

**CARY PARKS, RECREATION
& CULTURAL RESOURCES**



**2026
YOUTH
VOLLEYBALL
RULES**

PURPOSE STATEMENT

Sportsmanship, participation, skill development, and fun for the participants are the objectives of the youth volleyball program and no other concepts should transcend the welfare of the participants in the program.

Fun Creating an environment that provides an enjoyable sports experience. Playing for the love of the game.

Participation Providing an equitable opportunity for play and promoting fitness and wellness through physical activity.

Skill Development Improving the participant's skill level through practice and play.

Sportsmanship Actively expanding the individual's social ability to demonstrate teamwork, respect and fair play.

The Town of Cary is proud of the youth programs being provided by the Cary Parks, Recreation and Cultural Resources Department. The Town appreciates the outstanding contributions of the many adults who serve as coaches, assistant coaches, leaders and instructors in these programs.

Cary Parks, Recreation and Cultural Resources Department has prepared this Handbook to assist our coaches and their assistants. The guidelines and rules set forth herein are intended to provide a system of organization, methods of operation, and rules and regulations necessary for a youth volleyball program in the Town of Cary.

GENERAL LEAGUE INFORMATION

****Please see Cary Youth [FAQ's](#) for additional SUMMER 2025 rules and guidelines. Where in conflict, information in the FAQ's supersedes any rules or guidelines otherwise laid out in this handbook.****

PLAYER REGISTRATION & PLAYER ASSESSMENT:

In all leagues participants must be properly registered during the registration period. Players that return to the same league return to the same team. All new players in youth volleyball, to each age division, will attend a player assessment session prior to being drafted onto a team.

SCHEDULES:

Schedules are prepared by the Cary Parks, Recreation and Cultural Resources Department Sports Staff for each league. Standings are kept in all youth volleyball leagues (Age 10-18). All youth volleyball leagues (Age 10-18) will have a post season tournament.

DIVERSITY, EQUITY, & INCLUSION:

Cary is committed to fostering diverse, equitable, and inclusive programs. Our goal is for all participants in the program to feel valued and supported. To that end, Cary will not permit harassment of players, coaches, officials, or spectators, including comments based on race, color, religion, gender, national origin, age, or ability.

UNIFORMS:

Each participant receives a numbered jersey to be worn during matches. These uniforms should not be altered unless approved by the Sports staff. T-shirts may be worn under the jersey. Players keep their jersey at the end of the season. Participants will also be provided a set of knee pads. Participants are responsible for providing their own shorts/pants and shoes. Only soft sole shoes (gym shoes) should be used during league play.

VOLLEYBALL RULES

The official playing rules, with the exceptions and variations contained in the local rules, shall be NFHS rules.

TIES IN FINAL STANDINGS:

If two (2) or more teams have the same final standings for the regular season, the tie shall be broken first by determining which team won over the other the most times in regular season play. If this results in a tie, a flip of a coin will determine tournament seeding.

WARM UP & WALK UP MUSIC:

Warm-up and walk-up music are not permitted during matches in all adult and youth leagues.

SPORTSMANSHIP AWARDS:

Sportsmanship awards will be presented in all youth volleyball leagues (Age 10-18). One player from each team will receive a sportsmanship award. One coach in each of the leagues will receive a sportsmanship award.

DISCIPLINE & EJECTIONS

Unsportsmanlike conduct by coaches, parents, or players will not be tolerated and may result in ejections or suspensions from current and future Matches (See our Sports Disciplinary Policies and Guidelines at the back of this handbook for additional details).

Note: Any youth participant who is ejected should be confined to their team's bench until a parent is available, or until the end of the match. If a parent is available after the youth participant is ejected, and they would like to leave the gym or field, they may. Any adult ejected from a match must leave the field or gym immediately upon ejection. Any ejection will result in an automatic additional 1 match-suspension for the next match and potentially additional suspensions.

YOUTH VOLLEYBALL LEAGUE RULES

1. LEAGUE ADMINISTRATION

- A. The league shall be administered by the Sports Staff of the Cary Parks, Recreation and Cultural Resources Department.
- B. The Athletic Committee shall serve as an advisory board to the league administrators.
- C. Cary Parks, Recreation and Cultural Resources Department and its authorized committees reserve the right to make any changes that they deem necessary.

2. ELIGIBILITY

- A. Leagues will be formed based on the player's age as of April 30th of the registration year.
- B. A player must play on the team to which they are assigned by the Parks, Recreation and Cultural Resources Department.
- C. Cary Parks, Recreation and Cultural Resources places no restrictions on the eligibility of school athletes to participate.

3. COACHES' GENERAL DUTIES

- A. To uphold the Sports Division's philosophy for youth sports - Sportsmanship, Skill Development, Participation & Fun.
- B. To have submitted to a criminal background check as required of all Town of Cary volunteers working with vulnerable populations, and to ensure that all assistant coaches have done the same.
- C. To have completed certification through the National Alliance for Youth Sports (NAYS)
- D. To make certain Sports Staff have approved eligibility of all players before they participate.
- E. To control an orderly bench and keep all bench personnel seated during match.
- F. To see that all players are using gym shoes in our gyms.
- G. To have a max of three coaches (one may be a scorekeeper) on the bench during the match.
- H. To issue team jerseys and equipment as provided by the Cary Parks, Recreation and Cultural Resources Department.

4. SAFETY: Participant safety is the primary concern of the Parks, Recreation and Cultural Resources Department and all involved individuals must abide by all safety rules.

- A. Jewelry: Per NFHS Rules: All jewelry shall be removed except small, secured jewelry (stud or post). No jewelry shall be permitted below the chin. Officials will retain ultimate discretion regarding jewelry.
- B. Players wearing glasses should wear a safety strap.
- C. No type of hard cast, or medical wraps containing rigid boning or hard supports, may be worn during any practice or match situation.
 - i) Exception:
 - (1) Medical Alert medals are not considered jewelry and shall be taped to the body and the alter may be visible.
 - (2) Religious medals are not considered jewelry and shall be word under the uniform and taped to the body.

5. LEAGUE RULES & INFORMATION

- A. **NFHS RULES:** Town of Cary will use National Federation of High Schools Rules, unless otherwise mentioned in these rules.

B. LEAGUES & EQUIPMENT

| League | Age | Ball Size | Net Height |
|--------|-------|---------------|---------------------|
| 12U | 10-12 | 12U Size Ball | 7' |
| 15U | 13-15 | Official Size | 7' 4-1/8" (women's) |
| 18U | 16-18 | Official Size | 7' 4-1/8" (women's) |

C. MINIMUM PLAYERS

- i) Teams must have at least four players to start a set. A fifth or sixth player arriving late may enter the set upon their arrival. Teams will not be penalized a point when a vacant position rotates to serve.
 - (1) When playing with 5 players, coaches will still need to assign players to positions on the playing time sheet, and back row players will still be limited to back row attacking rules. Players will still rotate as normal based on the established positions on the playing time sheet, and follow a serve order.
 - (2) When playing 4 players, coaches will still need to assign players to positions on the playing time sheet, but back row attacking rules will not apply. This means back row players may attack in front of the attack line. Players will still rotate as normal based on the established positions on the playing time sheet, and follow a serve order.
- ii) 12U: When players arrive late, they should be rotated in as soon as possible. Coaches should work late players in prior to an entire rotation of the line-up.
- iii) 15U & 18U: Players who show up late (after the first set has started) may be subbed in at the next available sub point, or sat out for the first set.

D. START OF MATCHES: SIDES, WARM-UPS, WHO SERVES FIRST

- i) **Sides: (NEW)** - The Home team will take the side of the gym farthest from the entry doors in the gym. Teams will play from this side for the entire match (this eliminates the idea of switching sides between sets).
- ii) **First Serve:** The team listed as the Home team on the schedule will Serve first in the 1st and 3rd sets. The Away team will serve first in the 2nd set.
 - (a) EXCEPTION: See Rule 6. – Tournament & Championship Play.
- iii) **Official Meeting:** At 10 minutes before match time, coaches and captains meet with the official, and turn in playing time sheet to the scorekeeper.
- iv) **Formal Warm-Ups:** At 6 minutes before match time:
 - (a) Home will take the court first for 3 minutes.
 - (b) Away will take the court second for 3 minutes.
 - (c) Teams will always receive time for Formal Warm-ups prior to a match, even if matches are running behind.

E. MATCHES, SETS, & SCORING

- i) All leagues will play all 3 sets per match. Sets are **first to 21**, rally scoring, no win-by-2 in regular season.
 - (a) League standings will be determined by the total number of sets won or lost during the season, NOT by “match” record.
 - (b) This means the 3rd set in each match will count towards regular season standings.
 - (i) Exception: Tournament matches are best-of-3 for 12U and best-of-5 for 15U & 18U (see Rules 6. “Tournament & Championship Play”)

F. FORFEITS & GRACE PERIOD

- i) For the first match of the night ONLY: A five minute grace period is in effect for the 1st set. If a team is not able to field a team (4 players) after five minutes, they forfeit the 1st set. An additional fifteen minutes are allowed before the 2nd set is forfeited. An additional 10 minutes are allowed before the 3rd set is forfeited.

EXAMPLE:

- (a) Match starts at 6:30 pm
 - (b) Set 1 forfeit at 6:35 pm
 - (c) Set 2 forfeit at 6:50 pm
 - (d) Set 3 forfeit at 7:00 pm
- ii) There are no grace periods for the 2nd or 3rd matches of the night.

