



**Spring 2010 Girls Volleyball League
Program Information Packet**

Huntersville Parks and Recreation would like to thank you for registering your daughter to participate in the Spring 2010 Girls Youth Volleyball Program.

Huntersville Parks and Recreation Department strives to provide a healthy environment in which young women can learn the sport of volleyball, develop skills, coordination, teamwork, and most importantly, HAVE FUN.

Bill of Rights for Young Athletes

- I. Right to participate in sports**
- II. Right to have qualified adult leadership**
- III. Right to play as a child and not as an adult**
- IV. Right of children to share in the leadership and decision-making of their sport participation**
- V. Right to participate in a safe and healthy environment**
- VI. Right to proper preparation for participants in sports**
- VII. Right to an equal opportunity to strive for success**
- VIII. Right to be treated with dignity**
- IX. Right to have fun in sports**

I. Program Goals

- A. To make this program fun filled, enjoyable learning experience for everyone: The athlete, the referee, the coach, and the parent.
- B. Provide opportunity for continued growth and development: physical, mental, and emotional.
- C. Learn the basic fundamentals of volleyball and the importance of successful team play.
- D. Discipline: Master the art of listening and following instructions; respect for authority, coaches, officials, parents; respect and appreciation of rules, equipment and facilities.
- E. Development of leadership.
- F. Learning cooperation and teamwork.
- G. Appreciation of sports as a lifelong positive leisure pursuit.
- H. Help each participant learn to identify her own capabilities.
- I. Learn the feeling of success: Every child should have a good feeling about sports and herself whether winning or losing.
- J. Learn how to compete: How to win or lose; how defeat can be a step towards growth; how to cope with stress and pressure.
- K. Give children a chance to play and experience the thrill that team play provides.

II. Expectations of Volunteer Coaches

- A. Attend a volunteer coach certification clinic with Huntersville Parks and Recreation Department.
- B. I will lead by example, in demonstrating fair play and sportsmanship to all players, coaches, officials, and parents.
- C. I will remember I am a youth coach and the game is for youth not adults.
- D. I will not show abusive actions or language towards players, coaches, officials, or parents.
- E. I will place the emotional and physical well being of all players ahead of any personal desire to win.
- F. I will remember to treat each player as an individual, remembering the wide range of emotional and physical development of children.
- G. I will do my very best to provide a safe playing situation for all players.
- H. I will do my best to organize practices that are fun and challenging for all players.
- I. I will ensure that I am knowledgeable of the rules and that I will teach the rules to the players.
- J. I will play each child equal time.

III. Sportsmanship

What is sportsmanship? Playing fairly and winning or losing gracefully. Fair play and good sportsmanship must be foremost in all youth sports experiences. Any inappropriate behavior or language toward players, coaches, officials, or spectators will not be tolerated. Show courteous and positive actions towards players, coaches and officials at all times. Coaches are responsible for their personal behavior and the behavior of their players.

Any player, coach or spectator displaying any type of unsportsmanlike conduct during the season shall follow the steps below:

1. 1st offense – verbally warned
2. 2nd offense – ejected from the facilities for the remainder of the game and the following game.
3. 3rd offense – ejected from the facilities for the remainder of the season.

“Athletes First – Winning Second” is a motto that indicates striving to win is important in sports but no effort in striving to win should be done at the expense of any athlete’s well being, development, and enjoyment. Whether your team wins or loses the game, shaking hands at the end of the game shows good sportsmanship. Be sure to teach children good sportsmanship in all phases of sports. Let us all remember that umpires are only human and mistakes will be made. Remember this is a recreation game for fun and enjoyment. Cheer for all teams; players are first and the game is second.

IV. Team Assignments

Skills Day will be at the Lake Norman Charter High School located at 12701 Old Statesville Rd Huntersville, NC 28078 on March 7, 2010. Ages 9-11 will start at 2:00pm and ages 12-16 will start at 3:30pm. Age divisions are based on age of October 16, 2009. *Divisions and skills day may be adjusted depending on how many participants sign up.

Skill level is a factor in the team assignments to try to create teams of equal ability. The skill level will be determined at the skills day by assessment. **Skills Day attendance is very important.** Late registrations will be assigned to teams on space available basis. Siblings may be placed on the same team unless they are in different age divisions. Coaches will be placed on the same team with their daughter(s).

