



REVISED FOR 2024

City of Rialto Recreation & Community Services



Dear Coaches,

We want to express our deepest appreciation for your incredible dedication to the City of Rialto and your unwavering commitment to our youth through your involvement in our youth sport programs.

Understanding the vital role, you play as mentors and leaders, we have developed the following Code of Conduct to guide your actions and ensure the positive development of our young athletes:

- 1. Inclusivity:** Embrace and foster an inclusive and welcoming environment within our youth sport programs. Treat all players, regardless of their background, gender, race, or skill level, with respect, fairness, and equal opportunities. Encourage teamwork, empathy, and a sense of unity among all participants.
- 2. Mentorship:** As coaches, you have the power to make a lasting impact on the lives of our young athletes. Strive to be positive role models, displaying integrity, sportsmanship, and professionalism always. Foster personal growth by actively helping players develop their skills, both on and off the field. Encourage them to overcome challenges and set high standards for themselves.
- 3. Building Confidence:** Place a strong emphasis on building the confidence and self-esteem of our players. Celebrate their achievements, no matter the size, and provide constructive feedback that helps them grow. Encourage a growth mindset, where mistakes are viewed as opportunities for learning and improvement. Empower players to believe in themselves and their abilities.
- 4. Respecting League Policies and Practices:** Familiarize yourself with the rules, policies, and practices established by the league. Adhere to these guidelines and ensure that your coaching staff, players, and parents are aware of and respect them as well. By doing so, we create a fair and consistent environment for everyone involved.
- 5. Accountability:** Hold yourself accountable for your actions and behaviors as a coach. Set clear expectations for your coaching staff, players, and parents regarding their conduct during games and practices. Foster open communication, address concerns promptly and professionally, and promote an environment of mutual respect and teamwork.
- 6. Zero Tolerance for Disrespect:** We have a zero-tolerance policy for any form of blatant disrespect towards league rules, league staff, coaches, players, parents, or community members. Such behavior undermines the values and principles we strive to uphold and will result in severe consequences. Any violations may lead to disciplinary actions, including suspension or removal from coaching duties.

Once again, we extend our deepest gratitude for your selfless service and dedication. Your commitment to the City of Rialto and our youth is invaluable. By following this Code of Conduct, we can continue to create an environment that instills the values of respect, sportsmanship, and personal growth. Together, let us empower our young athletes to become confident, resilient, and respectful individuals.

Thank you for your ongoing support and invaluable contributions.

## **Program Philosophy**

The main purpose of the City of Rialto Girls Volleyball is to provide a positive and fun experience for everyone involved, (i.e., coaches, parents, spectators, officials, and most of all the boys and girls participating).

These goals can be reached, even, without a winning season. Simply by emphasizing fun, skill development, and the excitement of competition, you'll have a successful season.

Our philosophy of Girls Volleyball is patterned after our belief that sports can play an integral role in the growth and maturation of everyone involved. The development of a person's skill as a volleyball player coincides with the outgrowth of everyone as a human being. The guidance and direction of each child should be based on what we call, "The Truths about Children and Sports":

1. Fun is pivotal; if it's not "Fun," young people will not play a sport.
2. Skill development is a crucial aspect of fun; it is more important than winning even among the best athletes.
3. The most rewarding challenges of sports are those that lead to self-knowledge.
4. Intrinsic rewards (self-knowledge that grows out of self-competition) are more important in creating lifetime athletes than are extrinsic rewards (victory or attention from others).

Your success as a coach will depend more on your coaching philosophy than any other factor. In general, a coaching philosophy is a set of personal beliefs and principles that guide the actions you take with your athletes. Developing a coaching philosophy is important because it provides you with a blueprint or framework for all the decisions you make as a coach. A well-thought-out coaching philosophy helps you:

- a. To identify, prioritize and organize worthwhile instructional goals for the season.
- b. Offer efficiency in planning and coordination between people.
- c. Most important, it gives you, your assistant, your athlete's parents, and your team a sense of values from which to work.

**City of Rialto**  
**Recreation & Community Services**  
**Rules and Regulations**

The Southern California Federation Rules and Southern California National Federation High School rules have been adopted as stated and will apply except where the City of Rialto League rules conflict. City league rules have priority.

