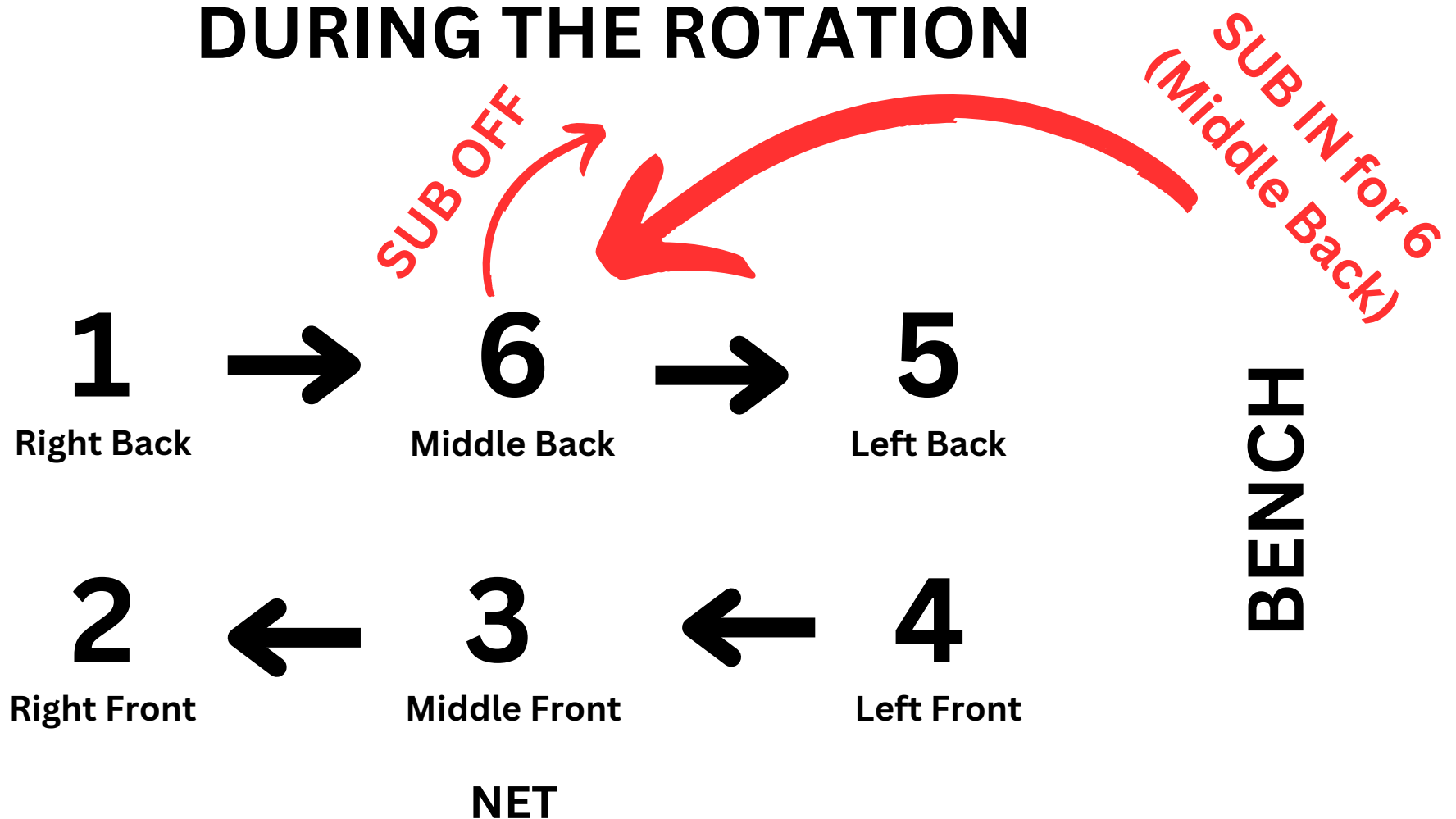


Middle Back Substitution

Required for 8U Division & 10U Division. 12U may use this method as well.

DURING THE ROTATION



★ Rotation occurs when you receive the ball for the first serve of a term of service. A term of service is the time in which one server is serving. When a new person serves that would become a new term of service.

★ When rotating, the player rotating into the Middle Back Position (6) will go off the court and a substitute will come into the game in the Middle Back Position (6).

★ You may not skip any substitutions when using this type of substitution.

One for One Substitution

12U & 14U Only can use this type of substitution

Sample Substitutions for a game:

Sue #1 /Mary #7	Red wrist bands
Brittany #3 /Alex #8	Green Wrist Bands
Laura #10 /Jill #2	Yellow Wrist Bands
Kristen #4	Stays in the whole game
Emma #5	Stays in the whole game

★ **One for one substitution is when you can sub during any dead ball situation.**

★ **The players being subbed will be “tied” together for the game. Before the game the coach will pair two players together that will sub each for each other during the duration of the game. Those two players would not be to sub for anyone else.**

★ **You still rotate after when you receive the ball to serve.**

★ **Coaches can pair all players or have some players play the whole game.**

Libero

14U Only can use a Libero

- ★ Each game, each team may designate one specialized defensive player as libero. The player's jersey must be a contrasting color to that of the other members of the team. The libero is allowed to wear a pennie over their jersey. Contrasting sweatbands may also be used.
- ★ The libero is allowed to replace any player in a back-row position
- ★ The libero is restricted to perform as a back-row player and is allowed to complete an attack hit (spike) from behind the 10-foot line and below the net. This basically means that the libero must stand and attack the ball from a reaching position (no jumping)
- ★ The libero may not block or attempt to block
- ★ The libero can only be replaced by the player whom she/he replaced
- ★ The libero may only enter or leave the court during a dead ball.
- ★ The libero may in place of one (1) position.
- ★ Before replacing another back row player, the libero has to sit out for one play/point/rally. The exception where the libero does not have to leave the court to replace a different back row player is he/she is rotating into the service position.
- ★ The libero may not set while in front of the 10' line to a front row player who contacts the ball above the height of the net.