



# **IBVF Super League – Abbreviated rules 2025**

## **Rotations/formations:**

- Teams must attempt to start each point in formation where possible
- Mixed teams must have two female and two male players on court
- Mixed teams must not have more than three males on court
- Mixed teams must alternate male/female on court where possible
- Players can move after the serve

## **Serving**

- Serves must be from within 1.5m from the back and right-side net
- Can jump out of the area but must contact the ball prior to landing
- Ball must be released before serving with one hand/arm
- Only one service attempt is permitted
- Ball must not contact any net on service

## **Serve or attack receive:**

- Dig with multiple contacts during one action is permitted
- Dig with multiple contacts from multiple actions is not permitted
- Set (overhand/overhead) with double contact during one action is permitted off an overhand hit only. (Unless ball has contacted and changed direction off the net)
- Set (overhand/overhead) with carry is not permitted

## **Blocking:**

- A block must be with two hands above the height of the net, at the net
- A one-handed block counts as team's first hit
- A blocker may reach if it is on the attack hit (or third hit)

## **General play**

- Players may not kick the ball
- No intentional head contact. Unintentional is permitted
- Players may not contact the ball anywhere below the waist
- Players may not push or use the side nets to assist hitting the ball