



## **Spring 2020 Volleyball League Program Information Packet**

### **Divisions Offered**

- 7-8 year old girls VolleyLites \*instructional division\*
- 9-11 year old girls
- 12-14 year old girls
- 15-18 year old girls

Huntersville Parks and Recreation Department would like to thank you for registering your daughter(s) to participate in the spring 2020 Huntersville Girls Volleyball League.

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 to share in the leadership and decision making of their sport**
- 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's 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. 1<sup>st</sup> offense – verbally warned
2. 2<sup>nd</sup> offense – ejected from the facilities for the remainder of the game and the following game.
3. 3<sup>rd</sup> 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 Huntersville Recreation Center on February 22<sup>nd</sup>, 2020. Ages 9-11 will start at 9am, ages 12-14 will start at 11am, and ages 15-18 will start at 1pm. A player will participate in their appropriate age division. Players may request to play up a division but will not be allowed to play down a division. A player’s age by the end of the current season, will determine their age division.**

**\*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 kid(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.
  - i. 9-11 Division will use Tachikara Volley Lite volleyballs.
  - ii. 12-14 and 15-18 Divisions will use official size volleyballs.
- I. No HPRD volleyballs shall be taken outside the gyms.
- J. No bumping volleyballs, personal or HPRD, in the lobby of the gyms.

## **VI. Practice and Match Times**

Depending on what team you are assigned, practices will be held on Mondays or Thursdays for an hour beginning at 6pm, 7pm or 8pm. Practices will be held at either Huntersville Recreation Center at 11836 Verhoeff Drive, Huntersville Elementary School Gym at 200 Gilead Road, Lake Norman Charter Middle School Gym at 12435 Old Statesville Road, or Lake Norman Charter Elementary School at 10019 Hambright Road. Practices will start the week of March 9th. You will be notified by your daughter's coach as to which location and what time your practices are held.

\*Instructional Division practices will take place at the Huntersville Recreation Center, Monday afternoons, from 5pm-6pm, from March 23<sup>rd</sup> – May 18<sup>th</sup>.

All matches will be played on Saturdays at the Huntersville Recreation Center, Lake Norman Charter High school or Middle school. Coaches will be notified of schedule changes in a timely manner. Regular season matches begin March 21<sup>st</sup>. The end of season tournament will be May 30<sup>th</sup>. You will be able to find the schedule on our website [www.huntersville.org](http://www.huntersville.org).

**Regular Season only: If a match should end early all teams scheduled to play have the courts for 45 minutes after scheduled start time. If your team is playing in the next match, keep all players off the court until teams from previous match are done playing. If your match ends before the 45 minute mark the court is yours to continue scrimmaging if you would like. Once the 45 minute mark is reached you must clear the court so the teams for the next match can warm up. Teams will be given 15 minutes to warm-up prior to their scheduled start time.**

## **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. If time expires during a point, that point will be played out. If time expires and the score is tied, the next point will win the game. However, in the tournament the match will be played out regardless of the time.
- C. Forfeit time for the first game of a match is ten (10) minutes after the scheduled match time. Forfeit time for the second game of a match will be fifteen (15) minutes after the scheduled match time. Teams may still use the entire 45 minute match time to scrimmage and/or practice.
- D. There will be approximately two (2) 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. **Serving Rules:** 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.
  - i. In the 9-11 division, players may move up as close as needed to get the ball over the net. Coaches are trusted to move the girls back as their serves and strength increase. **Players must be beyond the point of the arch of the three point line during the tournament.** This point is up to the official's discretion.
  - ii. In the 12-14 division, players are allowed to step to the point of the arch of the three point line. The player may not step past that point or a foot fault will be called. This point is up to the official's discretion. Coaches are entrusted to move the girls back as their

- serves and strength increase. Whether a player should be moved back is up to the official's discretion.
- iii. In the 15-18 division, players are required to serve from 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.
    - i. 9-11 Division. One re-serve per point attempt
    - ii. 12-14 and 15-18 Divisions: One re-serve per five point attempts.
  - 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 in all regular season and tournament matches.
  - 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. Line judges shall not “coach” while they are line judging.
  - 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. Final Standings/Tournament**

League standings will be updated weekly. After the final match of the regular season, the Final Standings will be posted. Final Standings are used to determine seeding for the end of season tournament. If multiple teams have the same record, the following tie breaker rules will be used:

1. Head to Head victor.
2. If Head to Head victor cannot be determined, the team with the highest total points scored in the first 2 games of each match will determine the higher ranking.
3. If still a tie, the team with the least amount of total points scored against them in the first 2 games of each match will determine the higher ranking.

4. If still there is a tie, a coin flip will decide the higher ranking.

**IX. Refund Policy**

All refund requests must be submitted in writing. To receive a full refund, you must submit a request within **7** days post skills day. To receive a half refund, you must submit a request within **14** days post skills day. After **14** days post skills day, we will not offer any refunds.

\*Please note, it may take up to 2 weeks to receive your refund.

**X. Contact Information**

If you have any questions or comments throughout the season please contact:

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