

In this document you will find:

Page 2: Coaches' List Flag Football 2010

Page 3: September 8th Grade Flag Football Schedule

Page 4: October 8th Grade Flag Football Schedule

Page 5: September 7th Grade Flag Football Schedule

Page 6: October 7th Grade Flag Football Schedule

Page 7: Volleyball Coaches List for 2010

Page 8: Volleyball Rules 2010

Page 9: Volleyball Basic Rules

Page 11: September 8th Grade Girls Volleyball Schedule

Page 12: October 8th Grade Girls Volleyball Schedule

Page 13: September 7th Grade Girls Volleyball Schedule

Page 14: October 7th Grade Girls Volleyball Schedule

Coaches' List Flag Football 2010

Andros Karperos

1. 7th grade: Paul Kunberger, pkunberger@ycusd.k12.ca.us
2. 8th grade: Ron Teague, rteague@ycusd.k12.ca.us

Gray Avenue

1. 7th grade: Kevin Peterson, 300-6353, kapeterson@ycusd.k12.ca.us
2. 8th grade: Joe Bronner, contact Kevin Peterson or Steve Brown

Tierra Buena

1. 7th grade: Ken Kennedy, 870-8088, kkennedy@ycusd.k12.ca.us
2. 8th grade: Jeff Ferreira, 741-2137, jbf1965@pacbell.net

Central Gaither

1. No team

Riverbend

1. 8th grade: Vincent Crittendon, 300-8918, vcrittendon@ycusd.k12.ca.us
2. 7th grade: Vincent Crittendon, possibly no team this year

Barry

1. 7th grade: Dan Heuvelhorst, 671-5566, dixieheuvey@ccxn.com
2. 8th grade: Dan Heuvelhorst

Butte Vista

1. 7th grade: Fleet Irvine, firvine@ycusd.k12.ca.us
2. 8th grade: Ryan Willard, rwillard@ycusd.k12.ca.us

September 8th Grade Flag Football

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Labor Day	7 Beginning of Season Open Date	8 Open Date	9 Open Date	10 Open Date	11
12	13	14	15	16 Barry v GA @ GA TB v RB @ RB AK v BV @ BV	17	18
19	20	21	22	23 GA v TB @ TB RB v BV @ BV AK v Barry @ AK	24	25
26	27	28	29	30 GA v RB @ RB TB v AK @ AK BV v Barry @ BV		

October 8th Grade Flag Football

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 RB v AK @ AK Barry v TB @ TB BV v GA @ GA	8	9
10	11	12	13	14 RB v Barry @ RB BV v TB @ TB AK v GA @ GA	15 End of the Season	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

September 7th Grade Flag Football

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Labor Day	7 Beginning of Season Open Date	8 Open Date	9 Open Date	10 Open Date	11
12	13	14	15	16 Barry v GA @ GA TB v RB @ RB AK v BV @ BV	17	18
19	20	21	22	23 GA v TB @ TB RB v BV @ BV AK v Barry @ AK	24	25
26	27	28	29	30 GA v RB @ RB TB v AK @ AK BV v Barry @ AK		

October

7th Grade Flag Football

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 RB v AK @ AK Barry v TB @ TB BV v GA @ GA	8	9
10	11	12	13	14 RB v Barry @ RB BV v TB @ TB AK v GA @ GA	15 End of the Season	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

Volleyball Coaches List for 2010

Tierra Buena

1. 7th grade: Tawnia Cartwright, 933-7007, tcoggan@ycusd.k12.ca.us
2. 8th grade: Pattie Keene, pkeene@ycusd.k12.ca.us

Butte Vista

1. 7th grade: Vicky Taylor, 682-2472, vtaylor@ycusd.k12.ca.us
2. 8th grade: Marie Kroeger, kroegers_yc@yahoo.com

Gray Avenue

1. 7th grade: Eric Smith, esmith@ycusd.k12.ca.us
2. 8th grade: Amy Triphan, 300-5695, atriphan@hotmail.com

Barry

1. 8th grade: Richard Ybarra, 822-5220 ext. 125, rybarra@ycusd.k12.ca.us
2. 7th grade: Richard Ybarra

Riverbend

1. 7th grade: Janeane Wakefield, jwakefield@ycusd.k12.ca.us
2. 8th grade: Gaby Correa, 300-6362, gcorrea@ycusd.k12.ca.us

Central Gaither

1. No team

Andros Karperos

1. 7th grade: Carrie Mitchell, camitchell@ycusd.k12.ca.us
2. 8th grade: John Sawyer, jsawyer@ycusd.k12.ca.us

YCUSD Volleyball Rules 2010

1. All games are rally scoring to 25 points, must win by 2 points.
 - a. If necessary the 3rd game is rally scoring to 15 points.
 - b. Miss serve is a point for the other team.
2. **8th grade will serve exclusively overhand, 7th graders will be allowed two underhand serves per sideout. First violation is a replay and second is a miss serve.**
 - a. Please note:
 - i. **The server must let the ball hit the ground, and not catch it, for there to be a reserve. (Once per rotation)**
3. The let serve (one that hits the net as it goes over) is legal
4. Any first ball over the net may be “double hit” legally
 - a. A double hit is not a lift
 - b. Finger action is okay
 - c. Prolonged finger/hand contact is not okay
 - d. Serve may not be **blocked/attacked**
 - e. 2nd and 3rd touches MUST BE clean
 - f. Regular substitutions/rotation rules apply player for player
 - g. Right front setter is encouraged for all levels

