



## Chair Volleyball Rules

### 1. Equipment

Standard volleyball and chair volleyball share some similar rules, for example in each game the winning team must win by two. Chair volleyball is intended to reduce stress and boost self-esteem and confidence in individuals who are not able to play standard volleyball.

### 2. The Court

The court size for chair volleyball is 14-feet wide by 22-feet long, which is smaller than a standard volleyball court. The net is lower as well at five feet tall. The smaller court is designed for players to sit and play. Twelve folding chairs are required: six on each side of the court. Each team has six players on the court at once; if a team has more, they can rotate players in and out so there are always six on the court. However, some chair volleyball facilities allow nine players on each side. The ball used to play chair volleyball is lightweight. Usually, a 20-inch beach ball is used, though sometimes balloons are used as well.

### 3. Rules During Play

- a. Teams have unlimited hits for returning the ball to their opponents. A team just needs to get the ball over the net. Teams cannot catch and throw the ball; they must hit it over. Underhand or overhand hitting is allowed, and players can pass the ball to each other or hit it over the net. Lastly, the players are not allowed to stand or move out of the chairs. If a player does come off the seat during play, it is an automatic point for the opponent's team.

### 4. The Serve

- a. A legal serve cannot hit a teammate, a teammate's chair or the ceiling. If it does the opposing team controls the serve.
- b. If the ball hits the net and goes over the serve is replayed once. If the second serve attempt fails (even if it touches the net and goes over), the possession of the ball is awarded to the opposing team.
- c. If the ball hits the net and does not go over it is considered a "side-out" and the opposing team receives the ball.

#### 4. The Serve (continued)

- d. If the ball is a net ball but lands out of bounds on the other side it is considered a side out and the serve goes to the opposing team.
- e. When the serve changes sides the team receiving the serve must rotate clockwise.

#### 5. Spiking

- a. Spike and forceful hits are not allowed. A ball hit with an angular downward force by a player is a spike. Forceful hits are identified by a ball hit with force and could or could not be at an angle; generally indicated by forceful forward, movement of player's arm; that lands anywhere on the opposing teams court. A spike or forceful hit will be called immediately by the referee and either a point or side-out will be awarded.

#### 6. Dead Ball (results in a point or the serve going to the opponent).

- a. When the ball temporarily suspends play. The ball remains dead until served.
  - i. The ball touches the floor.
  - ii. Ball does not go over the net. (after the serve the ball may hit the net, if it goes over and lands in play)
  - iii. The ball comes to rest in a participants hand(s).
  - iv. When a player touches the net.
  - v. When a player stands.
  - vi. When a player falls out of their chair.
  - vii. If a chair is out of bounds.

#### 7. Scoring

- a. Chair volleyball, like standard volleyball, only allows scoring while serving. To earn a point, your team must serve the ball and win the volley. If your team wins a volley and the opponent served, no point is awarded, but your team gets the ball to serve. The server continues serving until the opposing team wins a point. The first team to score 15 points wins the game. Teams must win by two points, so sometimes a team is required to score more than 15 points to win a game.
- b. If a chair is placed out of bounds during play, the ball is awarded to the other side. A foot may go out of bounds in order to play a ball and keep balance.
- c. The ball may NOT come to rest in a player's hand(s). If this happens the ball/point (if serving) is awarded to the other team.

#### 8. Miscellaneous

- a. Only the team receiving the ball for a new serve may substitute players
- b. Chairs may not lean back (front feet may not come off the floor).