4th, 5th, 6th, and High School Lineup Sheet

How to create a line-up sheet for the 4th, 5th, 6th and High School volleyball matches

The Seattle CYO volleyball program for the 4th, 5th, 6th and High Schoolers will play using a rotation rather than a substitution format. This means that on every rotation of players on the court, one player will exit, and another will enter the court.

The advantages to the rotation system are:
- All players receive equal opportunity to play
- Coaches do not need to worry about meeting playing time rules by counting points. This system automatically takes care of the playing time issue
- Coaches have more time to focus on fundamentals rather than strategy

The most important game strategy for a coach is in setting up their line-up sheet. One line-up sheet is used for the entire match, so players remain in the same order for the whole match. Line-up order cannot change between sets, and the line-up continues into the next set right where players left off in the previous set. Once a line-up sheet has been submitted to the scorekeeper, it cannot be changed. Therefore, coaches need to plan ahead of the match and set their line-up. To do this, coaches should consider the following when planning their line-up.
- Skill level of each player
- Personalities of the players
- Player's punctuality to matches
- Knowing who is going to be there the day of the match – (I added this)

1) When considering the skill level of players, it is recommended that coaches avoid putting all their stronger players together at the beginning of the line-up sheet. It is much more strategic and advantageous to both the teams and to individual players if the coach staggers and balances out the skill level.

2) Knowing the personalities of your players is very important also. Coaches want to be sure players are next to players they can work with.

And 3) Coaches need to know if a player will be arriving late or are absent the day of the match. If you know a player will be late, place them at the end of the line-up. We discuss what to do when this happens in the scorekeeping instructions.

Now we are going to fill out a line-up sheet:

Line up sheets can be downloaded from the CYO website. Be sure to choose the link for the 4th, 5th, 6th and High School forms.

First, enter your team's name
- Check home or visitor, this will be on your schedule
- Enter the date

The right column is your roster. Players are to be listed by jersey number in numerical order with their LAST then FIRST name. This can be done once, and then make copies for future matches.

The left column is your line-up by serving order. Start with your first server and work down your list of players.

Indicate the captain of the team by putting a "C" next to the player's uniform number.

Enter all the COACHES names. All coaches must be registered with the CYO office and listed on your roster previously submitted to CYO. The only coaches allowed to sit on the bench during the match are those coaches registered and listed on the line-up sheet.
- ALL coaches MUST sign the line-up sheet

It is also recommended that coaches have 2 copies of their line-up sheet - one to turn into the score table and one to keep as a reference during the match. Good luck and if you have any questions please contact your grade-level volleyball commissioner!

CYO Volleyball Lineup Sheet
(4-6th Grades and High School)

Serve Order – list player numbers in the order they will serve. One Lineup sheet will be used per match. The lineup for sets 2 and 3 will begin where the previous set left off.

1 47
2 19
3 36 c
4 57
5 20
6 58
7 48
8 60
9 ____
10 ____
11 ____
12 ____
13 ____
14 ____
15 ____

TEAM GREEN

Circle one: (Home) Visitor

Date 1-10-23

ROSTER – List players in <u>numerical</u> order

#	LAST name	FIRST name
19	House	Becky
20	Cook	Rhonda
36	West	Natalie
47	Vale	Sue
48	Lindy	Shirley
57	Jacobs	Lizzy
58	Johnson	Beth
60	Ames	Holly

Coach (All coaches on the bench must be registered with CYO and sign below.)

_____
Print Name   Signature

_____
Print Name   Signature

Mary Cook   *Mary Cook*
Print Name   **Signature**

Lisa Jacobs   *~~~~*
Print Name   **Signature**