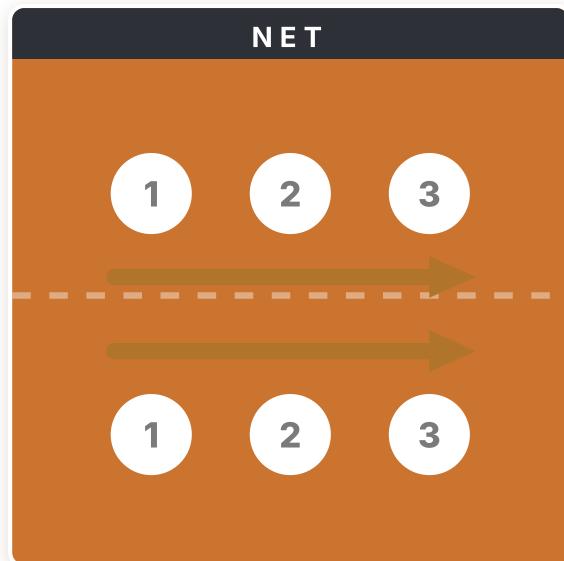
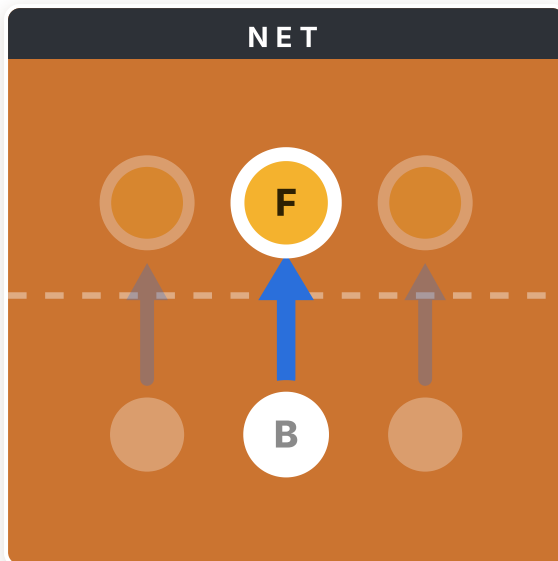


The overlap rule, in plain English

When the other team serves, your six players must be standing in the right **order**. The instant the ball is hit, everyone can move anywhere — so it only matters for that split second.



Stay in front. Each front-row player keeps closer to the net than the partner directly behind them.

Keep your order. Within a row, don't cross past the teammate beside you — left-to-right stays the same.

Only your neighbours count. You just have to beat the players right next to you — never across the court. That wiggle room is exactly what lets you shuffle into a receive formation while staying legal.

Line up wrong at the serve and it's a fault — the other team gets the point. These cards show where to stand for every rotation.

How to read this

Each card shows two courts. **Base** = where you line up. **Receive** = where you move to pass the serve. The net is at the top of every court.

S **Setter** — follow this one. In receive they move to the net to set.

L **Libero** — back-row defender, in red.

O · H1 · H2 · M1 · M2 — opposite, outside hitters, middles.

M1 **Greyed, off-court** — middle subbed out for the Libero.

This sheet covers **Base** and **Receive (pass)** for the 5-1 — the trickiest part to learn. A full game also has **Serve, Set, Attack** and **Switch**, plus other rotation systems.

To see every phase and practise them interactively, open the free tool: volleyball-rotations.com

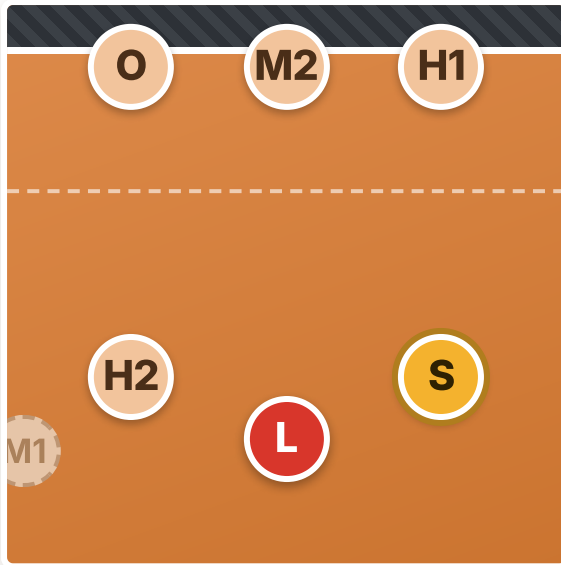
5-1 system · 1 setter, 5 hitters, Libero in the back row. Net is at the top of every court.

