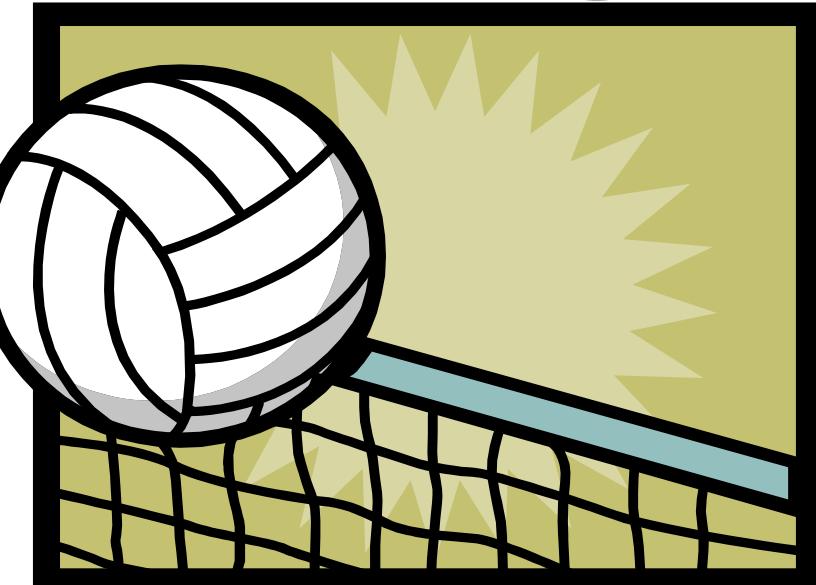


Parent Information Meeting



Youth Volleyball



Windsor Parks, Recreation and Culture

Fall Volleyball

Program Philosophy

Equality of Play

Playing time should be equal for all players. Coaches will continuously sub.

Enjoyment of all players and spectators

The league focuses on the positive aspects of individual skills and team play.

Encourage Good Sportsmanship!

Rules Philosophy

To have FUN!

To learn the Sport

To allow participants to learn and develop the fundamental skills necessary of the sport

To learn teamwork

To teach participants team work and the basic rules of the game

Player Equipment

Jersey: Maroon / Gold Reversible Universal

Shorts or pants

Knee pads

Shoes: Tennis shoes / Soccer Cleats – No metal spikes

No Jewelry Please

Windsor Parks, Recreation and Culture

Fall Volleyball

Practice Schedule

- Practice **will begin in August**
(Check with your coach to find out your first practice.)
- No practice on Labor Day for anyone.
- If other days are cancelled your coach will let you know.

Practice/Game Facilities

- CRC, School Facilities

Game Schedules

- Coaches will have schedules early August
- Season starts early/mid Sept.
- Season ends mid Oct.

Volleyball Age Divisions

- 1st & 2nd
- 3rd & 4th
- 5th & 6th
- 7th & 8th

Conduct

- Any player, coach, parent or spectator displaying un-sportsmanlike behavior or conduct shall be ordered to leave the facilities.
- Failure to adhere to this rule will allow the official to declare a forfeit against the offending team.

Youth Volleyball Rules

The rules of play shall be the current National Federation of High School Rules, except for the following amended below. All rules are in effect for the grade divisions unless otherwise noted by each grade division.

1) Administration

A. Age Divisions

1. The following divisions will be formed based on current school calendar year.
 - a. (1st & 2nd Grade)
 - b. (3rd & 4th Grade)
 - c. (5th & 6th Grade)
 - d. (7th & 8th Grade)

B. Teams

1. A team shall have no more than 12 players listed on a team roster
2. A team shall consist of female gender players; however, male gender players are allowed to participate if the respective chapter does not offer a comparable program.

PENALTY: Forfeiture of all games played.

C. Players

1. Players shall:
 - a. Be listed on no more than one team roster.
 - b. May play up if older age group needs players.

PENALTY: Forfeiture of all games played.

D. Rosters

1. Teams shall play with no more than six (6) players on the court at anytime.
2. If a team does consist of male players, that team shall:
 - a. Only play up to three (3) male players on the court at anytime.
 - b. Not play more males on the court than females at anytime.
3. Teams must have a minimum of:
 - a. Four (4) players present at the start of the match.
 - b. Two (2) females present at the start of the match.

II. Equipment

A. Court

1. 1st & 2nd grade - court shall be 30 x 40 feet (WxL).
2. 3rd through 8th grade- court shall be 30 x 60 feet (WxL).
3. Court dimensions may vary depending on the facilities used.

