

GREAT FUTURES START HERE.



2024 Volleyball Handbook/Timeline

- Practice:** One hour practice, two days per week before season. One hour practice, one day a week during season. Day and time to be determined by the coach. Practice times will be assigned to the coaches.
- Games:** Games will begin the first week of April. Schedule will be posted on the Club's website www.vbclub.org no later than March 15, 2024. There will be a \$3.00 per adult admission to games.
- Pictures:** We will not be doing team pictures. Please feel free to have your own made or taken.
- Uniforms:** Each player will receive a t-shirt with the BGC logo on the front and sponsors on the back. The t-shirt is the player's property to keep at the end of the season. Alterations may not be made to the shirt before the conclusion of the season.

Welcome to the Boys & Girls Club of Van Buren volleyball program. We are looking forward to a fun and educational season. In pursuit of these goals, we would like to remind you that all sports programs are conducted to teach the fundamental rules and skills of the sport and to have fun. The BGCoFVB advocates healthy competition but no undue stress to win. Emphasis should be placed on how the girls play the games, how hard they practice and how hard they try.

Those attending BGCoFVB sporting events shall not:

- Disrespectfully address an official, coach or staff member
- Attempt to influence an official's decision
- Use profanity, abusive, threatening, vulgar or suggestive language-either spoken or printed on clothing.
- Disrespectfully address or "bait" an opponent
- Incite undesirable crowd reactions
- Object to an official's call by using gestures
- Disrespectfully address any players on the court
- Be under the influence of any drug or alcohol

The BGCoFVB staff reserves the right to ask coaches/parents/visitors to leave games and or practices if they do not adhere to these procedures. The coach of the parent or visitor of the team that does not adhere to the above procedures will also be asked to leave. The team may then be coached by an assistant coach or a parent.

Your help in providing a supportive atmosphere for your children to play and learn is greatly appreciated. Working together, we can make the volleyball program beneficial for all involved.

Volunteer Coaches Guidelines and Expectations:

BGCoFVB relies on volunteers to donate their time and effort to help our members to the best of their ability. Our volunteers are very important to the youth they serve. BGCoFVB reserves the right to screen and deny volunteers participation in the volleyball program.

Provide a Safe, Positive Environment-Playing volleyball holds an inherent risk, but as a coach you are responsible for regularly inspecting the practice and competition courts. Your communication involves not only players but also parents and visitors. Please make all communications in a positive way to show that you have the best interest of the players at heart.

Tactics and Skills of Volleyball-It is important for players to understand volleyball rules. Understanding the rules makes playing the game much easier. Not knowing the rules can cost your team points. If a rule or call is unclear, the coach may approach the referee and have a discussion for clarification.

Character and Leadership Development-Teach players to care and respect their teammates and opponents. Please encourage and recognize players that demonstrate good sportsmanship as an example to other players. We encourage the players to cheer for their teammates but please make sure the players are quiet and discontinue cheering when the game officials blow their whistle for play. It can interfere with an opponent's concentration during a serve. Failure to do so may result in a loss of a point.

Practices- All practices will be held at designated gymnasiums, unless approved by the BGCoFVB and VBSD. Do not have your team report to practice early. This will avoid disturbing another team. A player may be asked not to participate in a game if too many practices are missed without valid reasons. Volleyball is a team sport and it is only fair to the team that everyone put forth as much effort as possible to better the team.

Team Placement-Players are placed on a team using the draft technique. Every participant that signs up before the sign up close date will be placed on a team. The draft is not a try-out, it is merely the fairest way possible of choosing teams. If a participant does not attend the draft their name will be placed in a blind draft, coaches will choose until all players are placed.

Spectator Rules and Regulations-Only players of a match should have a ball. Please do not allow your children to play at the end of the gymnasium. This will alleviate balls rolling onto the court during play and disrupting the players in a match.

