Old text Rule 1.4.5 - WARM-UP AREA

For World ParaVolley, World and Official Competitions (including Zonal Championships), the warm-up areas, sized approximately 3 x 3 m, are located in both of the bench-side corners, outside the free zone or behind the team bench (unless otherwise specified by the Technical Delegate).



(See illustrative example shown in the photo above.)

New text Rule 1.4.5 - WARM-UP AREA

For World ParaVolley, World and Official Competitions (including Zonal Championships), the warm-up areas, sized approximately 3 x 3 m, are **positioned in line with benches**. The actual size and location of the Warm-Up Area will be determined by the length of the bench and the extent of the free zone, (unless otherwise specified by the Technical Delegate).

Related Old text Rule 5.2.3.4

The Coach may, as well as other team members, give instructions to the players on the court. The coach may give these instructions while standing or walking within the free zone in front of his/her team's bench from the extension of the attack line to the warm-up area, if situated in the corner of the Competition Control Area, without disturbing or delaying the match.

Should the warm-up area be situated behind the team bench, then the coach may move from the extension of the attack line up to the end of his/her team's court but must not obstruct the view of the line judges.

New shortened text Rule 5.2.3.4

The Coach may, as well as other team members, give instructions to the players on the court. The coach may give these instructions while standing or walking within the free zone in front of his/her team's bench from the extension of the attack line to the warm-up area, if situated in the corner of the Competition Control Area, without disturbing or delaying the match.

2. ESTABLISH A PLAYER AREA IN FRONT OF THE BENCH

Changes to Rule 1.3 - Lines on the court

The purpose for this rule change is to allow the small number of players that have difficulty moving from the court surface to sit on the bench during the match, particularly if that player will be substituted in a short period of time.

This change is not designed to allow all players to sit on the floor in front of the bench, and the Referees will be instructed to ensure that all the players that are able to sit on the bench, do sit on the bench during the match.

This change was tested at the PVE Silver Nations League tournament in Prague, CZE, in October 2024.

New Rule 1.3.5 BENCH AREA LINE

In front of each team bench, there is special bench area for **substitute players**, which is marked 0.75 metres in front of each team bench, with broken lines for the full length of team bench. The Bench Area Line will be marked by a series of broken lines that are 15 cm long and 5 cm wide, spaced at 20 cm intervals.

New Rule Under Rule 1.4. Zones and Areas:

New Rule 1.4.6 BENCH AREA

For World ParaVolley, World and Official Competitions (including Zonal Championships), the bench areas, sized approximately 0.75 x 4 m, are located in front of both team benches, inside the free zone (unless otherwise specified by the Technical Delegate).



(See Rule illustrative photo above – note that in this example, the line is a solid line.)

All players must remain behind this line at all times during the match, except during a substitution process or a Time Out.

Any player that this warned for being outside this designated area will be required to sit on the bench or move to the Warm-Up Area.

Any player warned more than once will be sanctioned with a “Delay”

3. FIVB RULE CHANGE – RULE 12.5 SCREENING

The purpose of this rule change is to align WPV with FIVB Volleyball Rules, to ensure that there is a clear connection between Volleyball and Sitting ParaVolley (Sitting Volleyball) while retaining the unique features of our sport.

Old Rule 12.5.2

A player or group of players of the serving team make(s) a screen by waving arms or moving sideways during the execution of the service, or by sitting grouped, and in doing so hides both the service hit and the flight path of the ball until the ball reaches the vertical plane of the net.

New text for Rule 12.5.2

A player or group of players of the serving team make(s) a screen by waving arms or moving sideways during the execution of the service, or by sitting grouped, and in doing so hides both the service hit and the flight path of the ball until the ball reaches the vertical plane of the net. Should either be visible to the receiving team this is not a screen, except for Rule 12.5.3.

New Rule 12.5.3

Any player of the serving team is forbidden to raise hands above the head during service, until the service hit. No backrow players can have their arms or hands above

their shoulders. The 1st referee is permitted to caution (advise) a team through the game captain, if he/she suspects that it is deliberately screening.

There is no change to Rule 14.5 - To block an opponent's service is permitted

4. FIVB RULE CHANGE – RULE 10.1 - CROSSING SPACE

The purpose of this rule change is to align WPV with FIVB Volleyball Rules, to ensure that there is a clear connection between Volleyball and Sitting ParaVolley (Sitting Volleyball) while retaining the unique features of our sport.

In summary, the ball is considered "out" once it passes the plane of the net outside of the crossing space after the second or third hit – so no attacking player has the right to enter the opponents space to retrieve the ball.