B. Net

1. The top of the net shall be placed at 7 feet, measured from the center of the court for 1st & 2nd grade, 7 feet for 3rd and 4th grade and 7 feet 4 inches for 5th through 8th grade.

C. Game Ball

1. Shall be provided by the hosting chapter.

2. Shall be constructed of leather or synthetic material.
3. Size of ball shall be:
 - a. 1st & 2nd grade Trainer ball
 - b. 3rd & 4th grade Outdoor Volleyball
 - c. 5th & 6th grade Outdoor Volleyball
 - d. 7th & 8th grade Outdoor Volleyball

III. League Match Regulations

A. Hosting Facility Requirements

1. The hosting facility must provide:
 - a. One official of at least 14 years of age for each scheduled match knowledgeable of the game of volleyball and Federation High School rules.
 - b. One scoring device (flip type is approved).
 - c. One scorekeeper. May need parents help, can be the official.
 - d. If line judges are wanted, the coach must let the officials know before the start of the match and have at least one volunteer from each team.

B. Match Play

1. All LEAGUE matches will play three games with a 45 minute running time limit. Time will start with the first contact of the first serve. If the third game is not complete when the time runs out the game will be left where it stands at the end of the time.
2. If the 3rd game is not a deciding game, score will not be kept!
2. Games will be played rally scoring to 25 points (win by 2, no cap). 3rd game to 15 points.
3. If a game is tied after the time limit has expired it will stay a tied game. We would like to promote having fun as much as we can.
4. If a team completes all three games before time is up we encourage you to continue play without a score. The official will guide the game.
5. The official or scorekeeper will time the match to designate an official timer.

C. Start of Match

1. Forfeit of the match will be declared if a team cannot field the minimum number of players required by 10 minutes after scheduled match time. Because of the tight time schedule this will count as the first 10 minutes of the 45 minute match.
2. Prior to the start of a match the official will conduct a pre-game conference with a captain and a coach from each team to determine:
 - a. If a team has the minimum number of players present to start a match.
 - b. Which team will serve 1st for game 1 and game 2 by a toss of a coin.
 - c. The official will whistle for teams to serve 3 minutes before start time.
3. Prior to the start of the third game, the official will conduct another coin toss to determine which team will serve first.
4. Teams are allowed two minutes between games, please play on if both teams are ready early.

IV. Playing Rules

A. Service

1. Release of the serve is not required.

2. Overhand serves can be executed from the shortened service line appropriate for the specific age division. Please use good judgment and have players step back if they are consistently serving it over from the shortened line.
3. A second service line used in the **1st through 4th** grade division shall be placed on the court running parallel from the regulation service line. This line should be marked by tape. 1st and 2nd grade line is the 10 foot line and the 3rd and 4th grade line is the end line for the 1st and 2nd graders.
4. A player who is serving, shall not touch or cross the respective service line that they are serving from until the ball has been contacted for service.
5. A serve must be executed within five seconds of the official whistle to serve.
6. A re-serve will be called when the server releases the ball for service, then catches it or drops it to the floor. The official shall cancel the serve and direct a second and last attempt to serve. The server is allowed a new five seconds to re-serve.
7. **1st-2nd grade** is allowed a 2nd chance to serve if the ball does not go over on the first serve of every rotation. They are also allowed to serve from the 10 foot line (overhand or underhand). If the ball was served out of bounds on the opponent's side of the court a reserve is not given.
8. The receiving team must rotate before their 1st serve of the game.
9. Any ball that touches the net on a serve, inside the antenna, is a playable ball.

B. Scoring

1. A point will be awarded to the team that wins the rally.
2. After a team gets five continuous points, an automatic side out will be called 3rd - 6th grades only. The serving team will get the point but the serve will then be awarded to the other team. 1st and 2nd grade get 3 continuous points before a side out.

C. Substitutions

1. Continuous substitution (rotation) is required for each team 1st – 6th grade.
2. The rotations/substitution must be made after the ball is dead before your serve and must be in the same order throughout the game.
3. Please rotate clockwise. If you don't want to sub in for the server you can sub into the front left position.
4. 7th and 8th grade coaches may choose to run a different offense if they feel comfortable running an offensive system.

D. Time-outs

1. A team is allowed one time-out per game.
2. Each time out shall not exceed thirty seconds.
3. In the event that a match is tied at the end of the third game, each team will be allowed one time out during the playoff time.

V. Other

A. Practices

1. Teams shall be allowed no more than five hours of practice per week before the start of League Matches.
2. Teams shall be allowed no more than three hours of practice a week after start of League Matches.