**THE GAME:**

1. ***NUMBER OF PLAYERS:*** A complete team consists of six (6) players, but a minimum of four (4) players is required to start and continue a game. By game time, all teams must have at least the minimum number of its players on the court and ready to play. For Coed play, the number of females on the court must be equal or greater to the number of males on the court. NOTE: A Coed team fielding enough players to start, but not of the appropriate gender, shall receive a forfeit.
2. ***SUBSTITUTIONS:*** The official must be notified before all substitutions. There are no limits in the amount of team substitutions, or substitutions per position. However, once a player is substituted for a particular position, (s)he must play in that position for the rest of the game or until substituted by the original owner of that position. During substitutions, other players' positions must remain the same. These rules are intended to provide all participants with a maximum amount of playing time. All players will have equal amount of playing time, all the starters will be substituted when team scores 10 points. At 20 points free substitution will be allowed if both teams adhere to substitution rules.
3. ***ROSTER LIMIT:*** There will be a maximum of 12 player roster.

#### **4. LENGTH OF GAMES AND MATCH:**

D-1) The team that first scores twenty-five (25) points in a game shall win that game. A team must win by two (2) points, and there is a (27) point cap. The first team to win two games wins the match. If the match requires a deciding third game, the first team to reach fifteen (15) points with a minimum two-point lead shall win it, and there is a (17) point cap.

D-2) The team that first scores eighteen (18) points in a game shall win that game. A team must win by two (2) points, and there is a (20) point cap. The first team to win 2 games wins the match. If the match requires a deciding third game, the first team to reach Ten (10) points with a minimum two-point lead shall win it, and there is a (12) point cap.

**5. COURT AREA:** The legal playing area includes all court area on either side of the center (net) line up to the walls and the dividing net between the courts. The centerline is considered to extend infinitely in either direction (i.e. it is illegal to contact the ball past the center line when outside the court boundaries). Any ball that contacts the ceiling may be played as long as it is on your side and you have hits left to play the ball. However, the ball is considered out of bounds if the ball crosses over to the other side of the court.

**6. SERVICE:** To legally serve the ball, a player's last contact with the ground before contacting the ball must be behind the back service line, anywhere along its length. Players must wait for the official's whistle to initiate the serve. Players must contact the ball on their first attempt at serving or a side out will result. The ball is considered in play if the ball contacts the net before going over. However, in Division 2 players may be allowed to serve inside the court under handed; overhand server must serve behind regulation line. Positioning: The position of the other players during service shall be within their playing area (but may not touch the court boundary lines) in serving order with each of the three forward line players in front of their respective back row players at the instant the ball is served. A player also may not overlap an adjacent player to the left or right of his/her position. The

position of players is judged according to the place their feet contact the floor at the time the ball is contacted for service.

**7. AFTER THE BALL IS SERVED:** Opponents of the serving team may receive the serve with open hands raised above the head (e.g. players can set a serve). However, serves are not considered hard-driven balls, so they must be set cleanly. The team that did not initiate service in a game must rotate one position clockwise prior to its first service.

## **PLAYING THE BALL:**

Simultaneous Contacts: Simultaneous contacts are legal when the ball is played:

**I.** By two teammates are considered as one play. Either player may participate in the next play.

- By opponents at the net. Such a play is termed a “joust”, and the officials consider the player behind the direction of the ball as having touched it last. If, after the simultaneous touch by two opponents, the ball falls and touches within the limits of the court, the team on the court is at fault; should the ball fall outside the court, the team on the opposite side shall be deemed as having provided the momentum necessary to cause the ball to be out of bounds and shall be at fault. NOTE: If the player “wipes off” or “tools” the block of the opponent, the opponent is considered to have touched the ball last.
- **Successive Contacts:** players, blockers, and/or opponents will only allow successive contacts in situations of immediate contacts. A player may make continual contacts by two or more parts of the player’s body provided such contacts constitute a single attempt to play a hard driven ball on the first team play after the ball crosses the net.
- **Back Row Players:** Back row players forward of, or touching, the 10-foot line, returning the ball across the net, must contact the ball from below the level of the top of the net.
- **Area of Contact:** Players may contact the ball with any part of the body.