1

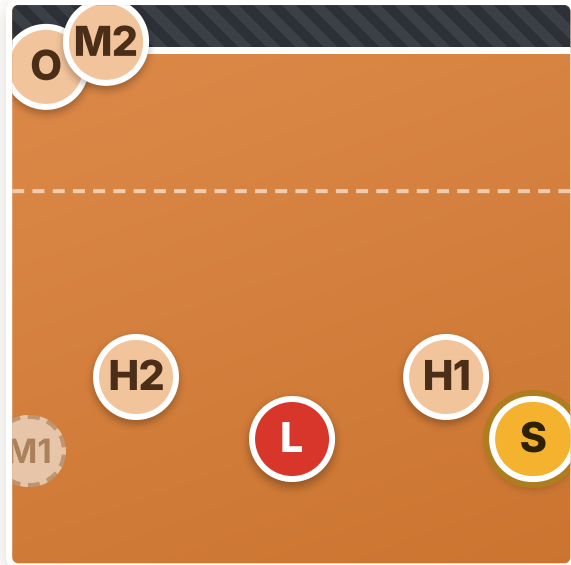
Setter Position 1

Back-right · Zone 1 · Back row

BASE — LINE UP



RECEIVE — PASS



EASY TO GET WRONG HERE

O left of M2

M2 left of H1

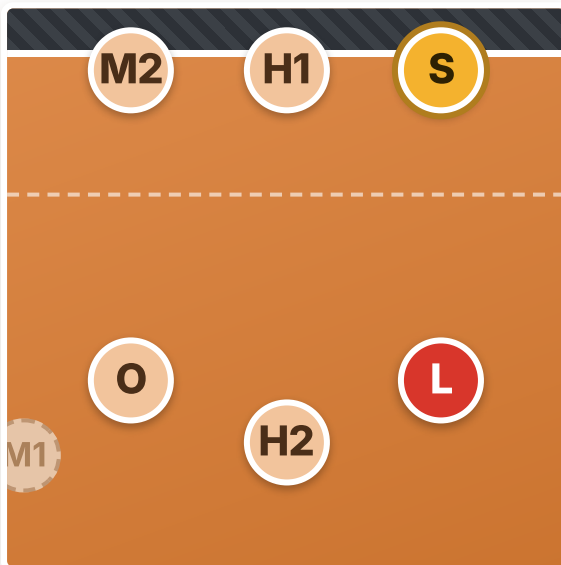
Hold this at the serve — everyone else falls into place. Libero covers for M1.

2

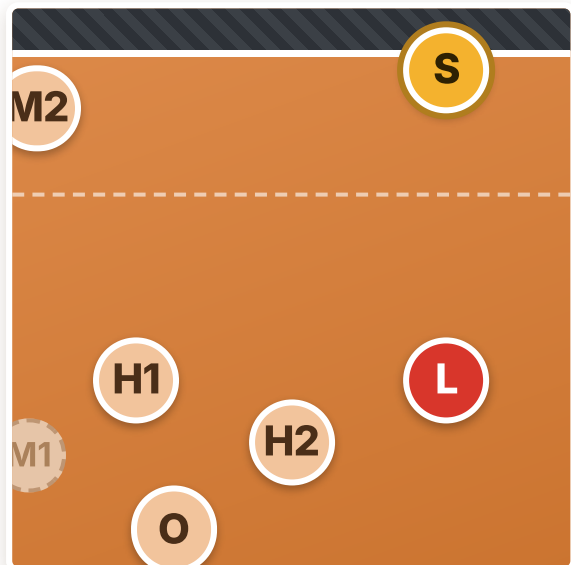
Setter Position 2

Front-right · Zone 2 · Front row

BASE — LINE UP



RECEIVE — PASS



EASY TO GET WRONG HERE

M2 left of H1

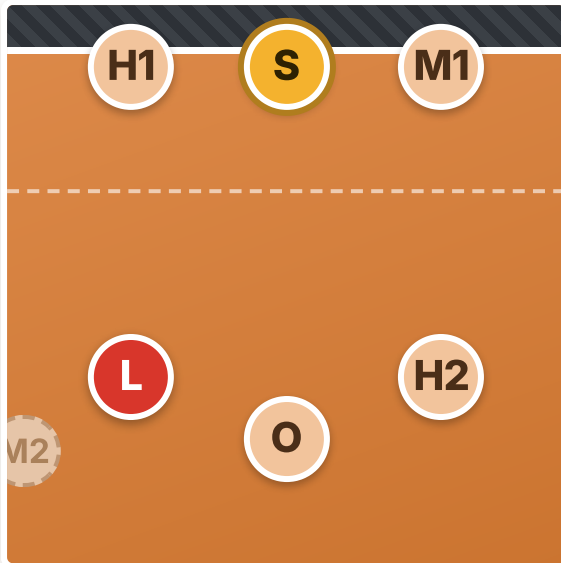
Hold this at the serve — everyone else falls into place. Libero covers for M1.