B. Conduct

1. Any player, coach, parent or spectator displaying un-sportsmanlike behavior or conduct shall be ordered to leave the facility immediately.
2. Failure to adhere to this rule will allow the official to declare a forfeit against the offending team.

C. Open wounds and bleeding

1. A player who has an open wound must:
 - a. Be removed from the game and may not re-enter until the bleeding has been stopped.
 2. Have the open wound covered before returning to play.
 3. Change any clothing that has become saturated with blood.

D. Protests

1. There are no protests allowed. Officials have final authority.

E. Cancellations or postponements

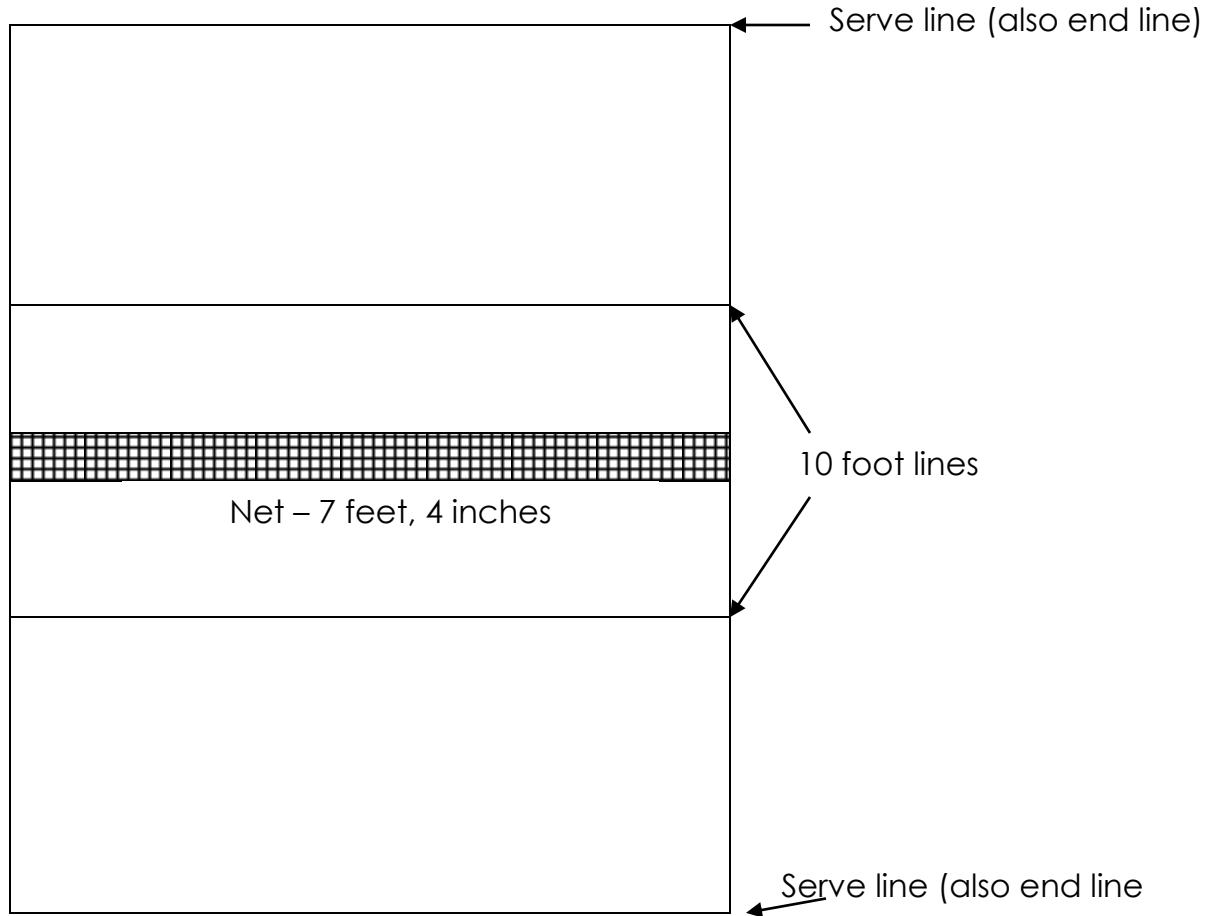
1. All matches must be played according to the schedule.
2. In the event that a match cannot be played due to severe weather or other unforeseen circumstances, every attempt will be made to reschedule the match by the league directors.