G. MODIFIED SCORING - 12U & 15U ONLY

- i) "Pass-Set-Attack" Bonus
 - (a) 12U & 15U teams can earn an extra point for each time they have a successful "Pass-Set-Attack" combination.
 - (b) The first two hits may be any type of legal hit (example: "2" bumps or "2" sets in a row)
 - (c) The third hit ("Attack") **must be** an overhand hit, not a bump, set, or dink.
 - (d) The third hit must cross the plane of the net and stay in bounds.
 - (e) Both teams can earn multiple points in this manner on each rally.
 - (f) Sets may be won by these extra points.
 - (g) EXCEPTION (Tie Sets) : If the both teams tie on the last rally (one by winning the point, the other by earning a Pass-Set-Attack point) then the teams will play another point to determine the winner. The set will continue, 1 point at a time, in this manner until a winner is determined.

H. CONSECUTIVE SERVE LIMITS

- i) 12U (Limit 3): Any player who successfully serves and wins the rally three (3) times in a row, that player's team will rotate servers and retain the serve. Subs will be rotated in as normal.
- ii) 15U (Limit 5): Any player who successfully serves and wins the rally five (5) times in a row, that player's team will rotate servers and retain the serve.
- iii) 18U: No service limit

I. MINIMUM PLAYING TIME & SUBSTITUTIONS

i) 12U

- (a) All eligible players must play in every set.
- (b) 12U will use "Rotation" substitution only.
 - (i) All players will play in a continuous line-up.
 - (ii) Players must be rotated out and another rotated in at the same point in the rotation each rotation.
 - (iii) The position on the floor where the substitution is made must remain the same for the entire set.
- (c) Coaches may change the Line-up order between each set if desired.
- (d) Coaches may NOT start a player on the bench 2 sets in a row.
- (e) Players who show up late will be placed last in the lineup and worked into the line-up based on that position
- (f) Late players should be reported to the official and/or score keeper

ii) 15U & 18U

- (a) All eligible players must play in every set.
- (b) Every player must play a minimum of 1 entire set out of the 3 sets (i.e. not be a sub).
- (c) All teams must use "player-for-player" substitutions.
- (d) PAIR-LOCKED: once a player subs in for another player, those players are "pair-locked" for that set, and may only sub for each other for the remainder of the set.
 - (i) Exceptions: In the event of an injury, pair-locking will not be required to sub out for an injury.
- (e) SUBSTITUTIONS: will occur after **every 10 combined points** have been scored between the 2 teams.
 - 1. EXAMPLE: Team-A scores 7 points, and Team-B scores 3 points. After the 10th point is scored, the subs would switch out, included the server if they are a sub (pair-locked) that set.
 - 2. EXAMPLE: The score is 5-4. If multiple points are scored during the next rally (due to Pass-Set-Attack Bonus points), then the substitution would happen after the completion of the rally. The next substitution would still take place at 20 total points.

- (ii) CLARIFICATION: Even if a player is on a roll serving, they will still sub, at the substitution break (every 10th total point), if they are in a sub pair that set. Team will retain serve and the new subbed in server will receive a new serve limit of 5.
- (iii) The coaches, scorekeeper, and official will work together to call for subs after for every 10 points scored.
- (f) The number of substitutions for each team will be unlimited.
- (g) Players getting ready to sub, should move to the substitution zone in advance of the substitution break (every 10th total point). The referee will whistle subs in.
- (h) A scorekeeper will track playing time for 12U, 15U & 18U, but the coaches have ultimate responsibility for players getting their time.
- (i) 15U & 18U: Players who show up late (after the first set has started) may be subbed in at the next available substitution break or sat out for the first set.

iii) 15U & 18U Substitution Guide:

Red notates a subbing pair lock.

Blue notates 3 full sets played by a player.

Green notates 2 full sets played by a player.

8 PLAYERS STRATEGIES:

4 PLAYERS PLAY 2 FULL SETS

SET 1

| | | |
|---|---|---|
| 1 | 2 | 3 |
| 4 | 5 | 6 |
| | 7 | 8 |

SET 2

| | | |
|---|---|---|
| 5 | 6 | 7 |
| 8 | 1 | 3 |
| | 2 | 4 |

SET 3

| | | |
|---|---|---|
| 1 | 2 | 3 |
| 4 | 5 | 6 |
| | 7 | 8 |

2 PLAYERS PLAY 3 FULL SETS

SET 1

| | | |
|---|---|---|
| 1 | 2 | 3 |
| 4 | 5 | 6 |
| | 7 | 8 |

SET 2

| | | |
|---|---|---|
| 1 | 2 | 7 |
| 8 | 3 | 4 |
| | 5 | 6 |

SET 3

| | | |
|---|---|---|
| 1 | 2 | 5 |
| 6 | 3 | 4 |
| | 7 | 8 |

1 PLAYER PLAYS 3 FULL SETS &

2 PLAYERS PLAY 2 FULL SETS

SET 1

| | | |
|---|---|---|
| 1 | 2 | 3 |
| 4 | 5 | 6 |
| | 7 | 8 |

SET 2

| | | |
|---|---|---|
| 1 | 2 | 3 |
| 5 | 4 | 6 |
| | 7 | 8 |

SET 3

| | | |
|---|---|---|
| 1 | 6 | 7 |
| 8 | 2 | 3 |
| | 4 | 5 |

9 PLAYERS STRATEGY:

All players will play 1 full set, and will then be pair locked for the other 2 sets

SET 1

| | | |
|---|---|---|
| 1 | 2 | 3 |
| 4 | 5 | 6 |
| 7 | 8 | 9 |

SET 2

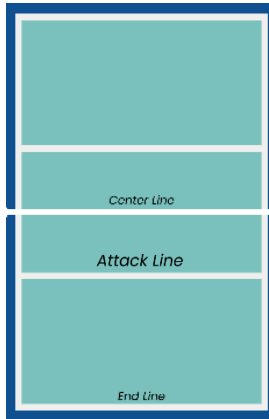
| | | |
|---|---|---|
| 4 | 5 | 6 |
| 1 | 2 | 3 |
| 7 | 8 | 9 |

SET 3

| | | |
|---|---|---|
| 7 | 8 | 9 |
| 1 | 2 | 3 |
| 4 | 5 | 6 |

J. GENERAL PLAYING RULES

- i) Teams are allowed two time-outs per set, at 30 seconds per time-out. Players may leave the court during time-outs, but must return to the same position on the court.
- ii) The ball may touch the net while crossing it (including on a serve). The service becomes a fault if the ball touches the antenna or other external object(s).
- iii) You may NOT spike or block the ball on an opponent's serve.
- iv) Back row players (NHFS rule):
 - (1) A Back Row player shall not "attack" a ball which is completely above the height of the net, while positioned on or in front of the attack line or its out-of-bounds extension.
 - (2) Back row players, while positioned behind the attack line, may contact the ball from any position inside or outside the court above or below the top of the net.



- v) Reaching over the net is permitted only during:
 - (1) A follow through of a hit.
 - (2) A block.
 - (3) You may not take a play away from your opponent by reaching over the net. EXAMPLE: When an opponent is setting the ball.
- vi) All contacts with the ball must be legal hits.

Illegal hits occur:

 - (1) When the ball rests in the arms or hands of a player.
 - (2) When a ball is hit below the waist with an upward swing with hands apart (sometimes called "lifting").
- vii) The ceilings in all gyms are considered playable if:
 - (1) The ball contacts the ceiling above the playing area and stays on the same side.
 - (2) Cranked up basketball goals are considered playable if the ball doesn't cross over to the opponent's side of the net before or after contact with the goal.
 - (a) Exception: If the ball is bumped up and ricochets off the backboard which takes away the second and/or third hit, and a legal player is in position to play the ball, a replay will be called.
- viii) Insignificant contact with the net by a player not involved in the action of playing the ball is allowed.
- ix) Crossing the center line during play is permitted as long as it does not interfere with the opponents play
- x) The ball may touch any part of the body.
- xi) There is no 'libero' position in 12U, 15U, or 18U.
- xii) (NFHS rule) A team shall not have more than three hits before the balls crosses the net into the opponent's playing area or is touched by an opponent. When the team's first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first hit
 - (1) CLARIFICATION: A Block does not count towards a team's 3 hits

xiii) Terminology:

- (1) Service Rotation: "1 service rotation" occurs each time a team rotates as a result of gaining the serve, or retaining the service if they reach their *Consecutive Serve Limit* (See Rule 5-H – Consecutive Serve Limits).
- (2) Sets & Matches: Sets are 1 round of play to a predetermined score. Matches consist of 2 to 3 sets (2 to 5 sets for tournaments).
- (3) Side Out: The change of possession as a result of the receiving team winning a rally.