Old text Rule 10.1.2

The ball that has crossed the net plane to the opponents' free zone totally or partly through the external space may be played back within the team hits, provided that:

10.1.2.1 - the opponents' court is not touched by the player;

10.1.2.2 - the ball, when played back, crosses the net plane again totally or partly through the external space on the same side of the court. The opposing team may not prevent such action.

10.1.2.3 - The ball that is heading towards the opponent's court through the lower space is in play until the moment it has completely crossed the vertical plane of the net.

New text Rule 10.1.2

The ball, *coming from the first hit of the team*, that has crossed the net plane to the opponent's free zone totally or partly through the external space, may be played back, within the team hits, provided that:

10.1.2.1 - the opponent's court is not touched by the player (except Rule 11.2.2);

10.1.2.2 - the ball, when played back, crosses the net plane again totally or partly through the external space on the same side of the court – if not, it becomes ball out. The opponent team may not prevent such action.

10.1.2.3 - the ball, sent to the opponent's free zone totally or partly through the external space, which has come from the second or third hit of the team, cannot be played back and will be judged as ball out the moment it crosses the net plane.

5. FIVB RULE CHANGE – RULE 7.4 - POSITIONS

The purpose of this rule change is to align WPV with FIVB Volleyball Rules, to ensure that there is a clear connection between Volleyball and Sitting ParaVolley (Sitting Volleyball) while retaining the unique features of our sport.

In summary, this rule change allows the serving team to move to their defensive positions in preparation for the return of serve. In addition, it should assist in preventing the potential clustering of players that currently occurs as players can only move to their defensive positions after the service hit and should also assist with the screening rule change above. Extra care and attention will be required by the Second

Referee and the Scorer, as there is the potential for increased requests for the “next server” under these conditions.

Old text Rule 7.4 POSITIONS

At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order (except the server).

Old text Rule 7.4.4

After the service hit, the players may move around and occupy any position on their court and the free zone.

New text Rule 7.4 POSITIONS

At the moment the ball is hit by the server, each team must be positioned within its own court (except the server).

The players of the receiving team must be in the rotational order at the service hit.

The players of the serving team, however, are free to occupy any position at the service hit.

New text Rule 7.4.4

After the service hit, the players of both teams may move around and occupy any position on their court and the free zone.

6. DEFINITIONS

The purpose of these changes are to clarify the principles, language and interpretations used by our officials to aid in clear communication with teams, players, coaches, spectators, supporters, and sponsors to understand our rules and regulations.

“Taking steps” – means that the player has made a clear effort to either stand up on their stumps or to “crab walk” using hands and feet to establish a new position to play the ball, such as moving to position after the service or to moving to reach a ball that is some distance from the player. To stand up or take steps is a fault.

“Knee up” – kneeling up is a natural movement during a defensive action should be allowed - but moving in any direction on the knees (and losing contact with the floor between buttocks and shoulders) to reach the ball is a fault. Kneeling up during an attack hit is a fault.

“Raise the body”

- In Rule 12.6.1 - Faults made during service - Rule 12.6.1.3 – lifts his/her buttocks. Referees must be able to tell the difference between a “slight” / natural lifting movement during service, which should be allowed, as opposed to an intentional lift, which is a “fault”.
- During movement on to the court after service, the player may raise the body or knee up shortly, as at this moment as he/she is not in action of playing the ball, provided that player does not gain an advantage by “Taking Steps”.

7. CLARIFY RULE 9.4 – CONTACT WITH THE COURT

The purpose of these changes are to clarify the principles, language and interpretations used by our officials to aid in clear communication with teams, players, coaches, spectators, supporters, and sponsors to understand our rules and regulations.

Old text Rule 9.4.1

At all times during playing actions, the players must contact the court with some part of the body between the buttocks and shoulders. Lifting is permitted all over the court when playing the ball in a defensive action (during 1st, 2nd or 3rd contact) if the contact is made when the ball is not entirely higher than the top of the net.

New text Rule 9.4.1

At all times during playing actions, the players must contact the court with some part of the body between the buttocks and shoulders. Lifting is permitted all over the court when playing the ball in a defensive action (during 1st, 2nd or 3rd contact) if the contact is made when the ball is not entirely higher than the top of the net.

Players buttocks are allowed a short loss of contact with the floor at any time and in any area on the court, except when performing an attacking action.

A loss of contact is allowed as a reaction after performing the action.

To stand up or take steps is forbidden.

If after the defensive action the ball legally crosses the vertical plane of the net, play continues.

8. CHANGE TO THE SERVICE RULE

The purpose of this rule change is to recognise the athletes within our sport and promote their abilities as part of the unique features of our sport.

Old text Rule 12.4.1

The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).

New text Rule 12.4.1

The ball shall be hit with one hand or any part of the arm after being tossed or released from the hand(s).