Volleyball Basic Rules

The Serve

1. Server must serve from behind the restraining line (end line) until after contact.
2. Ball must be served **overhand**
3. Ball must be clearly visible to opponents before serve
4. Served ball may graze the net and drop to the other side for point
5. **First game serve is determined by a coin toss or rock, paper, scissors**
6. **Serve must be returned by a bump and a set only, no attacking a serve**

Scoring

1. Rally scoring will be used
2. There will be a point scored on every score of the ball
3. Offense will score on a defense miss or out of bounds hit
4. Defense will score on an offensive miss, out of bounds hit, or serve into the net
5. Game will be played to 25pts.
6. Must win by 2 points

Rotation

1. Team will rotate each time they win the serve
2. Players shall rotate in a clockwise manner
3. **There shall be 6 players on each side**

Playing the Game (Volley)

1. Maximum of three hits per side
2. Player may not hit the ball twice in succession (A block is not considered a hit)
3. Ball may be played off the net during a volley and on serve
4. A ball touching a boundary line is good
5. A legal hit is defined as contact with the ball by a player's body above and including the waist which does not allow the ball to visibly come to a rest

6. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play
7. A player must not block, or attack, a serve
8. Switching positions will be allowed only between front line players (After the serve only)
 - a. Addendum**
 - i. A back row player may move to the front row, but must play by back row rules.**

AK= Andros Karperos Middle School
Barry = Barry Elementary School
BV = Butte Vista School

CG = Central Gaither School
GA = Gray Avenue Middle School

TB = Tierra Buena School
RB = Riverbend Elementary

September 8th Grade Girls V-Ball

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Labor Day	7 Season Begins Open Date	8 Open Date	9 Open Date	10 Open Date	11
12	13	14	15 TB v AK @ AK Barry v GA @ GA RB v BV @ BV	16 Barry v AK @ AK RB v GA @ GA TB v BV @ BV	17	18
19	20 TB v RB @ RB AK v GA @ GA Barry v BV @ BV	21	22 BV v AK @ AK TB v GA @ GA Barry v RB @ RB	23 RB v AK @ AK BV v GA @ GA TB v Barry @ BV	24	25
26	27 AK v RB @ RB GA v BV @ BV TB v Barry @ GA	28	29 GA v AK @ AK TB v RB @ RB Barry v BV @ BV	30 TB v AK @ AK GA v Barry @ GA BV v RB @ RB		

AK= Andros Karperos Middle School
Barry = Barry Elementary School
BV = Butte Vista School

CG = Central Gaither School
GA = Gray Avenue Middle School

TB = Tierra Buena School
RB = Riverbend Elementary

October 8th Grade Girls V-Ball

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 AK Tournament (8th grade only)	2 AK Tournament (8th grade only)
3	4 TB v GA @ GA	5	6 Barry v AK @ AK GA v RB @ RB TB v BV @ BV	7 Barry v RB @ RB AK v BV @ BV	8 End of the Year Tournament (Was the 15th)	9 End of the Year Tournament (Was the 16th)
10	11	12	13	14	15 Yuba Gardens Tournament	16 Yuba Gardens Tournament
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

AK= Andros Karperos Middle School
Barry = Barry Elementary School
BV = Butte Vista School

CG = Central Gaither School
GA = Gray Avenue Middle School

TB = Tierra Buena School
RB = Riverbend Elementary

September 7th Grade Girls V-Ball

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Labor Day	7 Season Begins Open Date	8 Open Date	9 Open Date	10 Open Date	11
12	13	14	15 TB v AK @ AK Barry v GA @ GA RB v BV @ BV	16 Barry v AK @ AK RB v GA @ GA TB v BV @ BV	17	18
19	20 TB v RB @ RB AK v GA @ GA Barry v BV @ BV	21	22 BV v AK @ AK TB v GA @ GA Barry v RB @ RB	23 RB v AK @ AK BV v GA @ GA TB v Barry @ BV	24	25
26	27 AK v RB @ RB GA v BV @ BV TB v Barry @ GA	28	29 GA v AK @ AK TB v RB @ RB Barry v BV @ BV	30 TB v AK @ AK GA v Barry @ GA BV v RB @ RB		

AK= Andros Karperos Middle School
Barry = Barry Elementary School
BV = Butte Vista School

CG = Central Gaither School
GA = Gray Avenue Middle School

TB = Tierra Buena School
RB = Riverbend Elementary

October

7th Grade Girls V-Ball

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 AK Tournament (8th grade only)	2 AK Tournament (8th grade only)
3	4 TB v GA @ GA	5	6 Barry v AK @ AK GA v RB @ RB TB v BV @ BV	7 Barry v RB @ RB AK v BV @ BV	8 End of the Year Tournament (Was the 15th)	9 End of the Year Tournament (Was the 16th)
10	11	12	13	14	15 Yuba Gardens Tournament	16 Yuba Gardens Tournament
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30