K. **COURTS, SERVING & SERVING MODIFICATIONS**

i) SERVING:

- (1) Players may serve underhand or overhand.
- (2) Players may serve from anywhere behind the service line provided they stay within the left and right sidelines.

ii) 12U SERVICE MODIFICATIONS:

- (1) One service line will be assigned and marked/designated inside the normal service line.
- (2) During each term of service, players will be allowed the OPTION to serve from this marked interior line:
 - (a) If the serving team wins the first point, the server must then move back to the normal service line for their 2nd serve and (if applicable) 3rd serve.
 - (b) If players choose to start from normal service line, they must finish their term of service at that line.
- (3) Players may not have both feet on, or over, the service line at the point of serve.
- (4) While serving, players may step on, or over, the service line during the serve.
- (5) Players who choose to serve from a standstill (typically underhand) must have one foot remain behind the service line at the point of serve (straddling the service line).

iii) 15U RULES:

- (1) 15U must serve from the standard service line.
- (2) Players may not have both feet on, or over, the service line at the point of serve.
- (3) While serving, players may step on, or over, the service line during the serve.
- (4) Players who choose to serve from a standstill (typically underhand) must have one foot remain behind the service line at the point of serve (straddling the service line).

iv) 18U RULES:

- (1) 18U must serve from the standard service line.
- (2) Players may not step on or over the service line when serving.
- (3) **18U Exception:** Due to lack of space behind the normal service lines Bond Park Magnolia & Sycamore Gyms Only when players serve from the normal end line, they may step on or over the end line to serve. They may not have both feet on, or over, the service line at the point of serve.
- (4) Player who choose to serve from standstill, must have both feet behind the service line at the point of serve.

6. TOURNAMENT & CHAMPIONSHIP PLAY

A. **TOURNAMENT & CHAMPIONSHIP MATCHES**

i) TOURNMANENT MATCH SCORING

- (1) 12U: Matches are best-of-3 sets. All sets are win-by-2, rally scoring to 21, with NO cap.
- (2) 15U: Matches are best-of-5 sets. Sets 1 - 4 are win-by-2, rally scoring to 21, with NO cap. Set 5 is win-by-2, rally scoring to 15, NO cap.
- (3) 18U: Matches are best-of-5 sets. Sets 1 - 4 are win-by-2, rally scoring to 21, with NO cap. Set 5 is win-by-2, rally scoring to 15, NO cap.

ii) 12U SIDES, SERVE, & COIN TOSS:

- (a) Home Team: The team with the higher regular season seeding will be the Home team.
- (b) SIDES:

- (i) The Home team will take the side farthest away from the gym entry doors for the 1st set.
 - (ii) The teams will switch sides for the 2nd set.
 - (iii) 3rd Set: If a 3rd set is necessary, the HOME team will call a coin toss at the start of the 3rd set to choose serve or side.
 - (c) SERVE:
 - (i) 1st Set: the Home team will serve first
 - (ii) 2nd Set: the Away team will serve first
 - (iii) 3rd Set: If a 3rd set is necessary, the HOME team will call a coin toss at the start of the 3rd set to choose serve or side.
- iii) 15U & 18U SIDES, SERVE, & COIN TOSS
- (a) Home Team: The team with the higher regular season seeding will be the Home team.
 - (b) SIDES:
 - (i) The Home team will take the side farthest away from the gym entry doors for the 1st & 3rd sets.
 - (ii) Sides for the 2nd & 4th sets will be reversed.
 - (iii) 5th Set: If a 5th set is necessary, the HOME team will call a coin toss at the start of the 5th set to choose serve or side.
 - (c) SERVE:
 - (i) 1st & 3rd Sets: the Home team will serve first
 - (ii) 2nd & 4th Sets: the Away team will serve first
 - (iii) 5th Set: If a 5th set is necessary, the HOME team will call a coin toss at the start of the 5th set to choose serve or side.
- iv) 12U & 15U PASS-SET-ATTACK:
- (d) The "Pass-Set-Attack" points will count during the tournament (see rule 5.G Modified Scoring)
- v) 15U & 18U Tournament & Championship Playing time Modification:
- (e) Eligible players must still play in every set.
 - (f) Every player must play a minimum of 1 entire set out of the **first 3 sets ONLY** (not be a sub).
 - (g) After the 3rd set, players must only meet the minimum playing time for sets 4 and 5.
- CLARIFICATION: You can play any player(s), for an entire set, for the remaining sets of the match as long as all of the other players are at least subs (pair locked) in sets 4 and 5.

| | 12U | 15U | 18U |
|--|---|--|---|
| Ball Size | 12U Size Ball | Official Size | Official Size |
| Net Height | 7' (youth) | 7' 4-1/8" (women's) | 7' 4-1/8" (women's) |
| Scoring | "Pass-Set-Attack" extra points *Includes special tie-break rules. | "Pass-Set-Attack" extra points *Includes special tie-break rules. | No Mod |
| Forfeits | Set 1 @ 5 past, Set 2 @ 20 past, Set 3 @ 30 past | Set 1 @ 5 past, Set 2 @ 20 past, Set 3 @ 30 past | Set 1 @ 5 past, Set 2 @ 20 past, Set 3 @ 30 past |
| Consecutive Serve Limit | Limited to 3, retain Serve | Limited to 5, retain serve | No Mod |
| Serve Line Mod | Progressive service from one interior service line. Must move back after successful serve. When serving, players must start behind the service line, but may take 1 step over the line when serving. May not have both feet on or over the line on serve. | When serving, players must start behind the service line, but may take 1 step on or over the line when serving. Players may not have both feet on or over the service line when serving. If standing still to serve, players must have 1 foot behind the line. | BOND PARK GYMS ONLY: Due to the limited space behind the service line players may step on, or over, the service line when serving at these gyms. May not have both feet on or over the line on serve. |
| Subbing & Tracking <small>(Applies to Tournament & Championship)</small> | Rotation substitution only. Serve order/Line-up may be changed after each set. The same players cannot start on the bench, 2 sets in a row. | Player-for-Player Substitution Only Every player must play every set. Each player must play at least 1 entire set out of first 3 sets (not be a sub) A) Subs will rotate every 10 points B) Subs are pair-locked each set | Player-for-Player Substitution Only Every player must play every set. Each player must play at least 1 entire set out of first 3 sets (not be a sub) A) Subs will rotate every 10 points B) Subs are pair-locked each set |
| Regular Season Matches | Play all 3 sets per Match. All sets are first to 21. All sets count towards standings *includes special tie-breaker rules **no win-by-2 | Play all 3 sets per Match. All sets are first to 21. All sets count towards standings *includes special tie-breaker rules **no win-by-2 | Play all 3 sets per Match. All sets are first to 21. All sets count towards standings **no win-by-2 |
| Tournament & Championship Matches | Match is best-of-3. All sets are win-by-2, to 21, no cap. | Match is best-of-5. Sets 1-4 are win-by-2, to 21, no cap. Set 5 is win-by-2, to 15, no cap | Match is best-of-5. Sets 1-4 are win-by-2, to 21, no cap. Set 5 is win-by-2, to 15, no cap. |

- **Sides & Serving:** Home Team takes far court, away from gym entrance, and serves first in the 1st & 3rd sets. Away serves first in 2nd.
- **Pre-Game Meeting:** Officials, Coaches, Captains meet 10 minutes prior to each match. (Teams encouraged to rotate team captains).
- **Home Team Full Court Warm-Up:** 6 minutes prior to match
- **Away Team Full Court Warm-Up:** 3 minutes prior to match

YOUTH VOLLEYBALL TEAM ASSIGNMENTS AND DRAFT PROCEDURE

1. Team Assignments for Youth Volleyball Ages 10 and Older:

- A. Teams will be comprised of all players registered for the program.
- B. Returning Coaches will return to their previous team if they return to the same divisions and are in good standing with the department. New Coaches to a division will be assigned to an existing team, or an expansion team if applicable.
- C. Returning players will go back to last year's team.
- D. New players to a division will be assigned as needed to complete rosters.
- E. Expansion teams will be formed depending on available facilities, and registration numbers to accept all players wanting to play.
- F. If a new player enters a league with a sibling returning to that league, the new player will automatically go to the team with the sibling, unless otherwise requested in writing by the parent. The new sibling will be treated as a returning player.
- G. Head coach's children are assigned automatically to their team unless a written request is presented to the Sports office.
- H. Participants that withdraw from a team for verified medical reasons will return to the same team the following season provided they let sports staff know and meet league age requirements.
- I. Players are not able to move/switch teams once rosters are created and players are assigned to teams.

2. Team Assignments for Youth Volleyball Ages 10 and Older:

- A. Leagues age 11-18 will use skills assessment and drafts to place new players in each age division to teams. Sports staff will facilitate a skills assessment and draft to place new players. Coaches will assess players and draft players to their team.
- B. The immediate family of head coaches will automatically go to that team. These players will be treated as returning players in the draft and may affect draft order.

c. Assistant Coach Protection (ACP)

- a. Children (siblings) of one assistant coach (one assistant coach per team) can be protected prior to the draft. The child must be declared and approved by the league manager as protected prior to Player Assessments and will be placed as that team's second round selection. The protected player will also count as a returning player toward determining draft order. If not declared, then he/she is eligible to be drafted. Participants who are already returning to a team cannot be assistant coach protected. Only participants who are new to a league (and are registered) are eligible to be protected. All head coaches who have players protected by this rule must notify the sports staff prior assessments and the assistant's child does not attend Player Assessments. This rule also applies if the head coach becomes the "assistant" coach and the "assistant" coach becomes the head coach. However, all other coaching requirements must be met, (i.e. NAYS certification, coaches application, etc.).
- b. If a head coach does not have a child (immediate family) in the league in which they are coaching, but their assistant coach has a child(ren) in that league, the assistant coach's child(ren) will automatically be placed, starting in the third round as a returning player on that team, and not the second-round pick. This counts as the "assistant coach protection" and no additional players may be protected in this way. All other assistant coaching requirements must be met in accordance with II.C above.
- c. Once a player is protected under the ACP Rule, a team cannot claim another player under this rule until the original player no longer participates in that league. That original player is treated as any other returning player for draft purposes in following seasons.