We do not guarantee requests. Every coach has something different to offer the players and all of our coaches have access to the same training and assistance. While one coach may stress technique, another coach may teach strategies of the game. This is why we believe all children need the chance to be with different coaches and players each year. Also, it is our belief that the participants will always make new friends on a new team and learn new skills and ideas from a new coach.

V. Equipment

- A. The Parks and Recreation Department will provide jerseys to the players. All jerseys must be tucked in during games. Jerseys should not be altered. This includes cutting off the sleeves or writing on the jersey.
- B. If a player quits during the season the coach shall be responsible for seeing that the jersey is returned to the Recreation Department so it can be re-issued to another player on the waiting list.
- C. All participants should try to wear black shorts. (Provided by participants)
- D. Tennis shoes or gym shoes are required. (Provided by participants)
- E. Knee pads are strongly recommend (Provided by participants)
- F. All jewelry must be removed during practices and games.
- G. Any player that has newly pierced ears should have them taped with athletic tape. Ears should be taped before arriving to the gym. This includes practices and games.
- H. The Huntersville Parks and Recreation Department will provide volleyballs for all practices and games.

VI. Practice and Game Times

Depending on what team you are assigned, practices will be held on Mondays or Thursdays for an hour beginning at 6:00pm. Practices will be held at either

Huntersville Elementary School Gym located at 200 Gilead Road, Lake Norman Charter School Gym at 12435 Old Statesville Road or Waymer Center Gym located at 14200 Holbrooks Road. Practices will start the week of March 15. You will be notified by your daughter's coach as to which location and what time your practices are held.

All games will be played on Saturdays at Lake Norman Charter Middle School Gym or Lake Norman Charter High School Gym beginning at 9:00am. Games begin March 27. The tournament will be June 5. You will be able to find the schedule on our website www.huntersville.org.

VII. League Rules

Official High School Volleyball Rules will apply with the following exceptions:

- A. Matches will be 45 minutes. Matches will consist of the best 2 out of 3 games. The first two games will be rally score to 25 points with a 27-point cap. If a third game is needed it will be played as a rally score to 15 with a 17-point cap. The official will flip a coin to decide who serves first in the third game. (Definition of rally score – if a team fails to serve properly, return the ball, or commits any other fault, the opponent wins the rally and scores a point).
- B. If the teams are in their third game and time expires then the match shall be over. However, in the tournament the match will be played out regardless of the time.
- C. Forfeit time is ten (10) minutes after the scheduled game time. **FIRST GAME ONLY.**
- D. There will be approximately two minutes between games. Each team is allowed two 30 second time-outs in games one (1) and two (2) with zero (0) time outs in the third (3) game.
- E. Net height is 7 feet 4 inches (approximately)
- F. In all divisions players should be taught to overhand serve, however if they are not able to get the ball over the net then they may serve underhanded. In the 9-11 and 12-13 year old divisions players are allowed to step to the special marked line (5 feet in from the base line). In the 14-16 age groups they will be required to stay behind the regulation service line. *Foot faults will be called.
- G. A re-serve may be called when the server releases the ball for service, then lets ball drop to the floor. The official shall cancel that serve and direct the player to attempt another serve, which is the last opportunity.
- H. Any serve that touches the net and then goes over is considered a live ball.
- I. In all divisions, there will be a mandatory side-out after a 5 serve run on the score.
- J. When the offensive player is serving, the defense is not allowed to block or attack the serve.

- K. Substitutions – every player must play no more than any other player each game. Continuous substitution will take place at the center back position on each rotation. Substitutions must be made after each side-out and in the same order throughout the game. Rotation does not occur on the first side out of a game.
- L. A team must have four (4) players present for a game to start or continue. Pick up players are not allowed.
- M. If the team is playing with less than six (6) players and a new player arrives after the match has started, that player shall enter the game in the center back position at the next dead ball.
- N. If playing with six (6) players the late arrival player shall enter the end of the rotation starting out on the bench.
- O. All teams must provide one (1) volunteer for every match. These volunteers will serve as line judges and will stay on the same side of the court the entire match.
- P. Any situation that occurs, which is not covered by the Official High School rules or local league rules, will be left to the discretion of the Parks and Recreation Department.

VIII. Contact Information

If you have any questions or comments throughout the season please contact Huntersville Parks and Recreation Administrative Offices

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