3

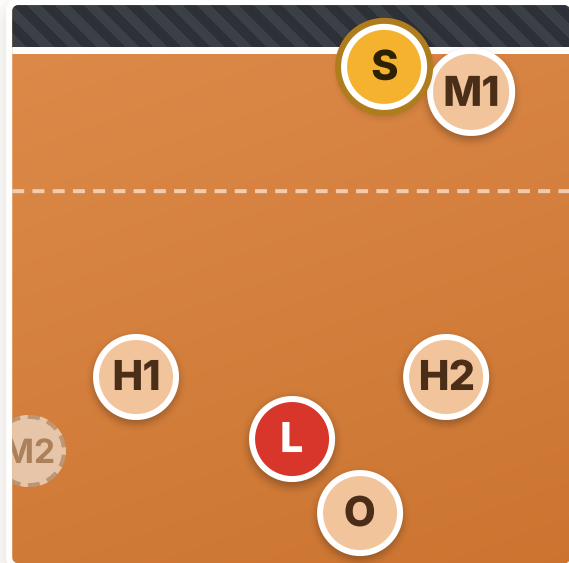
Setter Position 3

Front-center · Zone 3 · Front row

BASE — LINE UP



RECEIVE — PASS



NO OVERLAP TRAPS

Nothing tricky here — just line up as shown.

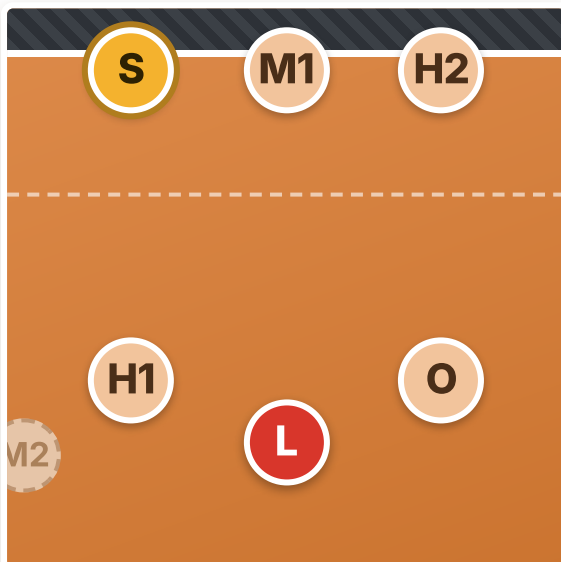
Hold this at the serve — everyone else falls into place. Libero covers for M2.