i. Assistant Coach Protection Scenarios

| Rounds | 1 | 2 | 3 | 4 | 5 | Scenarios |
|--------|---|---|---|---|---|-----------------------|
| Team A | | | X | | | 1 Coach Kid + No ACP |
| Team B | | | X | X | | 2 Coach Kids + No ACP |
| Team C | | X | X | | | 1 Coach Kid + 1 ACP |
| Team D | | | X | | | No Coach Kid + 1 ACP |

| | | | | | | |
|--------|--|---|---|---|---|--|
| Team E | | | X | X | | No Coach Kid + 2(Siblings) ACP |
| Team F | | X | X | X | | 2 Coach Kids + 1 ACP |
| Team G | | X | X | X | | 1 Coach Kid + 2(Siblings) ACP |
| Team H | | X | X | X | X | 2 Coach Kids + 2(Siblings) ACP |
| Team I | | | X | X | | Returning Coach Kid + Previous Season ACP (can not protect another kid) |
| Team J | | | X | | | No Coach Kid + Previous Season ACP (can not protect another kid) |

D. Drafting Siblings

- a. If a new player enters a league with a sibling who is returning to a team in that league (age division), the new player will automatically go to the team with their sibling, unless otherwise requested in writing by the parent. The new player (sibling) will be treated as a returning player to that team.
 - b. When drafting siblings new to the league (age division), a team must have age eligibility for both players, and they will be placed as consecutive selections on the draft grid. For example, if one sibling is taken as the first pick, the other sibling will automatically be selected to the next available round for that team.
 - c. If a sibling is selected in the last “open round” of the draft, the other sibling will be automatically selected as that team's first hat pick to accommodate the other sibling.
 - d. If siblings are selected in the last round (typically hatpicks) of the draft, the team who drafts the siblings will give up their previous round draft selection to accommodate the sibling. The player lost from this accommodation will be folded back into the hat.
- E. Each team will have a maximum number of participants in each age group. The maximum number will be established prior to the draft based upon the total number of participants registered at each age within that league (age division).
- F. Participants that withdraw from a team for verified medical reasons will return to the same team the following season provided they meet league age requirements.
- G. Players are not able to move/switch teams once rosters are created and players are assigned to teams.
- H. For the purposes of player placement, the definition of immediate family includes: children, grandchildren, siblings and step children.

3. Method of Selecting Players

- A. The Cary Parks, Recreation and Cultural Resources Department's Sports staff shall determine the total number of players per team. In the case that there cannot be the same number of players per team, the coaches will draw at random before any selections are made to determine the total number of players to be on each team.
- Note: If, at the conclusion of the draft, all teams do not have a complete roster, newly registered players will be assigned to the team(s) with the fewest players. If two or more teams have the same need for players, newly registered players will be assigned randomly.
- B. **Draft order for the 1st round** will be determined by last season's winning percentage with lowest winning percentage picking first. Any ties will be broken by number of returning players (fewest first), then coin flip. For all rounds after the 1st round, the order will be determined by the number of returning players with the lowest number of returners picking first. Any ties will be broken by previous season win percentage (lowest first), and then coin flip.
- C. **Draft order for all other rounds after the 1st round** will be determined based on each team's number of returning players. The draft order after the first round is as follows:
1. Expansion teams with zero (0) players
 2. Expansion teams with one (1) player
 3. Least number of returning players
 4. Next to least number of returning players; Any ties will be broken by previous season win percentage (lowest first), and then coin flip

D. Expansion teams.

- a. "Expansion Teams" are added teams to the league or returning teams with zero (0) or one (1) returning player (including the coach's child, if applicable). Expansion teams are considered to have no win% for the purposes of the draft.
- b. Expansion teams that have the same number of returning players will be pooled together for draft order. Expansion teams with zero (0) returning players, would be pooled together and draft before expansions teams with one (1) returning player for the entire draft.
 - i. For Round 1 (determined by last year win%): a coin flip will decide the draft order of each pool of expansion teams with the same number of returning players.
 - ii. For all rounds after the 1st Round (determined by #of returning players): the order for each pool of expansion teams will be the reverse of the 1st round.
Example: If an expansion team has fewer returning players than another expansion team, then the expansion team(s) with the fewer amount of returning players will select before the expansion teams with more returning players, in the 1st round. The order for all expansion teams (regardless of # of returning players) would still flip for Rounds 2-8.

- E.** If a new league is formed, then the draft order will be random. The only returning players will be the coach's immediate family, and any potential Assistant Coach Protections. The odd number rounds will be top to bottom and the even rounds will be bottom to top.

4. Eligible Players for Draft and Player Assessments:

- A.** Registered players who are new to a league (age division) will attend player assessments and be drafted by coaches to the teams.
- B.** Players who participate in player assessments, will be drafted during the "open rounds" of the draft.
- C.** Players who do not attend assessments will be placed on teams randomly via "hatpicks", at the end of the draft, according to draft order.
- D. Age Limitations:** Coaches will be limited to draft selections based on age. This is calculated by adding the total number of players of each "league age", divided by the number of teams, and rounded up to the next whole number.
 - a. **(New) Minimum 1 Rule:** regardless of the age limitation formula, coaches will have access to a minimum of 1 player from each age group.
 - b. Age limitations apply for all rounds of the draft, including hatpick rounds. Hatpick rounds will have different hats for each age division, until options run out.
- E. Last Round Hat:** Any "Undrafted" players from the "open rounds" will be placed together into a single "Last Round Hat" along with any remaining players unpicked from the previous hatpick rounds. This Last Round Hat will not have any age limitation.
 - a. **EXCEPTION:** If there 1 or less players folded into the hat from the "open rounds", then age limitation will apply to the Last Round Hat.
- F. Waiting List:** Extra players will be assigned to teams with the least amount of players. In the event of two teams having the same need for players, players will be assigned randomly.

SELECTION OF COACHES

Volunteer coaches work with each team under the guidelines of the Parks, Recreation and Cultural Resources Department. Coaches are trained and certified by the National Alliance for Youth Sports. Communication between parents and coaches is essential for a successful season.

1. Any person wishing to coach in the youth volleyball program for the first time should complete a Coach's Application prior to the start of the season. Returning coaches will be given first opportunity to continue coaching by completing a returning coaches card.
2. All applications for head coach will be reviewed by the Sports staff. After review, a coach's interview will be scheduled.
3. All head coaches must be certified by the National Alliance for Youth Sports. Clinics are offered by the Cary Parks, Recreation and Cultural Resources Department. Upon certification by the National Alliance for Youth Sports and approval of the Department Director and Sports staff, coaches are assigned to teams. Background checks are conducted on each head coach to promote the health and safety of our participants. The information that may be collected as part of the background check includes criminal conviction record checks, sex offender registry checks and social security verification. Please be aware that any volunteer who refuses to consent to a background check will not be considered as a head coach.

COACHES CODE OF CONDUCT

The Cary Athletic Committee recognizes the important contribution of the coaches at each level of the Cary Parks, Recreation and Cultural Resources Department's Basketball program. The influence of the coaches during the formative years of hundreds of youth involved in this program is immeasurable and is reflected in later years, not only in athletic abilities that are developed, but also in the more important traits of character that will be a part of each individual for life.

Coaches have a responsibility to teach the basics of basketball and to provide an organized and controlled team approach to a recreational program, as well as the responsibility to teach the strategy of the game. They also have a more important responsibility to provide leadership for the development of sportsmanship, self-confidence, competitiveness with a sense of fair play, teamwork, humbleness in victory and a stout heart in defeat.

Coaching is a privilege and coaches must be expected to assume all of the responsibilities associated with working with these young people for their total development. **Winning the game is secondary to the other aspects of the program.** Any conduct by coaches that is detrimental to the overall development of the young people will not be permitted and any action by any coach that is deemed to be improper will be dealt with as set forth hereunder.

Any of the following actions by basketball coaches while coaching in the Cary Parks, Recreation and Cultural Resources Department program shall be considered improper and could be grounds for censor, reprimand, suspension or dismissal at the discretion of the Sports Program Coordinator. Please refer to the Athletic Discipline Policy on Page 19 of this manual.

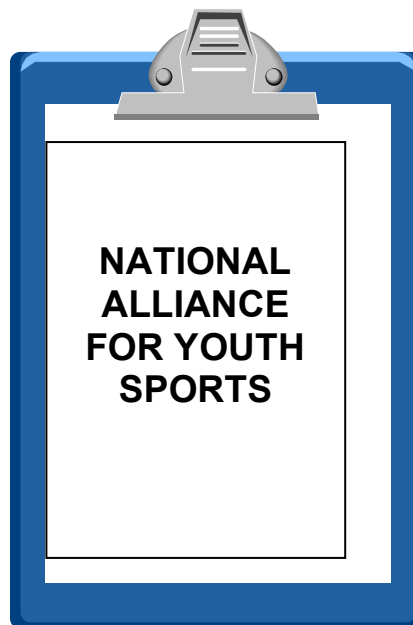
1. Use of obscene or profane language in the gym or in the presence of the players;
2. Use or display of alcoholic beverages in the gym or in the presence of the players;
3. Participation by the coach while under the influence of alcohol;
4. Teaching and condoning unsportsmanlike conduct;
5. Inciting by word or sign any demonstration by parents or spectators;
6. Using language that will in any manner refer to or reflect upon the opposing players, an official, staff member or a spectator;
7. Make intentional contact with any official or staff member in any manner;
8. Harassment of players, officials, scorekeepers, staff or anyone connected with the program;
9. Smoking in the gym.