F. Coaches and players

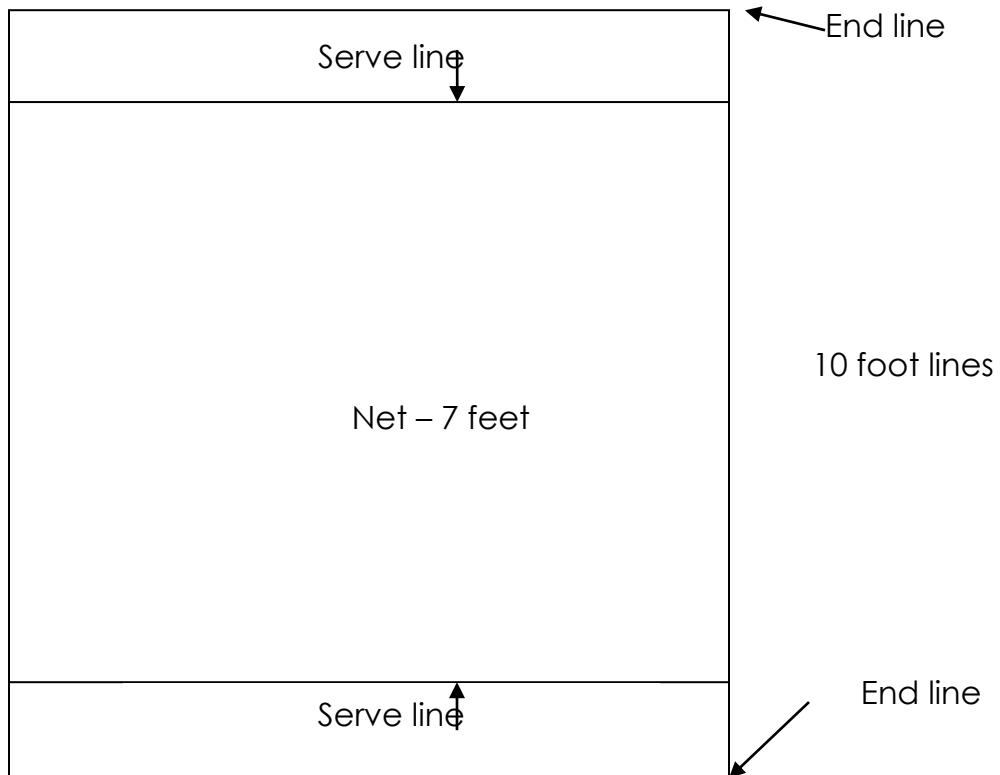
1. Only designated coaches that have passed the background check will be allowed on the bench at any time.
2. Coaches must remain in bench area during match.
3. Do not go under the net at any time.
4. No jewelry please.
5. Please be very encouraging with your players.