**2. *BLOCKING:*** Only front row players are permitted to block. Any player is considered as having the intention of affecting a block if the player places one or both hands above his head while in a position close to the net to block the ball after the opponents' third hit or after an attack. An attack is defined as any third hit on one side of the net, or any other ball that is played with the intent to send it over the net. A block does not count as a team's first play. NOTE: A "soft block" is considered to be a hit.

**3. *CONTACTING THE NET:*** A player shall not contact any part of the net or its supports while the ball is in play except with long hair. If a player accidentally touches the official's platform or net poles, it is not an infraction. The ball may be played off the net (other than when served) as long as the ball does not contact the net outside the sideline markers. When the ball is driven into the net so that it causes the net or its supports to contact an opposing player, this is not an infraction as long as they did not contact the net by their own momentum.

**4. *CROSSING THE CENTER LINE:*** A player may step on the centerline but may not completely cross the line while the ball is in play. Any part of the player's body may be in the air below the net and beyond the center line if he does not interfere with the opponent's play by touching the ball or the opponent; a player may reach under the net to retrieve a ball that is in play by his team. Touching the opponent's court when crossing the centerline with any part of the body is an infraction. EXCEPTION: Feet or hands may partially cross the centerline, by "shadowing" is not allowed (when part of the foot crosses the center line, but the heel is in the air over the line, this casting a "shadow"). This rule is strictly enforced due to the high potential for the net-related injuries.

# HERE ARE THE GYM RULES FOR THE RIALTO UNIFIED SCHOOL DISTRICT

1. NO FOOD OR DRINKS ARE ALLOWED IN **ANY** R.U.S.D. GYM AT ANY TIME
2. ALL CHAIRS, TABLES AND EQUIPMENT MUST HAVE NON-MARKING LEGS OR BOTTOMS, OTHERWISE IT IS NOT ALLOWED
3. NO GUM OR TOBACCO PRODUCTS ARE ALLOWED ON ANY CAMPUS AT ANY TIME.
4. NO CAMPUS PARKING. LOTS ARE MARKED AND DESIGNATED FOR ALL CAMPUS VISITORS.
5. ALL GYMS MUST BE CLEAN OF ALL DEBRIS BEFORE EXITING THE FACILITY(S)
6. PATRONS ARE ALLOWED IN DESIGNATED AREAS ONLY
7. OUTSIDE LUNCH AND TABLE AREAS MUST BE CLEANED BEFORE LEAVING CAMPUS
8. ALL PATRONS WILL ENTER AND EXIT FACILITY(S) AS INSTRUCTED
9. ALL CHILDREN MUST BE SUPERVISED AT ALL TIMES WHILE AT FACILITY
10. ALL PATRONS MUST USE DESIGNATED RESTROOM FACILITIES

COACHES PLEASE POLICE YOUR TEAMS. WE ARE GUEST OF THE RIALTO UNIFIED SCHOOL DISTRICT. AS WE WANT OUR PROGRAM TO GROW, WE MUST MAKE SURE WE CONTINUE TO BUILD LASTING RELATIONSHIPS OF TRUST. THE DISTRICT HAS ENTRUSTED US WITH THE USE OF THEIR FACILITY. WE THANK THEM BY ADHERING TO THEIR RULES AND REGULATIONS.



## **Rialto Carl Johnson Center Gym Guidelines**

1. No Personal Balls on Game Days: Avoid bringing personal balls to the gym on game days. Only coaches may bring balls for pregame warm-ups.
2. Zero Tolerance for Inappropriate Behavior: Profanity, fighting, bullying, or name-calling is not permitted.
3. No Heckling: Refrain from heckling officials, players, coaches, or staff.
4. Respectful Communication: Address issues with staff in a respectful and professional manner.
5. Avoid Crossing in Front of Benches: Go around rather than crossing in front of team benches.
6. Stay on Designated Spectator Areas: Remain on the bleachers side, avoiding the players' side and staff areas.
7. No Sideline Coaching: Parents, please refrain from sideline coaching to support the coach's role.
8. Encourage Good Sportsmanship: Cheer for both teams and discourage actions that may negatively affect players. Unsportsmanlike behavior will not be tolerated.
9. Shirts and Shoes Must Be Worn at All Times.
10. No Hanging on the Rim: Strictly prohibited for safety reasons.
11. No Sitting on the Stage: Avoid sitting on the stage area.
12. No Foul Language: Use appropriate language at all times.
13. Keep Pathways Clear: Do not block doorways or walkways.
14. Clear the Court: Keep the court clear during halftime, timeouts, and between games.
15. Closely Monitor Children: Keep a close eye on all children under your care and prevent disruptive behavior.
16. Non-Mark Shoes: Only non-marking shoes are allowed on the court.
17. Maintain Cleanliness: Food and drink are permitted, but please dispose of trash properly to keep the gym clean. Use designated trash cans for proper disposal.

