

Playing Time Policy (effective 2.9.26)

When a parent and player make a commitment to club volleyball, they are investing in the benefits and challenges of playing a team sport and all that goes with it. At BOSS VBC, my commitment to parents and players is that we will focus on the whole athlete, helping her develop her volleyball skills by providing quality coaching, intensive practice and player development opportunities and tournament competition. In the course of the club season, players also learn how to cope with adversity and pressure, develop poise and mental toughness and how to balance the competing demands of school, sports, college goals and friendship.

When all is said and done, playing time during tournaments amounts to a mere fraction of the time an athlete spends during her commitment to club volleyball. Most ball touches, learning and playing time during the club volleyball season occurs during practice.

That said, unfortunately tournament playing time and team position remain the greatest sources of parent-coach conflict in club volleyball.

I will outline our playing time policy here so that every player, coach, and parent is aware of our policies. Effective February 9, 2026.

Playing Time During Pool Play

- My goal at the beginning of the season is to give every player a chance to prove herself by allowing all players to compete during pool play and play different positions when possible.
- Depending on the level of competition, the player's position and relative skill level, this may mean she plays every set or only a portion of every other set during pool play.
- I will advise our coaches to be more equitable about playing time when dealing with all Regional teams, especially 14s 13s 12s. (White/Purple)
 - **GOAL: Try whenever possible to get all players involved in at least a portion of a set if they have not played in the previous 1-2 sets.**
 - **Except for suspension, or documented excessive absenteeism, player should not sit on the bench for more than 2 sets in a row.**
- Players on 14+ Select teams (Pink) are accustomed to a higher level of competition and specialization. Select players recognize that playing time WILL NOT necessarily be evenly distributed across players. (Pink)
 - **GOAL: Try whenever possible to have all players involved in at least a portion of every tournament.**
- Please note that at no time is a player guaranteed a minimum amount of playing time.

Playing Time During Bracket Play

- Once a team has advanced to brackets after pool play, the coach will play the strongest lineup, trying whenever possible to give playing time to everyone.
- Coaches decide how much playing time an individual player will receive based on effort, focus and performance at practice and tournaments and the relative level of competition in the remaining matches.

Mid-Season Lineups

- By March, coaches have a pretty clear idea of their strongest lineup. Coaches and players will be stepping up the intensity and effort at practice time.
- This is also the time in the season when coaches make tough decisions about lineups.
- As our Select teams work to prepare for escalating competition and a National Tournament, our coaches will play their strongest lineups in order to elicit the best possible performance from their teams.
- This may mean that some players play very little or not at all.
- While I ask our coaches to find ways, if at all possible, to include every player in the competition, this is not guaranteed nor is it always possible depending on player position. (For instance, a backup setter may play very little if the coach decides to run a 5-1 rather than a 6-2. A defensive specialist may play very little if the coach is running a 6-2 and playing both outsides in the back row. Many variables go into lineups and playing time.)

National Tournament Lineups

- Players (and not parents) should discuss their relative roles with their coaches and support their teammates at all times, whether they are on the court or on the sidelines.
- Some players may be asked to join a Pink Team for a trip to a National after the Regional season is completed.
- Players added to the roster may serve as “reserves” and are NOT guaranteed any specific amount of playing time. They may have very little, to no playing time.
- Playing time during a National tournament is at the sole discretion of the team coaches.

Players on the Bench

- When a player is on the bench, he or she is still participating in the match. Time on the bench is essential for both physical rest and to help a player recharge her emotional batteries to stay engaged in competition.
- Downtime during a match is an opportunity for players to study their opponent and practice ball-reading skills.
- A bench player may be called on at any time during a match, and it’s important that she has maintained the mental alertness to study the opponent and maintain poise and confidence to jump onto the court and play her best. It is for this reason that players and parents must maintain a positive attitude whether they are on the court or on the bench.
- A player on the bench should show sportsmanship, team spirit and court awareness at all times.

Players Getting “Pulled”

- A coach may make a decision to “pull” a player from her starting spot in a lineup. Sometimes this occurs to give players rest or to create an opportunity for another player to have playing time.
- Sometimes the player is pulled from a game or a starting lineup for a poor performance or attitude.
- In all of these cases, we expect the benched player to maintain a winning attitude.
 - Players should leave the court quickly with head held high and offer encouragement to the replacement player. They should use their bench time wisely, to rest or regain composure if they performed poorly.
 - BOSS VBC coaches may penalize players who demonstrate a negative attitude or poor sportsmanship when taken off the court.

Parents and Playing Time

- The support of parents is essential to an individual player and the success of her or his team.
- We ask our parents to maintain a positive attitude and encourage their player to stay confident and positive, whether she/he is a starting player who receives significant playing time or a substitute player who plays fewer rotations.
- Coaches and the club leadership are the ultimate authority about team lineups and playing time decisions.
- Under NO circumstances is a parent to discuss lineups or playing time with coaches whether at a tournament, at practice or by email or text. A parent who wants to discuss decisions should follow the steps outlined in the conflict resolution policy.

Violations of the Conflict Resolution Policy

- A parent who tries to talk to a coach or club official about an issue of playing time or position will be reminded to follow the conflict resolution policy.
- A second infraction will result in lost practice and/or tournament playing time for the player.
 - A parent who approaches a coach about an issue of playing time, position or any grievance during a tournament will be asked to leave the tournament and will be suspended for the next tournament.
 - The player will be benched for at least the next set or more, at the coach’s discretion.
- Approaching a coach at a tournament to air a complaint is a serious violation of club policy.
- A second violation will result in a more severe penalty, including possible player expulsion from the club.

Constructive Communication

- I recognize that sometimes a parent may feel angry or frustrated and be tempted to vent his or her feelings. I also know that at times a parent may have a legitimate concern that needs to be aired.
- I ask both our coaches and our parents to maintain perspective and self control at all times, complying with our 24-hour rule and our conflict resolution policy (bossvbc.com) Abusive behavior toward anyone is a serious violation of club policy.

*A parent who yells at or makes threatening remarks to a coach, player, parent, or staff member will be banned from all future tournaments and the player may be benched, suspended or terminated from the club.

Thank you for supporting the growth and success of your player!

Lindsey Simpson

CLUB DIRECTOR - BOSS VBC LLC

PLAYERS PLEASE READ AND SIGN ACKNOWLEDGEMENT:

PARENT/GUARDIAN FROM EACH HOUSEHOLD PLEASE READ, SIGN:

AND SEND TO Lindsey.bossvbc@gmail.com by 7pm Monday February 9, 2026.

ALL COACHES PLEASE READ, SIGN A COPY AND SEND TO Lindsey.bossvbc@gmail.com by 7pm Monday February 9, 2026.