Any complaint received by Cary Parks, Recreation and Cultural Resources Department relating to the conduct of any coach will be discussed with the coach involved and a written report of the complaint and action taken may be made in the permanent record of that coach in the files of the Cary Parks, Recreation and Cultural Resources Department. A copy of any such report will be transmitted to the coach involved. A coach may request a hearing before the Athletic Committee on any complaint filed or any action taken by the Parks, Recreation and Cultural Resources Department.

COACHES CODE OF ETHICS PLEDGE

I hereby pledge to live up to my certification as a NAYS coach by following the NAYS Code of Ethics.

- I will place the emotional and physical well-being of my players ahead of any personal desire to win.
- I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for the same age group.
- I will do my very best to provide a safe play situation for my players.
- I promise to review and practice the necessary first aid principles needed to treat injuries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead, by example, in demonstrating fair play and sportsmanship to all my players.
- I will ensure that I am knowledgeable in the rules of each sport that I coach and that I will teach these rules to my players.
- I will use those coaching techniques appropriate for each of the skills that I teach.
- I will remember that I am a youth coach and that the game is for children and not adults.



DUTIES AND RESPONSIBILITIES OF COACHES

The Cary Athletic Committee appreciates the assistance and importance of coaches to the basketball program of the Cary Parks, Recreation and Cultural Resources Department. The basketball program offered for the youth of Cary is one of the best and most complete programs in the area and a large part of its success can be attributed to the hard work and dedication of those who have served as coaches. In order to help coaches better understand their role and to maintain the high standards afforded in our programs, the following duties and responsibilities for coaches have been established for coaches by the Athletic Committee.

1. Each team may have a maximum of two coaches and one scorekeeper. If a coach is absent, a substitute coach is allowed; however, under no circumstances will more than three adults be allowed on the bench at one time.
2. Each coach must keep his/her team roster up to date at all times and must notify Cary Parks, Recreation and Cultural Resources Department of the loss of any player from his/her team roster. Violation of this rule may result in forfeiture of the games in question and/or suspensions or removal of the head coach.
3. Each head coach is responsible for the uniforms issued to them for their team.
4. The head coach, or their authorized assistant, must complete the names on the mandatory playing time sheet and turn it in to the official scorer NO LESS THAN TEN MINUTES PRIOR TO THE START OF THE GAME.
5. Each coach will inform the members of their team as to the time and place of each practice and game.
6. Each coach shall encourage the exhibition of good sportsmanship at all times by their players.
7. Each coach shall make sure only team players and coaches are allowed on the bench area with the team.
8. Each coach shall instruct their players in all safety rules for their own protection and that of their opponents.
9. THERE SHALL BE NO SMOKING AND NO FOOD OR DRINK IN THE GYMS AT ANY TIME.
10. Violation of the Coaches Code of Conduct may result in a disciplinary action in accordance with Athletic Discipline Policy.
11. Cary Parks, Recreation and Cultural Resources Department and the Athletic Committee reserve the right to dismiss a coach for violation of any Coaches Code of Conduct rule.
12. Any coach or assistant coach who has been dismissed by Cary Parks, Recreation and Cultural Resources Department or the Athletic Committee may not return as a coach or assistant coach without the approval of Cary Parks, Recreation and Cultural Resources Department.
13. Each coach must work with the staff and abide by all rules and policies established by the department to ensure goals of the program are met.

Exposure to Blood and Blood Products Information Sheet for Volunteers

As Town of Cary Volunteers, you have committed your time and energy to the children and adults of our community. Particularly during athletic events, these children or citizens may occasionally suffer minor injuries such as scrapes and cuts which cause bleeding. The Town would like to provide important information about these minor injury situations.

Blood can carry disease. These diseases can be spread when an infected person's blood gets into another person's body. One way this happens is when a first aid provider has an opening in his skin, and the infected blood enters that opening. Therefore, it is very important that if you choose to provide first aid, that you take precautions to keep the blood from getting on your skin, in your eyes or into your nose.

The Parks, Recreation and Cultural Resources Department will provide rubber gloves at all activities where there is a chance that a participant could receive a minor injury. If you choose to help with first aid, we encourage you to wear these rubber gloves. Be careful when taking them off, that you do not touch the outside of the glove and get blood on your hands. Wash your hands thoroughly as soon as possible.

You may also choose to ask that a child's parent take care of the child, or that the injured adult clean his own wound and apply a bandage on himself. Certainly if there is a concern that an injury is serious, if there is loss of consciousness, or if there is profuse bleeding, provide comfort to the injured citizen, protect yourself, and make arrangements for medical treatment.

If you have questions about this issue, please call the Parks, Recreation and Cultural Resources Department at (919) 469-4062. We are proud of your participation in the community activities for which you volunteer, and are grateful for your efforts.



PLAYER'S BILL OF RIGHTS

I understand that my responsibilities as a youth coach are of great importance and that my actions have the potential to significantly influence the young athletes whom I coach. Therefore, I promise to uphold the following rights of young athletes to the best of my ability:

1. Right to participate in sports.
2. Right to participate at a level commensurate with each child's maturity and ability.
3. Right to have qualified adult leadership.
4. Right to play as a child and not as an adult.
5. Right of children to share in the leadership and decision-making of their sport participation.
6. Right to participate in a safe and healthy environment.
7. Right to proper preparation for participation in sports.
8. Right to an equal opportunity to strive for success.
9. Right to be treated with dignity.
10. Right to have fun in sports.

TEAM PARENT MEETING SUMMARY AGENDA

- ▲ Give out practice and game schedules
- ▲ Give out rules
- ▲ Special Team Rules
- ▲ Practice/ Game Attendance as covered in team rules
- ▲ Coaching philosophy summary
- ▲ Town Philosophy
- ▲ Respect for teammates and opponents, diversity of backgrounds, abilities, etc.
- ▲ Coaching goals for the season
- ▲ Recruitment of team parent representative (to organize drinks, party, trophies, etc..)
- ▲ Inclement weather policy (rain/snow/ice before practice/games)
- ▲ Give out map or directions to facilities
- ▲ What to wear/bring (no jewelry)
- ▲ Parents code of ethics pledge
- ▲ Player Information Sheet
- ▲ Recruitment of assistant coaches

| | |
|---|---|
| POLICY STATEMENT | NO. 19 |
| Athletic Program Discipline Policy | Effective: 09/28/12 |
| | Supersedes: 05/26/2005 |
| | Prepared by: William Davis |
| | Date adopted by Council 09/27/12 |

PURPOSE:

To adopt an official policy for the control of individual behavior at athletic activities for the purpose of maintaining a wholesome recreational atmosphere at events.

COVERAGE:

This policy, upon adoption, shall be applicable to all individuals participating in athletics as either players, coaches, officials, or spectators and shall remain in effect until such time that it is altered, modified, or rescinded by the Town Council.

POLICY:

The Town of Cary Parks, Recreation and Cultural Resources hereby establishes the following Athletic Discipline Policy:

1. Definition. Unsportsmanlike conduct (to include, but not limited to, the following)
 - a. Harassment of participants or officials, or
 - b. Profane language and/or gestures, or
 - c. Public threat or physical violence, or
 - d. Disruptive or malicious behavior

2. Any individual (includes players, coaches, officials, and spectators) displaying unsportsmanlike conduct whether during or following a game will be subject to partial or permanent program suspension at the discretion of the Parks, Recreation and Cultural Resources Department.

3. Ejection from Game - Adult Participant (including youth coaches)
 - a. Any adult ejected from a game for unsportsmanlike conduct will automatically remain suspended from participating in at least the next game to be played by their team. (Exception: Slapping the backboard or dunking in basketball will not be considered a discipline offense, but all violations of safety rules will be enforced through the athletic program discipline policy).
 - b. Any adult ejected from a second game for unsportsmanlike conduct during any one season will automatically be suspended from a minimum of the next two games to be played by their team and may not participate in any game with their team until they have a personal conference with the appropriate athletic staff.
 - c. The Parks, Recreation and Cultural Resources Department will review all ejections and may extend any suspension beyond the minimum game suspension as noted in 4(b) as it deems appropriate for the offense

4. Any coach displaying unsportsmanlike conduct, violating any coach's code of conduct rule, or refusing to abide by rules and regulations established by the department will be subject to partial or

permanent program suspension at the discretion of the Parks, Recreation and Cultural Resources Department..

- a. The Parks, Recreation and Cultural Resources Department staff may meet with the coach in violation and will issue a partial or permanent suspension from the program.
- b. A coach may request a conference appeal before the appropriate athletic committee on any suspension taken by the Parks, Recreation and Cultural Resources Department.
- c. Any coach or assistant coach who has been dismissed by the Parks, Recreation and Cultural Resources Department may not return as a coach in the Parks, Recreation and Cultural Resources Department.

5. Ejection from Game - Youth Participant

- a. Any youth ejected from a game for unsportsmanlike conduct will automatically remain suspended from participating in at least the next game to be played by their team. (Exception: Slapping the backboard or dunking in basketball will not be considered a discipline offense, but all violations of safety rules will be enforced through the athletic program discipline policy).
- b. Any youth ejected from any two games within one season will automatically be suspended from participating in at least the next two games to be played by their team and may not return to their team until their parent(s)/guardian has a personal conference with the team's coach and appropriate athletic committee.

