

LYG Sitting Volleyball 2026

Entry Information & Rules



Event Overview

Date: Tuesday 9th June 2026

Venue: Gunnersbury Park Sports Hub, W3 8LQ

Approx. Timings: Registration: 10.00, Event 10.30-14:30

Contact: emma@londonyouthgames.org

Entry Information

Squad Entry Deadline: Wednesday 3rd June 2026, 10pm

Squad Size: Minimum: 6 (minimum of 3 SEND players) & Maximum: 10 (minimum of 5 SEND players)

Competitions: Mixed competition-teams must play with a minimum of 2 girls on court at any given time.

Eligibility Criteria: 50% of your squad fit the criteria of the below London Youth Games impairment grid:

G1.	Wheelchair User
G2.	Ambulant
G3A.	Sensory-Hearing Impairment
G3B.	Sensory-Visual Impairment
G4.	Severe Learning Disability
G5.	Mild Learning Disability

Event Tier: Compete

Event Intent: Competitive environment where winning is the measure of success and level of challenge is high, to further the development of young athletes. Local borough qualifiers are encouraged, with the winning school progressing to the London Youth Games event.

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Age Categories:

Age Category	Oldest DOB	Youngest DOB	Likely School Year
9 – 11-year-olds	01/09/2014	31/08/2016	Year 5 - 6

Full Rules & Regulations

SVO 1 All matches will be played to the [World ParaVolley Rules](#).

SVO 1.1 Should any rules listed below contradict those outlined by World ParaVolley, these rules will supersede those.

SVO 1.2 It will be at the discretion of London Youth Games personal and the Competition Director as to the application of these rules, and any subsequent decision made as a result will be final.

SVO 1.3 London Youth Games and the Competition Director reserve the right to alter or amend the playing schedule if necessary and may make decisions on any matters arising during the tournament, including any matter not covered by the tournament regulations.

SVO 2 Age Category

SVO 2.1 The following age groups and respective minimum/maximum date of births will apply to the School Games Sitting Volleyball Year 5 & 6 Competition;

Age Category	Oldest DOB	Youngest DOB	Likely School Year
9 – 11-year-olds	01/09/2012	31/08/2014	Year 5 - 6

SVO 2.2 It is the responsibility of SGO's and teachers to ensure all competitors details are entered correctly at the time of submission.

SVO 2.2.1 In the instance a competitor is found to be ineligible, they will be disqualified from the competition.

SVO 3 Squad Size Schools are permitted to enter a minimum of 6 competitors (**minimum of 3 SEND players**) and a maximum of 10 competitors (minimum of 5 SEND players).

SVO 3.1 Boroughs are permitted to bring all 10 competitors entered to the event on the day however only 6 will be able to play per match.

SVO 3.2 25% of your squad must be girls and there must be 2 girls playing it any given time.

SVO 4 Kit & Equipment

SVO 4.1 Court sizes will be approx. 6.2m x 3.9m.

SVO 4.2 The net will be set at 1m high.

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SVO 4.3 The competition will use Official Volleyball England Sitting Volleyball Starter Balls.

SVO 5 Competition Format

SVO 5.1 Matches will be 10 minutes. A hooter will signal the start and end of each 10-minute period.

If it is a draw at the end of the 10 minutes, a sudden death point will be played, to determine the winner.

SVO 5.2 Matches will be played to 1 set.

SVO 5.2.1 The Final shall be 1 set up to 15 points but the winner must win by 2 clear points. For example, should the score reach 14-14 then teams will continue playing until 1 team goes 2 points ahead.

SVO 5.3 The competition will be run in a Round Robin format and the top 8 will progress to a knockout round in the afternoon session.

SVO 5.3.1 Group sizes and finalised draw format may change dependent upon entry numbers

SVO 5.3.2 There will be no seeding in this competition and groups will be allocated at random

SVO 5.4 The remaining teams will be regrouped with teams achieving similar positions in the morning group matches and will play off for remaining positions.

SVO 6 Sports Specific Rules

SVO 6.1 Players must keep a part of their body between the buttocks and shoulder in contact with the floor when playing the ball. Players can play the ball with any part of their body.

SVO 6.2 There must be always six players on court, with a minimum of 3 always SEND players on court.

SVO 6.3 The following rules apply in regard to serving;

SVO 6.3.1 Only the player at the back right hand side of court (position 1) can serve and must serve from behind the base line on the right hand side of the court.

SVO 6.3.2 Whilst serving, the server's buttocks must be touching the floor behind the baseline but must not touch the court, but their feet, legs or hands may touch the court.

SVO 6.3.3 Players can serve underarm, overarm or throw the ball in to play.

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SVO 6.3.4 Players have two attempts to serve.

SVO 6.3.5 A point is scored at every serve.

SVO 6.3.6 Teams rotate their position clockwise when they regain the serve or when one of their players has scored 3 consecutive points on their serve.

SVO 6.4 The team that wins the rally, wins the point. They then serve the next point. If they lose that point, the opposing team rotates positions and then serves.

SVO 6.5 The ball must go over the net on the third touch at the latest.

SVO 6.5.1 Players cannot make consecutive touches unless their first touch is a block. A block is not counted as a touch, so the team still has three more touches after the block.

SVO 6.5.2 If the ball hits the boundary line it counts as in.

SVO 6.5.3 Play will continue if a ball hits the net and goes over, including the serve.

SVO 6.5.4 Players are not allowed to pull the net nor to touch the top band of the net at any time during play. Such actions shall result in the point being awarded immediately to the opposing team.

SVO 7 Scoring Points will be awarded for each game to give a schools round robin standing

SVO 7.1 Points awarded are as follows:

- 3 for a win
- 1 for a loss

SVO 7.1.1 Tied group positions separated by:

- Points accrued
- Goal difference
- Goal Average

SVO 7.1.2 In the event of a tie in the semi-final or final there will be a straight turnaround and teams will play a further 2 minutes. If teams are still level after 2 minutes, then the team who scores the first goal will be deemed winners.

SVO 8 Medals & Trophies Medals and a salver will be awarded as follows:

SVO 8.1 Overall team medals for 1st, 2nd and 3rd placed teams.

SVO 8.2 Salver awarded to the winners of the competition.