



Practice:

Team Rules & Protocol

1. All players are expected to attend every practice. If a player is ill, or has another conflict, the Coach must be notified at least 2 hours prior to practice. Coaches must have notice of any other conflicts with practice. Text or email.
2. Players should arrive at practice with matching NVL practice shirts, with all equipment. If you need anything taped, you need to arrive at practice early. No jewelry may be worn during practice.
3. Practice time is time on the court. Arrive for practice at least 15 minutes prior to the time given. If there is a team meeting, the same applies.
4. Come into practices with a positive attitude.
5. Leave every practice knowing that you gave 100% - YOU determine the future success of the team.
6. Just being at practice will not guarantee you playing time. Coming to practice and working as hard as you possibly can, may grant you time on the court. There are opportunities to work on your game outside of the given practice time. Please address your coach for private lesson possibilities.

7. Bags are to be lined up along the wall or in the bleachers with all pockets zipped up.
8. No cell phones are permitted during practice. If a parent needs to get a hold of a player during practice time then they are to contact the coach.

Travel:

1. Arrive at the tournament, or departure point, no later than the time designated.
2. If the team is flying, or traveling as a group, conduct yourself appropriately. Stay together in a group-designated area.
3. **Rule of Two.** You may not go anywhere without first checking with the Coach, Assistant Coach or “official” team chaperone. You must have at least **2** other players with you, even if you are with a parent. You may not go anywhere other than where you specified when permission was granted.
4. You are to dress appropriately.
5. Remember your reason for traveling to tournaments is to play volleyball. Plan on bringing any schoolwork you have to do as well. Remember School and Volleyball come first on trips.

If you have forgotten anything, you are to contact your coach immediately. Girls have forgotten jerseys and shoes before; if we know immediately, there may be something we can do but if you wait until the morning of the match, it will be too late.

Team Area at Tournaments:

We enter our playing facility as a team! Everyone is to be dressed in their warm-up and have their bag when walking into the facility. Warm ups must be worn when leaving the facility also.

1. Must be kept clean of waste paper and debris.
2. When our match is over we will take a lap around the court and clean up as much trash as we can find.
3. Keep your gear stowed in your bag so that you don't lose anything.
4. Team bags are to be kept neatly together in a line.
5. If you plan to go off-site with your parent(s) for any reason please tell the Coach. Be back at the time designated. You will not be allowed to leave during the tournament when we are playing.
6. Warm ups will begin when the 2nd set reaches the 10th point.
7. Parents and friends are not allowed near the team bench during play; get your water prior to the match.

TEAM RULES

Bench Decorum:

1. Following warm-up, all team volleyballs are to be collected, counted, and returned to the ball bag/cart.
2. During a match, players on the bench are to support their teammates on the floor.
3. There should be no negative comments directed to the officials, opponents, or teammates. If there is a problem notify the coach or captain.
4. Players on the bench may be required to keep statistical data

for the match. If so required, players will work diligently to gather accurate information.

5. During time outs, bench players will bring water, towels, etc. over to the team huddle. Keep in mind that the huddle is to be off the court! No water on the court.

6. When switching benches during the match, bench players will carry team water bottles and stat charts over to the new bench area. Do not put drinks on the bench, put them on the floor.

7. At the end of the match the entire team will pick up water bottles and straighten up bench chairs. Players will carry balls to the team area between games. The team will leave the bench area together when designated by the coach – not run off individually.

Officiating Responsibilities:

1. All players are expected to share in officiating responsibilities. Being the “flipper” (keeping visible score), R-2, Scorekeeper, and Lines people will be assigned responsibilities. A schedule of responsibilities should be kept.
2. You must be trained at the official’s clinic to be either the R-2, or scorekeeping positions.
3. All players are to pay attention and do their job to the best of their ability. We want good officials when we are playing; we need to provide the same to other teams. It also makes an impact on the tournament officials.
4. No iPods or phones are to be used by line judges, scorers, or “flippers.”

5. Food and drinks are to be kept off the scoring table so that an errant volleyball doesn't make a mess at the scoring table. If food and/or drink is carried over to the scoring table area, and all waste materials are to be removed at the end of our officiating responsibilities.
6. You must take the online officiating course before our first tournament in January.

Hotel:

1. When we are staying overnight at a hotel, we expect your behavior to be beyond reproach. This means no running around the hotel, playing in elevators, etc.
2. Curfew, your coach will determine the curfew. If you are out of your room after curfew you will not play the next day of competition.
3. You have signed a Code of Conduct and we expect you to live with that. Any violations of alcohol, tobacco products, drugs, etc., you will be asked to leave immediately. No tolerance/no excuses.
4. If you are not feeling well, let a Coach know immediately. If your parent is with you and you tell him or her first, that's fine. Just ask them to contact a Coach as soon as possible.
5. Safety is paramount. Be street smart. Do not talk to strangers. Do not give out information, regarding where we are staying or what room numbers we are occupying. Keep your rooms locked, never prop open the doors.
6. Males are not to be in your rooms at any times.