6. Rules for individual leagues may include provisions for disciplinary action above and beyond those listed in this policy.

7. Any individual, whether youth or adult, suspended from a game after having a conference as outlined in 4(b) and 5(b) may be suspended for the remainder of the regular season and any tournament games.

YOUTH ATHLETIC PROGRAM DISCIPLINARY GUIDELINES **as a result of ejection/ unsportsmanlike conduct from a game**

Category 1: Rules Violations - Disqualification from current contest, no additional suspension

Examples:

- Extra Time-outs
- Delay of Game
- Too many players on the court
- Slapping the backboard
- Unintentionally slinging bat according to local rules

Category 2: Unsportsmanlike conduct (before, during or after a game)

Ejection from current contest, plus suspension for 1 or more games *

Players suspended from a game may sit on the bench during the next scheduled game.

Examples:

- Disrespect directed towards officials or staff
- Disrespect or harassment of others based on race, color, religion, gender, national origin, age, or ability
- Profane, vulgar or inappropriate language or gestures
- Unsportsmanlike verbal conduct
- Reactionary verbal threat
- Intentionally throwing helmet, bat, etc.

Category 3: Unsportsmanlike conduct (before, during or after a game)

Ejection from current contest, plus suspension for 2 or more games *

Players suspended from a game may sit on the bench during the next scheduled games. .

Examples:

- Illegally participating in an event after ejection, while under suspension, or as an ineligible player
- Any foul of a violent nature (swinging elbows, kicking, kneeing, etc.)
- Contact with an official
- Fighting (before, during or after an event)
- Premeditated verbal or physical threat
- Any foul or attempted physical contact which, in the opinion of the official or staff, was intended to inflict or cause injury to another contestant, official, coach or spectator.
- Coach or player engaging in confrontational acts with an official before, during or after an event.

Category 4: Repetitive Suspensions

- Second suspension, either of which is a Category 3, will result in a season suspension.

* Upon review by the Cary Parks, Recreation and Cultural Resources Staff

Movement and Warm Up Tips

- Movement is the most important skill to teach kids. Just like shooting, dribbling, and rebounding must be practiced, so does movement. Movement is the foundation of these activities.
- Perform a dynamic, movement based warm up for 10 minutes. This gets the blood flowing to the joints and muscles and does not include static stretching. Warm up activities can include skipping (forward and backward), butt kick runs, high knees runs, cariocas, shuffling, jumping, balance exercises, and calisthenics like jumping jacks. These activities get the body ready to perform and prevent injury.
- For younger athletes ages 10-13, 20-30 minutes of practice time should be spent on movement fundamentals, not specific sport skill. For the older athletes, 10-20 minutes is adequate. You can use general speed and agility drills like shuffling, cariocas, crossovers, and back peddling to improve footwork and movement skills. You can also use games such as tag, red light-green light, obstacle courses, and shuttle races to incorporate these skills and prevent boredom.
- Other tips to make practices more enjoyable yet improve movement: shoot, pass, and dribble with off hand.
- Fundamentals do not have to be boring. They can and should be fun. If you make it fun, they will master the movements that help them succeed and prevent injury. They will also incorporate these movements more easily in game type situations.
- Their strength, flexibility, speed, agility, coordination, and conditioning will all improve with general movement tasks and these are all integral to improving performance and preventing injury.
- Static stretching can be used as a cool down the last five minutes of practice.



DEALING WITH PARENTS

Coaching a youth league team is exciting and rewarding; however, from time to time you may experience difficulty with parents. Some may want their children to play more or they might question some of your judgments as a coach. This is normal so don't feel that you are alone if this happens.

Here are a few thoughts to remember when dealing with parents:

- Always listen to their ideas and feelings. Remember they are interested and concerned because it is their child that is involved. Encourage parental involvement.
- Express appreciation for their interest and concern. This will make them more open and at ease with you.
- No coach can please everyone. Don't try.
- Know what your objectives are and do what you believe to be of value to the team, not the parents.
- Make certain all parents know your ground rules. Have rules, regulations, your philosophy, practice dates and times, etc., printed on a sheet of paper you can pass out to all parents. Have a parent meeting before the season begins to discuss your operating procedures.
- Resist unfair pressure. You are the coach, and it is your responsibility to make the final decisions.
- Most important - be fair. If you treat all players equitably you will gain respect.
- Be consistent. If you change a rule or philosophy during the season, you may be in for trouble. If you do change something, make sure all parents are informed as soon as possible.
- Handle any confrontation one-on-one and not in a crowd situation. Don't be defensive. Don't argue with a parent. Listen to their viewpoint and thank them for it.
- Don't discuss individual players with other parents. The grapevine will hang you every time.
- Ask parents not to criticize their children during a practice or game. Don't let your players be humiliated, even by their own parents. Explain you must have complete control of your team when they are on your "turf".
- Don't blame the players for their parent's actions, if negative. Try to maintain a fair attitude.
- Parents must accept the fact that officials, coaches, and other league officials should not be subjected to criticism during ballgames. Always remember that you will be dealing with all types of children and parents with different backgrounds and ideals. One of your main challenges as a coach is to deal with these differences in a positive manner so that team's season will be an exciting and enjoyable experience for all.

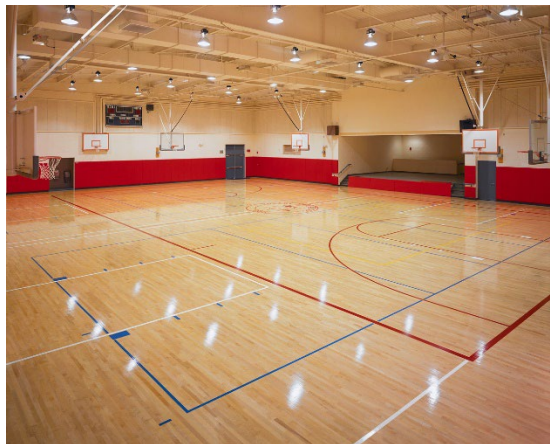
TWELVE DO'S AND DON'TS FOR DADS/MOMS

1. Don't put yourself in your son's or daughter's place out there. The kid on the court isn't you, Dad. If he makes an error, it's his error; if his shot wins the game, it's his shot. Glory or grief, it's his ball game. Whether you were an All-American point guard or, more likely, couldn't make the church team even if the preacher was your father, has nothing to do with your kid's performance. Yet, I once heard a parent tell a child who made a wild shot, "you embarrassed me".
2. Don't talk about the "big game" all day. Chances are the "big game" isn't as important to your kid as it is to you, and that's healthy. The youngster will usually keep the game in proper perspective, and keep pressure to a minimum, if only you will, Dad.
3. Don't criticize one of the other players even if the errant kid decides to play tiddlewinks instead of defense. That's not only unseemly; it's dangerous. Because chances are the offending player's mother is smoldering in the next seat. She will scratch your eyes out.
4. Don't yell instructions to your player ("Get out of the lane, son!") when he's under the basket. That's the coach's job, and besides, the kid can pick your voice out in the tumult. It only makes him more nervous. Shout only general encouragement.
5. Don't start analyzing your child's performance right after the game. All the player wants is peace, quiet and a snowcone.
6. Don't criticize the coach, even if it's apparent that Roy Williams he isn't. Listen, this guy is going to some dusty, dark elementary school gym after work and on Saturdays and Sundays to run dribbling drills. Before you complain think "Am I ready to give up all my valuable free time to a bunch of pre-juveniles?"
7. Don't complain when the good coach plays everybody and even goes with different starters every game, right down to the child who has a pathological dread of the basketball and the bespectacled babyface who hasn't shot the ball (I personally know that "please, Lord, let me make this shot" feeling) in three seasons.
8. Don't abuse the referee, Dad. Baiting the college kid who's calling the game for four bucks isn't calculated to inspire respect for authority demanded from your child at home and at school.
9. Don't decide your player has a future with the NC State Wolfpack. Likewise, don't write off that babyface with the basketball in his hands. Kids, I'm told, mature athletically at different paces. Some are better than they ever will be again. Some of the worst players will develop into varsity athletes with time.
10. Don't forget to praise your child for simply performing. Don't overpraise a shot or a good play, either. And, above all, don't ever dwell on an error or failure to deliver the "big" shot, especially not with scorn or anger. You're not Coach K, Pop, and your kid doesn't play for Duke. Your child is 12, at most.
11. Don't forget to praise all the players after the game, especially if they lost.
12. And please don't take it so seriously. Even the "big game" isn't the answer to world hunger or even the NCAA tournament, let it just be fun.

CARY BASKETBALL GYM DO'S AND DON'TS

Please follow the guidelines below when participating in the Cary Parks, Recreation and Cultural Resources basketball program. These guidelines apply both at Town community centers, and at any school gyms utilized for basketball practices and games. Thanks for your cooperation!

- Pick up your own trash.
- Remember to take all your belongings with you after practices/games.
- Neither food nor drink is permitted in any gym, other than water.
- Children, including siblings of practice/game participants, should not be left unattended.
- For practices and games at school gyms, individuals should only be in the gym or the restroom. Do not wander school hallways.
- At practices, be respectful of the teams trying to practice. Those not involved in practices should not be dribbling, shooting at side goals, climbing bleachers or equipment, or otherwise creating a distraction for those involved in the practice.
- At games, spectators should sit on the side of the gym opposite the benches. One side of the court is for players and coaches and the other side is for fans and family members.
- Please exhibit good sportsmanship at all times. Remember that the game is for the kids, and parents and other adults need to be responsible enough to be great role models, and to keep the game in its proper perspective.
- Officials are “off-limits” to fans. Do not approach officials before, during or after the game. If you have feedback to provide, communicate with your coach about the best way to provide that feedback.
- Have fun!



