

## INTERNATIONAL AND PARALYMPIC LEGACY

### U.S. WOMEN'S NATIONAL SITTING TEAM

#### PARALYMPIC GAMES

Medaled in every Paralympics since women's sitting volleyball added in 2004.

2016  
**RIO DE JANEIRO**

2012  
**LONDON**

2008  
**BEIJING**

2004  
**ATHENS**



### U.S. MEN'S NATIONAL SITTING TEAM

#### PARAPAN AM GAMES

Medaled in every Parapan American Games since 2003, finishing no lower than second.

2003  
**MAR DEL PLATA**

2007  
**RIO DE JANEIRO**

2011  
**GUADALAJARA**

2015  
**TORONTO**



**USA**Volleyball

## U.S. NATIONAL SITTING VOLLEYBALL TEAM



# PATH TO THE PODIUM

Fold

DO YOU HAVE WHAT IT TAKES  
TO REPRESENT THE USA IN SITTING VOLLEYBALL?

## WHAT IS SITTING VOLLEYBALL?

Sitting volleyball has been a part of the Paralympic Games since the men's competition debuted at the Arnhem 1980 Games. Sitting volleyball is a discipline of the sport in which athletes play in the seated position, using both arms and legs to move across the court. The sitting game utilizes the same skills and techniques as the standing game, but there are a few key rule differences. It is physical, fast-paced and one of the most watched team sports in the Paralympic Games.

## ELIGIBILITY

National team athletes are required to have a classifiable physical disability that is evaluated during the classification process held before an athlete's initial participation at a sanctioned event. During classification, two medical classifiers measure an athlete's functional loss (amputation, paralysis, stiffness, impaired muscle power, etc.) and declare the athlete as "minimally disabled" or "disabled."

A minimally disabled athlete is missing either a small portion of a limb or has some loss of muscular strength, flexibility, or a combination, in a joint that hinders the athlete's ability to play volleyball. A disabled athlete is either missing a larger portion of a limb or has lost a significant amount of muscular strength, flexibility, or a combination of the two, in a joint. Learn more about official classifications at [go.usav.org/sittingvb](http://go.usav.org/sittingvb).



## TRAINING AND COMPETITION

The U.S. National Sitting Volleyball Teams are based in Edmond, Oklahoma, at the University of Central Oklahoma (UCO). Athletes can train in a resident-athlete program at UCO while pursuing their college degrees or finding employment in the community. The national teams train and compete year-round in domestic and international competitions.

## TRY OUT FOR TEAM USA

Athletes with physical disabilities who wish to represent Team USA may request a tryout at UCO. If an athlete lives away from campus, another method of evaluation will be considered. Previous volleyball experience, while helpful, is not required. If an athlete with a physical disability demonstrates a high level of athleticism and potential for learning the game, the athlete may be invited to join the High Performance Sitting Athlete Development Program and begin training toward national team consideration.

To request a tryout or inquire further about the national teams, please email [sitting.volleyball@usav.org](mailto:sitting.volleyball@usav.org).