

Overhand Passing Rule Clarification (For U14, U15 & U16)

No double hit is allowed when the serve is received overhand. The serve can be received overhand but the contact has to be “clean”. If there’s **no double contact**, it should **not** be called.

This is on serve receive only, not on defense.

This rule was **not** designed to prevent athletes from overhand passing, but to encourage proper footwork and technique.

If the ball contacts the base or heel of the hands while they are together, it is a clean contact. If it hits the base or heel of one hand it is a clean contact.

*See images 1a, 1b and 1c below for proper technique.

Indicators of a clean contact: controlled body position, ball is directed towards the athletes intended target, ball is released quickly and cleanly out of hands with minimal rotations.

1a.



1b.



1c.



*See images 2a, 2b and 2c below for improper technique.

Indicators of a double contact: body out of control, hand position away from the midline of the body, ball comes out of the contact with lots of spin.

2a.



2b.



2c.



****CARRIED BALLS ARE ALSO AN ILLEGAL CONTACT ON SERVE RECEIVE.**