CARY PARKS, RECREATION AND CULTURAL RESOURCES DEPARTMENT ATHLETIC SUPPLEMENT TO INCLEMENT WEATHER PROCEDURES

The inclement weather procedure includes existing hazardous conditions due to snow/ice from preceding days. The decision to cancel athletic events is made for the safety of the participants.

The following conditions may require canceling athletic events:

1. Inclement weather (i.e., snow, ice, tornado, hurricane, etc.).

Cancellation Procedure

1. In the event of inclement weather:
 - a. At 3 p.m. weekdays, 8 a.m. on Saturday and noon on Sunday, Cary Parks, Recreation and Cultural Resources Department will make a decision as to whether games or practices will take place. For a recorded message concerning the status of scheduled games please call the gym status update line at (919) 319-4500. **Please do not call the department earlier asking for this information.** Information will also be available on the Sports Program Status page at <http://games.townofcarync.gov/>.
 - b. After the times listed above, the decision will be made at the facility by a Parks, Recreation and Cultural Resources Department representative, or, in their absence, the referee.
 - c. In order to keep the Cary Parks, Recreation and Cultural Resources Department telephone lines open to contact officials and coaches, players should not call the department regarding playing conditions.
 - d. Coaches are urged to establish a text group or email list to contact players.
2. If the first practice of the day is canceled, all practices scheduled will automatically be canceled as well. This **does not** apply to Saturday and Sunday games.
3. Due to the large number of teams involved in our program, and the limited number of facilities at which to play, canceled games will be made up only if they affect the final standings and if time permits and gym space is available.
4. Any team that fails to field a team for a make-up game will lose the game by forfeit.

We need your cooperation in adhering to all the policies and procedures established for our programs.



APPENDICES

CARY PARKS, RECREATION AND CULTURAL RESOURCES (PRCR) DEPARTMENT

This report applies only to incidents or accidents involving patrons or other unusual circumstances that may occur at the facility/event.

****Do not use this form if: Reporting an employee accident/incident or reporting damage to Town owned property. Employee Accident Form is Located on C-Net under the Forms Tab (or in designated area at your facility).**

Immediately do the following upon completion of this form.

1. If **EMS or Police** are called to your facility/event, immediately notify (via phone) your Supervisor (or designated contact), who will then contact Division Manager
2. Upon completion of this form and any required notification, place form in BOX under PRCR Team Space/PRCR Accident & Incident Reports/(division)/(month, year)

ACCIDENT/INCIDENT REPORT FORM

Date _____ Time _____ AM PM Facility/Location of incident _____

Name of Injured _____ Phone # of Injured _____

Address of Injured _____

Parent/Guardian Name (if applicable): _____

Parent/Guardian Phone # (if applicable): _____

Briefly Describe the Details of the Accident or Incident (include any information you feel is pertinent such as witnesses, parent notification, etc. Who, What, Where, When, & Actions)

Were Police Notified? Yes No Police Investigator Name: _____ Report # _____

Was EMS Called? Yes No Did EMS Transport patron away from site? Yes No

If Transportation by EMS was necessary, where was he/she transported? _____
(Name of Hospital, Clinic or Unknown)

Staff in Charge at Time of Incident/Accident: _____

Staff Signature

Staff Printed Name/Title

OFFICIAL'S EVALUATION FORM
Cary Parks, Recreation and Cultural Resources

Please take a moment to give us an objective evaluation of the officials who worked your game. Your input is appreciated.

1. Your Name: _____
2. Sport _____ Team name: (optional) _____ League _____
3. How many years has your team played in a Town of Cary league? _____
4. Relationship to team: (Circle One)
 Head Coach Assistant Coach Player Parent Spectator Commissioner
5. Game Date: _____ Score: _____
 Opponent: _____ Who won: _____
6. Were both officials present and ready to begin at game time? (Circle One) Yes No
7. If one or both were late, at what time did they arrive? _____
8. Rate the following on a 1 - 5 scale.
1 = Poor, 2 = Below Average, 3 = Average, 4 = Above Average, 5 = Excellent

| | | | | | |
|---|---|---|---|---|---|
| Rule Knowledge | 1 | 2 | 3 | 4 | 5 |
| Application of rules (i.e., called too tight, not tight enough) | 1 | 2 | 3 | 4 | 5 |
| Reaction under pressure | 1 | 2 | 3 | 4 | 5 |
| Referee/Umpire Consistency | 1 | 2 | 3 | 4 | 5 |
| Game Control | 1 | 2 | 3 | 4 | 5 |
| Hustle (covered the court/field) | 1 | 2 | 3 | 4 | 5 |
| Alertness, interest in the game | 1 | 2 | 3 | 4 | 5 |
| Attitude toward participants | 1 | 2 | 3 | 4 | 5 |
| Professionalism | 1 | 2 | 3 | 4 | 5 |
| Teamwork with partner | 1 | 2 | 3 | 4 | 5 |
| Overall Performance | 1 | 2 | 3 | 4 | 5 |

If your evaluation is only for one official, please identify: _____

Additional Comments: _____

Please email completed form to sports@townofcary.org

Questions? ☎ 469-4062

Thank you!

PLAYER INFORMATION SHEET

(Please complete and return this form to your coach for his/her files)

League: _____ **Team Name:** _____

Name: _____ Age _____ D.O.B. _____
(please print)

Address: _____ Zip Code: _____

Parent's Name: Mother: _____ Father: _____

Home Telephone: _____ Parents Daytime #: (M) _____
(D) _____

Home Email: _____ Work Email: _____

EMERGENCY CONTACT INFORMATION (If other than parent)

NAME: _____ DAYTIME # _____ EVENING #: _____

RELATIONSHIP TO CHILD: _____

PHYSICIAN'S NAME: _____ PHONE: _____

HOSPITAL AFFILIATION: _____

Cary Parks, Recreation and Cultural Resources Department programs are provided for people of all abilities. If you need reasonable modification, please contact your coach or staff to discuss prior to the season starting.

Please list any medical information I, as a coach, should be aware of with your child
(i.e. allergies, asthma, diabetes, injuries, etc.) _____

PARENTS CODE OF ETHICS PLEDGE

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following the Parents Code of Ethics Pledge.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sport event.
- I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will demand a drug, alcohol and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.
- I will remember that the game is for children and not for 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 promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.
- 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 NYSCA Coaches' Code of Ethics.
- I will read the NYSCA National Standards for Youth Sports and do everything in my power to assist all youth sports organizations to implement and enforce them.

Participants Name: _____

Parent Signature: _____

NAYS NATIONAL STANDARDS FOR YOUTH SPORTS

#1 PROPER SPORTS ENVIRONMENT

Parents must consider and carefully choose the proper sports environment for their child, including the appropriate age and development for participation, the type of sport, the rules of the sport, the age range of the participants, and the proper level of physical and emotional stress.

#2 PROGRAMS BASES ON THE WELL-BEING OF CHILDREN

Parents must select youth sports programs that are developed and organized to enhance the emotional, physical, social and educational well-being of children.

#3 DRUG, TOBACCO & ALCOHOL-FREE ENVIRONMENT

Parents must encourage a drug, tobacco and alcohol-free environment for their children.

#4 PART OF A CHILD'S LIFE

Parents must recognize that youth sports are only a part of a child's life.

#5 TRAINING

Parents must insist that coaches are trained and certified.

#6 PARENT'S ACTIVE ROLE

Parents must make a serious effort to take an active role in the youth sports experience of their child providing positive support as a spectator, coach, league administrator and/or caring parent.

#7 POSITIVE ROLE MODELS

Parents must provide positive role models, exhibiting sportsmanlike behavior at games, practices, and home, while also giving positive reinforcement to their child and support to their child's coaches.

#8 PARENTAL COMMITMENT

Parents must demonstrate their commitment to their child's youth sports experience by annually signing the Parent's Code of Ethics.

#9 SAFE PLAYING SITUATIONS

Parents must insist on safe playing facilities, healthful playing situations, and proper first aid applications, should the need arise.

#10 EQUAL PLAY OPPORTUNITY

Parents, coaches, and league administrators must provide equal sports play opportunity for all youth regardless of race, creed, sex, economic status or ability.

#11 DRUG, TOBACCO & ALCOHOL-FREE ADULTS

Parents must be drug, tobacco and alcohol-free at youth league sporting events.

Sport Snack Game Plan

When it's your turn to bring snacks for the team, it can be tough to decide which options are the best and healthiest. Here are a few tips to help you find tasty and healthy snacks the whole team can enjoy.

SNACK & DRINK SUGGESTIONS

Fruit and water are always the best snack choices for kids on the move. Try these popular options:

- >> Orange & apple wedges
- >> Fresh peaches, pears, watermelon or other seasonal fruit
- >> Dried fruit, nuts and raisins
- >> Bananas, grapes & strawberries
- >> Fruit cups (packed in juice) or sugar-free applesauce
- >> Water - no need for sugar packed drinks

GRAB & GO - THE PRICE IS RIGHT!

>> Not only is grabbing fresh fruit and water fast and easy, it's cost effective too. Check out this price comparison for a team of 12.

