

SAC GIRLS CYO VOLLEYBALL

2009/2010 RULE EXCEPTIONS

The SAC Girls Volleyball league was founded for the purpose of providing beginning experiences of playing volleyball in a Christian atmosphere and to serve as an instructional league. We ask parents and coaches to remember that the game is for the girls, that winning or losing is not as important as playing and learning the game. Please support our league in the spirit that it is intended.

Rules:

3rd/4th Grade Divisions

The service line will be moved into the court approximately 5 feet from the end line, marked or indicated to the coaches prior to the start of each match by the officials. If a player chooses, they may move forward of the modified service line to a point, behind the ten foot line, where the serve has a reasonable chance of clearing the net. Coaches are encouraged to challenge their players to serve from behind the modified line or as close to the modified service line as possible.

The 3rd/4th Grade division is considered instructional. As such, each set will consist of two games. Each game will use a running clock and be 15 minutes in length, no clock stoppage for time outs. Although score will be kept by officials, the score will not be displayed and standings will not be posted. **In addition, the one for one substitution rule is waived to allow coaches to substitute any way they choose.**

5th Grade Division

The service line will be moved into the court approximately 5 feet from the end line, marked or indicated to the coaches prior to the start of each match by the officials. The modified service line may be used **ONLY** for **underhand serving**.