

# CSCC 4th & 5th Grade Volleyball

## Continuous Substitution Rules and Guidelines

PLEASE NOTE: The Snake Rule is in effect for 4th & 5th Grade Teams

- 1) List all available players on the scoresheet (not just the starting 6)
- 2) Starting positions: (Note - this is the normal VB starting setup for serving and non-serving teams)
  - a. Serving Team: line up in positions #1 - #6 on the court (position #1 is the server)
  - b. Non-serving Team: line up 1 spot prior so that the team will rotate into the correct positions on their first serve
- 3) Substitutions for both teams:
  - a. ALL substitutions will occur in position #6 on the court
  - b. During the rotation prior to a new serve, the previous server (position #1) will sub out and the next player, in order, on the scoresheet will sub in to position #6
  - c. This process continues throughout the entire game
  - d. NOTE: the non-serving team in Game 1 (only) will not substitute during their first rotation
- 4) Games 2 and 3:
  - a. The starting positions for the following games will be based on how the previous game ended
  - b. The change between games is treated simply as another substitution rotation
    - i. The 6 players on the court at the end of the preceding game will be “rotated” and “substituted” using the same guidelines
    - ii. The player in position #1 will sub out, the players on the court rotate, and the next player in line will sub in to position #6 (these substitutions occur as if the previous game never ended; i.e. the “starters” for game 2 and 3 are determined by who was on the court at the end of the previous game and **cannot** be reset by the coaches)
- 5) Serving

If a player has 5 consecutive successful serves for points then that player is done serving. The team still keeps the service but there is a rotation to the next server.