***The City of Rialto and its staff are not responsible for lost or stolen items. Let's focus on the kids having fun, and adults are urged to avoid behavior that could disrupt the league. We reserve the right to expel anyone from the gym or involve the authorities if they engage in any conduct unbecoming to the league.***



# PARENT/GUARDIAN OATH

The City of Rialto – Parks, Recreation, and Community Services Department has introduced the following Parent Code of Conduct to emphasize the crucial role of parents/guardians in supporting their child/children in sports. Please carefully read and sign this form as your child will not be permitted to participate in games or attend practices until this signed form is submitted.

**Any parent found engaging in improper conduct during games or practices may be asked to leave the sports facility and could face suspension from the following game. Repeated violations may result in a multiple-game suspension or the forfeiture of the privilege to attend all games for the season.**

Our longstanding youth program is more than just a recreational league; it provides a secure, organized environment for children to learn, grow, and develop essential skills in sportsmanship, teamwork, and responsibility. To ensure a fair and enjoyable experience for all participants, we have established specific goals for our Recreation Youth Sports Program:

- *Providing equal opportunities for all participants to play, regardless of skill level or ability.*
- *Offering players, the chance to experience leadership and training from coaches while forming bonds and friendships with new teammates.*
- *Creating a secure, pleasant, and positive environment for all participants.*
- *Fostering the development of skills, teamwork, and sportsmanship while encouraging players to learn how to win and lose gracefully.*
- *Promoting self-confidence, self-esteem, self-discipline, leadership, and the desire to succeed.*
- *Improving the overall quality of the youth sports experience.*

I hereby pledge my positive support, care, and encouragement toward teaching good sportsmanship by observing the following oath **(Please initial each statement and sign the bottom):**

\_\_\_ I acknowledge that children participate in sports for fun, and the focus is on their enjoyment, not on adult expectations.

\_\_\_ I will inform the coach of any physical disability or ailment that may impact my child's safety or that of others.

\_\_\_ I will familiarize myself, my child, and guests with program rules, seeking clarification if needed.

\_\_\_ I will demand a sports environment free from drugs, tobacco, and alcohol, refraining from their use at sports events.

\_\_\_ I will avoid coaching my child or others during games and practices unless officially cleared as a team coach.

\_\_\_ I (and my guests) will be positive role models, encouraging sportsmanship by demonstrating respect, courtesy, and positive support for all involved.

\_\_\_ I (and my guests) will not engage in unsportsmanlike conduct, such as booing, taunting, refusing to shake hands, or using profane language or gestures.

\_\_\_ I understand spectators must remain on the bleachers side, avoiding the players' side and staff stage area.

\_\_\_ I will teach my child to play by the rules and resolve conflicts without resorting to hostility or violence.

\_\_\_ I will never ridicule or yell at my child or others for mistakes or losses during games or competitions.

\_\_\_ I understand the importance of my child attending practices and games, and I will communicate with the coach if unable to attend.

\_\_\_ I will make myself available to assist the coach, recognizing their volunteer status and dedication to teaching sports principles.

\_\_\_ I understand that personal balls are not allowed in the gym on game days.

\_\_\_ I will respect officials during games and address concerns with coaches at agreed-upon times.

\_\_\_ I will respect city staff who contribute to the sports program, addressing concerns by contacting the sports department programmer in writing.

\_\_\_ I will dispose of any trash in designated cans before leaving to maintain a clean fan area.

I, (parent/guardian names), \_\_\_\_\_ have thoroughly read and understood the terms outlined above. I vow to do everything in my power to achieve the goals and objectives of promoting good sportsmanship. Additionally, I will take responsibility for the behavior of my guests while they are visiting the Rialto Carl Johnson Gym.

Parent/Guardian Signature: \_\_\_\_\_

Player's Name(s): \_\_\_\_\_ Division: \_\_\_\_\_