

# LET'S PLAY THE PARA SPORT OF SITTING VOLLEYBALL

## INDEPENDENT, PAIR OR TEAM EVALUATION QUIZ

| NO | QUESTION  | ANSWER  |
|----|---|---|
| 1  | Why is the game called sitting volleyball?                              | Players must have their pelvis in contact with the floor throughout the game, except in extreme defensive situations. |
| 2  | What is the aim of the game?  | To stop the ball from hitting the floor on your side of the court.  |
| 3  | How does the game begin?  | With a serve where a player hits the ball over the net.   |
| 4  | Name four of the moves in sitting volleyball?                           | Serve, pass, set, spike, block, dig   |
| 5  | How does a team win a point?  | A point is won each time the ball hits the opposing team's side of the court.   |
| 6  | How many sets does a team have to win in order to win the game?         | 3   |
| 7  | How many players per team are permitted on court at any one time?       | 6   |
| 8  | How many passes are teams allowed before the ball must go over the net? | 3   |
| 9  | What is the role of the libero?   | Back row, defensive player skilled in digging the ball.   |