Healthy Snack -

- > Fresh bananas/oranges/apples - \$3 to \$4 a bag
- > 16 oz. natural spring water bottles (15 pack) - \$3.29

Total = \$7.29

Typical Snack -

- > Mini bags of cookies (12 pack) - \$4
- > Two boxes of 7 oz. Capri Sun drink pouches (10 packs in each) - \$6.25

Total = \$10.25



www.advocatesforhealthinaction.org

TOWN OF CARY
PARKS, RECREATION &
CULTURAL RESOURCES



DIRECTIONS TO CARY AREA COMMUNITY CENTERS AND SCHOOLS

Bond Park Community Center

801 High House Road/150 Metro Park Drive; Cary, NC 27513

- Located on High House Road between Maynard Road and Cary Parkway.
- From Cary Parkway turn east on High House Road. Look for St. Michael's Church on the left. Turn right into Bond Park (across from the church).
- From Maynard turn west onto High House Road (towards Preston). Look for St. Michael's Church on the right. Turn left into Bond Park (across from the church).
- Take the first right after entering the park onto Metro Park Dr. and the community center will be on the right.
- The parking lot is located in the front of the community center. Enter through the front doors of the community center to get to both Magnolia & Sycamore gyms.

Herbert C. Young Community Center

101 Wilkinson Avenue; Cary, NC 27513

- Located near Academy Street at the corner of Chapel Hill Road.
- From Harrison Avenue turn east onto Chapel Hill Road. Take the first right onto Academy Street. Take the first left onto Wilkinson Ave.. The Community Center is on the left.
- From Chatham Street turn north onto Academy Street. Cross the railroad tracks and pass the Town Hall buildings on your right. Take the next right onto Wilkinson Ave.. The Community Center is on the left.
- From NW Maynard Road turn east onto Chapel Hill Road. Turn right onto Academy Street. Take the first left onto Wilkinson Ave.. The Community Center is on the left.
- You may enter the gym through the lower level entrance or you may enter the upper level main entrance and go down the stairs to access the gym.

Middle Creek Community Center

123 Middle Creek Park Avenue; Apex, NC 27502

- Located on the campus of Middle Creek High School.
- Going south on Kildaire Farm Rd., turn left on Ten Ten Rd.
- Pass through the Holly Springs Rd. intersection, continue 1.2 miles and turn right on West Lake Rd.
- Continue 1.3 miles and turn right onto Middle Creek Park Ave.
- Turn left at the second driveway; at the next stop sign turn left.

Alston Ridge Middle School

7833 Fussell Avenue, Cary, NC 27519

- Located just west of Green Level Church Road between O'Kelly Chapel Road and Kit Creek Road
- From downtown Cary travel High House Road to Highway 55, at the intersection continue straight onto Green Level West Road. Travel on Green Level West Road approximately 3 miles then take a right onto Green Level Church Road. Travel north for approximately 5 1/2 miles and turn left onto Fussell Avenue.
- Park on the right side of the school, near the outdoor basketball court. Enter the doors on that side of the school.

Cary Elementary School

400 Kildaire Farm Road; Cary, NC 27511

- Located near the intersection of South Academy Street and Dry Avenue in downtown Cary.
- From Kildaire Farm Road turn left onto Dry Avenue and turn left on Faculty Avenue, onto the school campus, after going by the Cary Arts Center.
- From Academy Street, turn right onto Dry Avenue, and then immediately left onto Faculty Avenue.
- From Harrison Avenue, turn east onto Dry Avenue, then right onto Faculty Avenue.
- Park in the large parking lot behind the school and use the gym entrance near the ball field.

Davis Drive Middle School

2101 Davis Drive; ~~Apex, NC 27502~~ Cary, NC 27519

- Located on Davis Drive, 1 mile south of High House Road.
- Take Davis Drive south. Cross the railroad tracks and there will be two school campuses on the right. The first campus is Davis Drive Elementary and the second campus is Davis Drive Middle School. Take the second right into the Davis Drive Middle School parking lot.
- Park in the front of the school in the large parking lot, or in the parking lot near the buses.
- DO NOT PARK BEHIND THE SCHOOL!
- The gym is located to the far right next to the ballfields. Enter in the glass doors at the far right to get into the gym.

East Cary Middle School

1111 SE Maynard Road; Cary, NC 27511

- Located off of Southeast Maynard Road.
- From Cary Towne Boulevard head north on Southeast Maynard Road. Go approx. 1/4 mile and take the next left at the stoplight into the school parking lot.
- From Walnut Street or Kildaire Farm Road head toward Cary Towne Center. After passing Cary Towne Center take Maynard Road north. Cross Cary Towne Boulevard and the school will be on the left.
- From Chapel Hill Road, or from Chatham Street, take Maynard Road south toward Cary Towne Center. The school parking lot is on the right.
- Do not park in the small circular lot in front of the gym.
- From the large parking lot, walk to the right where a small soccer field is on the right. Follow the sidewalk to the far right end of the school. The sidewalk will lead to a small parking lot and then up a hill over an asphalt basketball court. The gym is straight ahead at this point.

Green Hope Elementary School

2700 Louis Stephens Dr.; Cary, NC 27560

- From High House Road - turn north on Carpenter-Upchurch Road.
- Turn right on Louis Stephens Drive. The school will be approximately one mile on the right.
- Turn right into the last entrance to the school. The gym is the last, detached building closest to the outdoor basketball and sand volleyball courts.

Green Level High School

7600 Roberts Road, Cary, NC 27519

- From High House Road – continue across Hwy 55 on to Green Level Road West for approximately 2 miles.
- Turn left on Green Level Church Road.
- Turn left on Roberts Road, the school will be approximately 1/2 mile on the left.
- Park in the visitors lot in the front of the school and enter through the door on the left, gym is on the left.

Mills Park Middle School

441 Mills Park Drive; Cary, NC 27519

- Head west on High House Road
- Turn right on Rt. 55 West, go 2.5 miles
- Turn left on Carpenter Fire Station Rd., go 1.6 miles
- Turn left on Green Level Church Rd., go 0.7 miles
- Turn left on Mills Park Dr.
- Take the first left onto the Mills Park Middle School campus
- Follow that road back to the staff parking lot, between the softball field and the football field.
- Enter the school through the door closest to that staff parking lot.

Reedy Creek Middle School

930 Reedy Creek Rd.; Cary, NC 27513

- From Harrison Avenue, proceed to the stop light at Reedy Creek Rd., Once on Reedy Creek Rd. the school is approximately .2 miles down on the left. The middle school is the first building, proceed past the bus circle and turn left into the parking lots. The gym is located on the back corner of the building.
- From Maynard Avenue, proceed to the stop light at Reedy Creek Rd., Once on Reedy Creek Rd. the school is approximately .8 miles down on the right. The middle school is the first building, proceed past the bus circle and turn left into the parking lots. The gym is located on the back corner of the building.

West Cary Middle School

1000 Evans Road; Cary, NC 27513

- Located on Evans Road near the Chapel Hill Road/Maynard Road intersection.
- From Harrison Ave., take Maynard Rd. west. Turn right onto Evans Rd. The parking lot is the second right.
- From Highhouse Road take Maynard Road north. Cross Chapel Hill Road and take the next left onto Evans Road. Take the second right into the parking lot.

- Do not go into school parking lot accessible from Maynard Road. This lot is restricted to bus parking only.
- The entrance to the gym will be straight ahead at the semi-glass doors.

West Lake Middle School

4600 West Lake Road, Apex, NC 27539

- Located on West Lake Road Just south of the West Lake Elementary School.
- Going south on West Lake, cross over Optimist Farm Rd. and turn left on right into the 2nd West Lake Middle entrance, turn left on Ten Ten Rd.
- intersection, continue 1.2 miles and turn right on West Lake Rd. Gym is located on the south side of the building.

Youth and Adult Sports & Leagues Lost & Found

Due to the large volume of lost and found items, and the number of locations we supervise, the department cannot track down individual lost items. All lost and found items for youth and adult sports leagues will be taken to the locations listed below.

- 1) **Items are donated or discarded on the 15th of the following month.**
- 2) Items are held for at least 15 days (if found the last day of the previous month).
- 3) Lost and found items are taken to specific locations based on the chart below.
- 4) Coaches, Teams, and players, should turn in items based on the chart below.
- 5) Items that are particular smelly, or containing body fluids (sweat), are thrown away.
- 6) Patrons should expect to search the bins themselves if they have lost an item.

| Items Found @: | Lost and Found Turn In: |
|--|-------------------------------|
| All baseball and softball fields *Except Middle Creek & Thomas Brooks | Bond Park Community Center |
| All sand volleyball courts **Only During league play | Bond Park Community Center |
| Herb Young Community Center | Herb Young Community Center |
| Middle Creek Community Center West Lake Middle | Middle Creek Community Center |
| ***School Gym Sites Cary Elem., Green Hope Elem., East Cary Middle, , Davis Drive Middle, Mills Park Middle, Reedy Creek Middle, West Cary Middle | Bond Park Community Center |

*Middle Creek Softball Complex & Thomas Brooks Softball Complex keep their own lost and found items at the towers.

**Adult Sand Volleyball league play is Jun-Aug.

***Many schools keep their own lost and found when their staff find lost items. Please call the schools directly if you think your item might have been picked up by school staff.

Bond Park Community Center 919-462-3970

Herb Young Community Center 919-462-2061

Middle Creek Community Center 919-771-1295