A service hit is allowed without tossing or releasing the ball **ONLY** for players with a classified hand-impairment.

9. INCREASE THE TIME OUT DURATION TO 60 SECONDS

The purpose of this rule change is to recognise the athletes within our sport and promote their abilities as part of the unique features of our sport.

Old text Rule 15.4.1

Time-out requests must be made by showing the corresponding hand signal when the ball is out of play and before the whistle for service. All requested time-outs last for 30 seconds.

For World ParaVolley, World and Official Competitions (including Zonal Championships), it is obligatory to use the buzzer and then the hand signal to request time-out.

New text Rule 15.4.1

Time-out requests must be made by showing the corresponding hand signal when the ball is out of play and before the whistle for service. All requested time-outs last for 60 seconds.

For World ParaVolley, World and Official Competitions (including Zonal Championships), it is obligatory to use the buzzer and then the hand signal to request time-out.

CHANGES TO THE GUIDELINES AND INSTRUCTIONS

10. CHANGE GUIDELINES FOR RULE 4.1 – PROVIDE FLEXIBILITY IN THE COMPOSITION OF THE TEAM

The purpose of this guideline modification is to provide teams with the maximum flexibility in competition that recognises the abilities of our athletes.

There is no proposed change to Rule 4.1.1.

For the match, a team may consist of up to 14 players internationally classified with a 'Confirmed' sport class status or a 'Review' sport class status, including a maximum of two players classified as (VS2), plus:

- Coaching Staff: one coach, a maximum of two assistant coaches, and
- Medical Staff: one team therapist and one medical doctor.

Only those listed on the score sheet may normally enter the Competition / Control Area and take part in the official warm-up and in the match.

The Team Manager or Team Journalist may not sit on or behind the bench in the Control Area.

For World ParaVolley, World and Official Competitions (including Zonal Championships), the medical doctor and team therapist must be part of the official delegation and accredited beforehand by the World ParaVolley Medical Department.

CHANGE TO THE TEAM COMPOSITION GUIDELINES

Within the Team, there is no requirement for a specific number of Liberos within the 14 players.

A team may consist of any size up to 14 players. A team may include zero, one or two Liberos.

For World ParaVolley, World and Official Competitions (including Zonal Championships), a team must nominate its Libero(s) for the first match at the Preliminary Inquiry, and the Libero(s) will remain the same for the event unless teams notify any changes to

the Match Jury Member (or representative) at least one-hour prior to the start of the match.

This change will require modifications to the paper scoresheet and the e-score systems to accommodate these options.

11. INTRODUCTION OF A SCORING CHALLENGE PROCEDURE

The purpose for this change is to allow the small number of situations where the Scorer may make an error with the scoring system.

For World ParaVolley, World and Official Competitions (including Zonal Championships), teams may request a challenge when they believe that the score on the scoreboard / e-scoresheet is incorrect.

No new rule is required. If a team coach considers the scoreboard to be incorrect, he/she may request a "Scoring Challenge".

Procedure / explanation to Guidelines & Instructions:

- The Coach pushes the buzzer and requests a "Scoring Challenge" by making the "challenge signal" – the letter C with fingers and pointing to the scoreboard.
- If the challenge is lost, the team will receive a "Delay" (Warning or Penalty if this is the second or further "Delay" sanction) and will lose the possibility for any further "Scoring Challenge" in that set.
- The Scoring Challenge can only be made during a break in play, not during a rally. If the Coach interrupts a rally to request a Scoring Challenge, they will be sanctioned with a loss of rally and a Delay, and the Scoring Challenge will not be accepted. The Coach will not be able to request a scoring challenge until the completion of the next rally.
- *There may need to be consideration for comments to be added to the Score Sheet and / or if Jury forms will need to be updated to track such requests.*

12. COACHING STAFF UNIFORM REQUIREMENTS

Old text:

6. The team coaching staff must conform to one of the following dress code options for the match: a. All to wear the team training suit and polo shirt of the same colour and style or, b. All to wear dress jacket, collared dress shirt, tie (for men) and formal slacks of the same colour and style except the team therapist who may wear the team training suit and polo shirt. This means that if the coach takes off their dress jacket or training suit jacket, all other team officials must take off their dress jackets or training suit jackets at the same time to be consistently dressed.

New text:

6. Team coaching staff must conform to the following dress code:

- 1) all coaching staff shirts must be clean and uniform in colour and style, and
- 2) all coaching staff trousers / shorts or skirts / skorts or training suit pants

must be clean and uniform in colour and style.

The team therapist may wear the team training suit and shirt.

Coaching staff may choose to wear dress jacket, collared dress shirt, tie (for men) and formal slacks / skirt of the same colour.