4

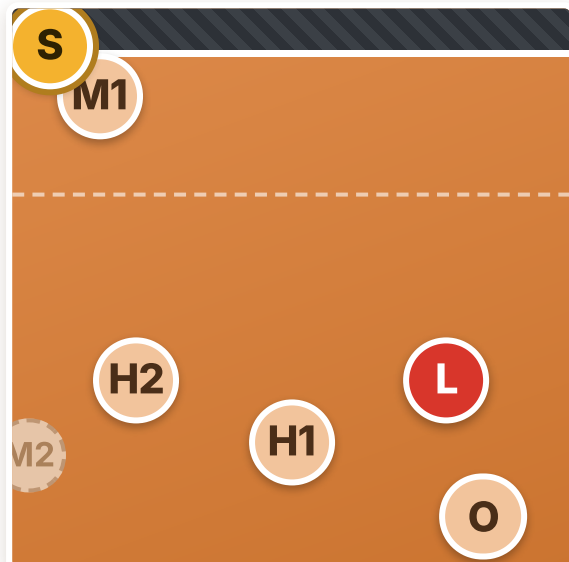
Setter Position 4

Front-left · Zone 4 · Front row

BASE — LINE UP



RECEIVE — PASS



EASY TO GET WRONG HERE

S left of **M1**

M1 left of **H2**

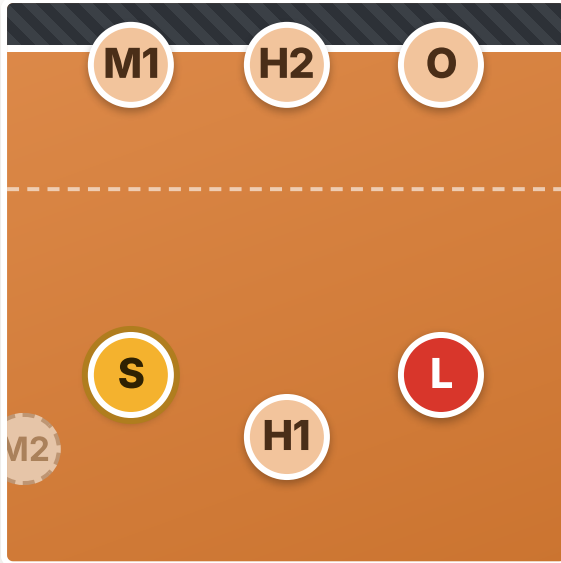
Hold this at the serve — everyone else falls into place. Libero covers for M2.

5

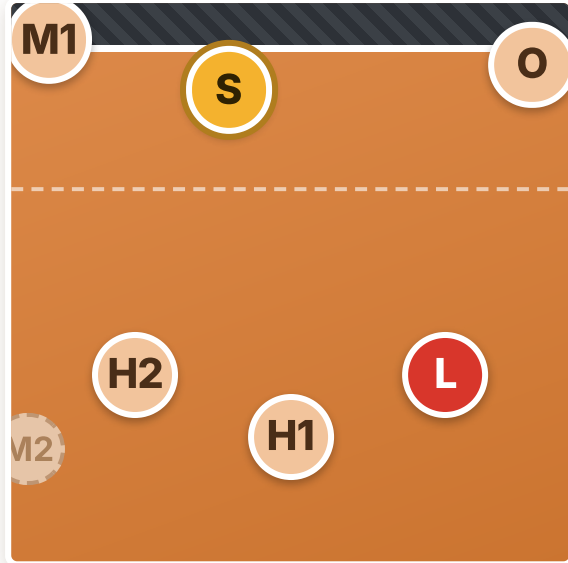
Setter Position 5

Back-left · Zone 5 · Back row

BASE — LINE UP



RECEIVE — PASS



EASY TO GET WRONG HERE

M1 left of H2

S left of H1

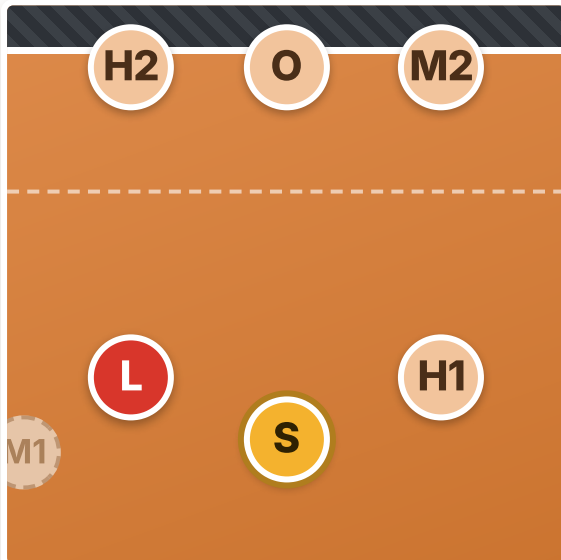
Hold this at the serve — everyone else falls into place. Libero covers for M2.

6

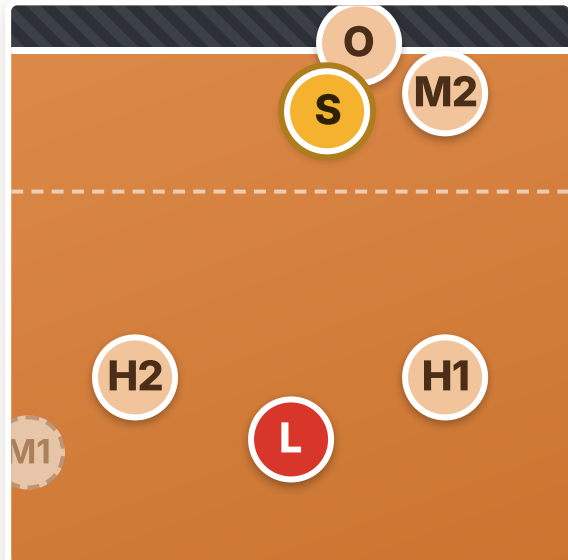
Setter Position 6

Back-center · Zone 6 · Back row

BASE — LINE UP



RECEIVE — PASS



EASY TO GET WRONG HERE

O left of M2

L left of S

S left of H1

Hold this at the serve — everyone else falls into place. Libero covers for M1.