

# Super League Rules

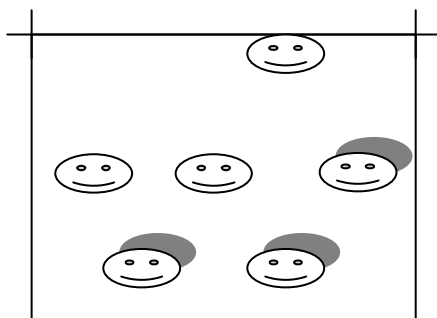
Super league has been established to be a stepping stone from KiwiVolley to full volleyball. The rules are therefore adjusted to find the right mix that encourages the best transition.

## Rules

- **Overarm serving is allowed.** We don't want this to kill the rest of the game though, so coaches please encourage rallies to get started with easier serves.
- Three hits per team. A block is not counted as a hit. The ideal sequence is.....Pass Set Spike.
- Players may not touch the net or completely cross under the centre line
- Every rally scores a point. Sets are up to 25
- Teams change ends at the end of each set
- Players may **not** spike or block the serve
- Players rotate in a clockwise direction
- The player in right back serves from anywhere along the baseline
- The server must rotate after 5 serves in a row

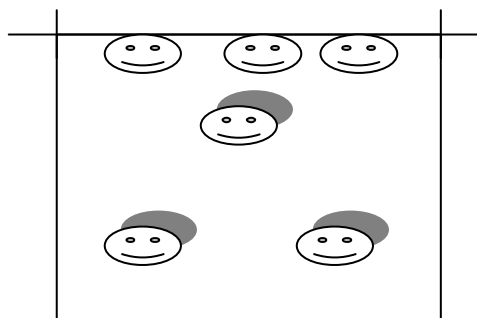
### Formation for receive of serve

The best way to set up your team is in a "W" formation. The shaded players are the backcourt players.



### Formation for defense after serving

The front 3 players prepare to block  
The middle back player covers all the short ball  
The server and the left back players cover the deep hits



### ***The First Contact***

Players in the back should attempt to play the ball to the player at the front right (the setter).

### ***The Second Contact***

The player at the front (the setter) should attempt to set the ball high to any of the other players in the front, and preferably 1m away from the net.

### ***The Third Contact***

One of the players should try to attack the ball over the net and into the opponent's court. Ideally the third hit should be made in the jump and in a downwards direction.....The SPIKE

### **IMPORTANT:**

We would like all players who are playing in this league to have a chance to learn all the skills of volleyball, while winning is important please coach your team so they have a chance to use all the skills.

