



## Understand CMVL Substitution Rules

Understanding the player substitution rules are required of all coaches in CMVL and can be a key part of your strategy during the match. All coaches are expected to understand and abide by these rules.

Our CMVL Rules have been developed in an effort to support our leagues' philosophy as a participation-based instructional and semi-competitive league. This document provides a common interpretation of the CMVL Rules regarding the substitution of players within our league.

### CMVL Governing Rules of Play:

**Per CMVL Bylaws and Rules (Section 1.20):** *"All grade levels will play in accordance with the volleyball rules of the Georgia High School Association with certain additions from the CMVL. The Board will determine specific rules from the CMVL."*

In other words, we adhere to GAHS rules, unless we specifically state otherwise. It is your imperative as a coach that you understand these rules. Contact your gym coordinator if you are not aware of the rules, or want a rule book.

CMVL Rules regarding substitution is an example where we vary from GAHS standard rules. Accordingly, these are explained here for your benefit and understanding.

### CMVL Rule: Section 5.10 – Rotation and Substitution

#### 5.10 – Rotation and Substitution

- Players can expect to play a minimum of 1 complete set per match. Exceptions to this are at the discretion of the Head Coach but limited to situations where a player requires a break from the game in order to maintain her dignity or for injury. Any misuse of this exception should be reported to the Board of the CMVL. A player who leaves the set due to injury or illness may return to play during that set. The injured player would then return to her position in the rotation.
- Once the ball is served, players may swap positions. All players must return to their serving order for every serve.
- Substitution Rules for Sets:
  - Six players will start the match and play the entire first set.
  - At the start of the 2nd set, a new group of 6 players will play. If the roster is smaller than 12, then players from the first set can be added to the line-up, providing the coach has cleared the bench first.
  - If a 3rd set is required:
    - For 5/6 grade teams, a player cannot play a third time until all players have played at least twice. **Free substitutions can occur during the 3rd set.**
    - For 7/8 grade teams, the Head Coach can choose who plays this set provided the minimum play rules have been carried out. **Free substitutions can occur during the 3rd set.**

Although we have tried to make these rules very easy to understand, we have received several questions about the meaning of "free substitutions" and how this should be handled by the 5<sup>th</sup>/6<sup>th</sup> grade teams in the third set.

To this, it is important to understand the information discussed in this document.

## Free Substitutions –

Our reference to “Free” is only in relation to the timing of the substitutions. E.g. – you do not have to wait until the first 8 points are scored to substitute, as was previously defined.

- When substituting players in the 3rd set, you must keep them in the same order of the rotation that they subbed out from.

As an example, if you sub out player #4 for player # 12, then want to sub player #4 back in, they must sub back in for # 12.

You may NOT, as an example, keep “subbing in” your best player in the 3<sup>rd</sup> set just to serve. This is clearly against the rules and violates our league’s philosophy

## 5th/6th Grade Impact for the 3rd Set –

- Key rules to understand:
  - Every player is expected to play at least one set.
  - You have to “clear the bench” for the 2<sup>nd</sup> set. *In other words, if a player didn’t play in Set 1, they must play in Set 2.*
  - “A player cannot play a third time until all players have played at least twice.”

These are all very direct, and there should be little confusion at this point. However, several questions have been received by the Board regarding the third set, and how substitutions are to be handled here.

For the third set, it may be best to review the following example to understand the impact of the rules in action.

Set 1	Set 2	Set 3
Player 1 *Top player on team A Player 2 Player 3 Player 4 Player 5 Player 6	Player 7 *Top player on team B Player 8 Player 9 Player 10 Player 1 *Top player on team A Player 2  Players 1 & 2 can play as the team has “cleared the bench” and all others have played at least once.	Player 3 Player 4 Player 5 Player 6 Player 7 Player 8  After first point is scored (0-1) or (1-0), substitutions can occur: - First Sub: Player 9 (or 10) - Second Sub: Player 10 (or 9) - Third Sub = Anyone

**Please note**, although substitutions can be done immediately after the first point is scored in the 3<sup>rd</sup> set, we hope that the coach will be respectful of the players and intent of the league.

## 7th/8th Grade Impact for the 3rd Set –

- Key rules to understand:
  - Every player is expected to play at least one set.
  - You have to “clear the bench” for the 2<sup>nd</sup> set. *In other words, if a player didn’t play in Set 1, they must play in Set 2.*

Free substitutions can occur as desired in the 3rd set.

## **Substitution Zone – Where to make substitutions**

Players entering or leaving the court during a regular substitution must cross the sideline between the attack line and the scorer's table. Both players to be substituted are to wait at the line until acknowledgement is given from the Referee (after he/she receives from the scorer's table).

## **Substitution Timing – When to make substitutions**

A team can request a substitution at the start of a set, during a time-out, or between points before the service whistle. You can substitute more than one player at a time. The referee must authorize all substitutions and the scorer must record them. Good luck!