Court Dimensions

Regulation Court – 5th/6th and 7th/8th

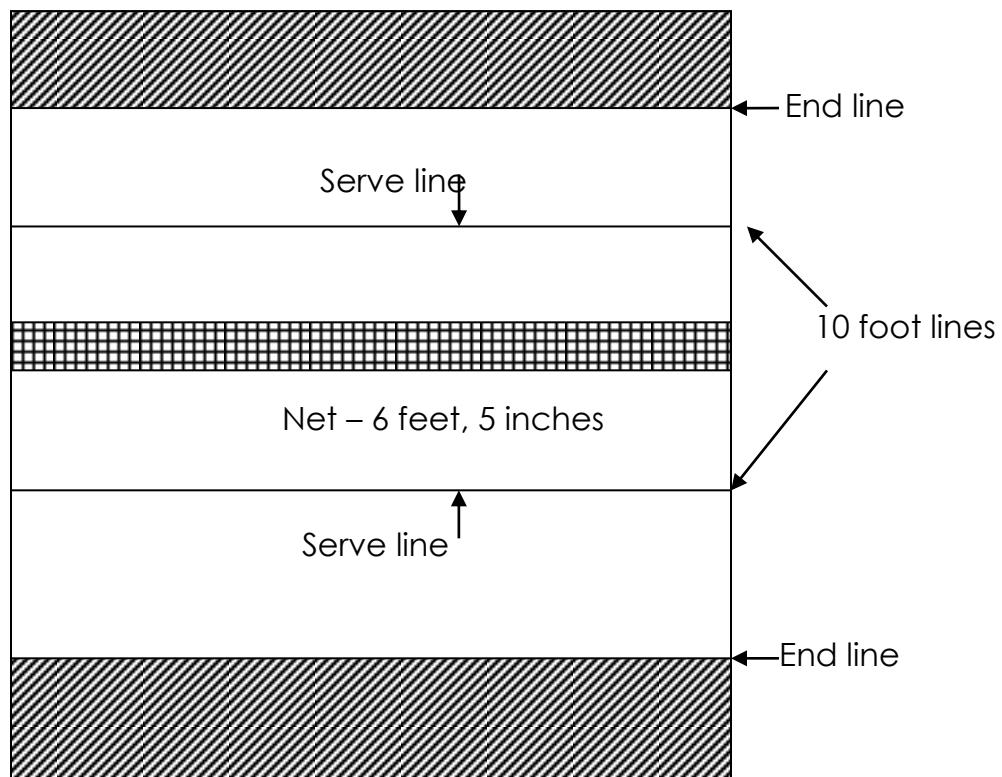


3rd/4th Grade



1st/2nd Grade

Trainee Ball



Concussion 101

A concussion is a brain injury... and all brain injuries are serious.



A concussion can be caused by a blow to the head, a jolt to the body, or any sudden force that results in rapid acceleration / deceleration of the brain inside the skull.

The terms "ding" or "bell rung" minimize concussions. While most do heal within a few weeks, an athlete who returns to play before a concussion has completely resolved risks re-injuring an already injured brain, which can have catastrophic consequences. Although rare, adolescents seem most vulnerable to rapid brain swelling known as second impact syndrome which can be fatal. Additionally, multiple concussions suffered prior to complete resolution of a previous injury can result in prolonged symptoms lasting weeks, months, or years.

Loss of consciousness is not required for a concussion to be serious.

Signs and symptoms of a concussion

There are many different symptoms reported by athletes who suffer concussions, and in some cases they may not be easily detected for hours or days after the injury.

However, look for clues immediately and make sure athletes are re-evaluated every few minutes over several hours. Some signs and symptoms can be subtle.

Encourage athletes to report any of the symptoms below.

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to the hit or fall
- Can't recall events after hit or fall
- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

Source: Centers for Disease Control and Prevention (CDC)

When to call 911

Most concussions resolve within a few days or weeks and emergency help is required in very few instances. However, if any of the following signs or symptoms appear, call for emergency help immediately.

- Headaches that worsen
- Seizures
- Neck pain
- Very drowsy, can't be awakened
- Repeated vomiting
- Increasing confusion or irritability
- Weakness, numbness in arms or legs
- Unable to recognize people/places, less responsive than usual

CONCUSSIONS OCCUR IN ANY SPORT

REMOVE athlete from play

REFER to medical provider

REST no sports, TV, video games, texting

RETURN only with doctor's approval and following a graduated process

For more information visit:

www.sportsconcussions.org

www.sportsconcussions.org/REAP.html

www.cdc.gov/concussion/headsUp/high_school.html

10 Questions Parents and Coaches Should Ask Their Athletes

It can be very difficult to both coach and parent young athletes these days. We live in a sometimes crazy youth sports environment.

By asking your athletes these ten questions, you will have a far greater understanding of why they play, what their goals are for sports, and what they need from the adults (parents and coaches) who are guiding them along the sports journey. Enjoy some quality time with your athletes, and have them write down the answers to these questions. You never know what you will learn. Good luck!



Five Questions To Help Improve Your Athlete's Playing Environment:

1. Are you enjoying yourself? (First and foremost, this answer must be YES)
2. What do the coaches/parents/other adults do that makes sports more enjoyable for you? What do the coaches/parents/other adults do that makes sports more stressful and less enjoyable?
3. How would you like me to cheer for you during games/matches? Should I say nothing, cheer positively, cheer equally for everyone, etc?
4. In the car ride home after the game, do you like to talk about the game, or would you rather wait till later or the next day?
5. What other sports do you want to play?

Five Questions to Help You get on the Same Page as Your Athlete:

1. What are your individual goals for this season? Make sure they are specific, measurable, and timely.
2. How do you plan of achieving these goals (what will you do, practice more, extra fitness, etc)?
3. What are your goals for your team this season? (can be both specific and forward thinking, i.e. win a league championship)
4. How do you plan on achieving your team goals?
5. What is your role on the team? Are you happy with it?

Thank you for taking the time to go through these questions with your athletes. If you are interested in learning more about *how to raise both Happy AND High-Performing kids*, then please check out www.ChangingTheGameProject.com

PARENTS' CODE OF ETHICS

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sporting event.
- I will place the emotional and physical well-being of my child ahead of my personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sport environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.
- I will remember that the game is for youth— not adults
- I will do my very best to make youth sports fun for my child
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will read the National Standards for Youth Sports and do what I can to help all youth sports organizations implement and enforce them.