BGCoFVB Volleyball Rules-BGCoFVB will play rally scoring volleyball in accordance with NFHS rules, with certain modifications made so that the game is appropriate for specific age groups. Each coach will receive a copy of all rules. Rules are made available to parents upon request.

BGCofVB League Volleyball Rules and Regulations:

- The best two out of three games win matches.
- Each non-deciding game will be won by the team that scores 25 points with a minimum two-point advantage (scoring cap at 30).
- If a deciding third game is played, it will be won by the team that first scores 15 points, with a minimum two-point advantage (scoring cap at 25).
- One point will be scored on each rally.
- If the receiving team wins the rally, they score a point and gain a serve.
- Six players on the floor, three on the front row and three on the back row.
- Maximum of three hits per rally.
- Players may not hit the ball twice in succession (a block is not considered a hit).
- A ball may be played off the net during a volley and a serve.
- A ball hitting ON a boundary line is "in". If 99% of the ball hits out and 1% is on the line then the ball is still called "in".
- A ball is "out" if it hits the floor completely outside the line, any of the net or cables outside the side lines, the referee stand, the ceiling above a non-playable area or the wall.
- A ball is still playable if it hits the ceiling and comes down on the same side it was being volleyed and is not considered a hit. If a team hits the ceiling and comes down on the opposing side then the ball is call "out".
- It is illegal to catch, hold or throw the ball.
- If two or more players contact the ball at the same time it is considered one play and either player involved may make the next contact (provided the next contact isn't the teams fourth hit).
- Front line players may switch positions at the net after the serve.
- The officiating crew will be made up of one referee, at least one **VOLUNTEER** line judge and scorer. If there is an issue with the score stop the game immediately and confer with the referee.
- A continuous rotation system will be used allowing all players to be played during the game for approximately the same amount of time. Rotations will occur on the opposing team side out.
- Coaches must maintain the same rotation throughout the entire match, the #2 player rotates out.
- All participants are required to play. It is the coach's responsibility to inform the referee and score keeper if a player is sitting out for any reason. Failing to play every participant without prior notification at the start of a game will result in a forfeit.
- Player has **five seconds** to serve after the referee has blown the whistle. A player will get a warning for the first offense. Second offense will result in a loss of serve with no point awarded to opposing team.
- A server may only serve up to 5 consistent successful serves.

Basic Volleyball Violations:

The result of a violation is a point for the opponent and side out if the serve is held by the other team.

- Stepping on or across the service line as you make contact with the serve while serving.

- Failure to serve the ball over the net successfully.
- Contacting the ball illegally (lifting, carrying, throwing, etc.)
- Touching the net with any part of the body while the ball is in play. This is a fairly new rule and will be strictly enforced in the upper division. No player is to come in contact with the net regardless of where the play is occurring.
- When blocking a ball coming from the opponent's court, contacting the ball when reaching over the net is a violation if both-your opponent hasn't used three contacts and they have a player to make a play on the ball.
- When attacking a ball coming from the opponents court, contacting the ball when reaching over the net is a violation if the ball hasn't yet broken the vertical plane of the net.
- Crossing the court centerline with any part of your body. Exception: if it's the hand or foot, the entire hand or entire foot must cross for it to be a violation.
- Serving out of order.

All scheduled games should start on time.

If for any reason a complete team is not present at the schedule time, play will be suspended for five minutes.

Coaches should require their players to be present at least twenty minutes before the game. Teams may start a game with no less than four players.

Please take responsibility for the gymnasiums we use; pick up trash, etc.

If a ball hits the ceiling and lands on your side you may continue play as long as it's not your third
If the ball hits other side it is a dead ball their point

Serve from three point line for 3rd & 4th grade-aux gym

Serve from 10 ft/tan line for 5th & 6th main gym
5th & 6th must serve overhand-back up when they make it over, by the fourth serve players need to be behind the 3 point line (arch)

Please remember to encourage players and allow them to succeed