

Youth Volleyball Rules and Philosophy

Youth Sports Mission Statement

The purpose of the Das Rec's Youth Sports Program is to provide quality recreational sport experiences for the community's youth through a positive atmosphere that values sportsmanship, development, and fun.

Youth Sports Philosophy

The primary objective of the Youth Sports program is for children to have fun through recreational sports! Each child should have the same opportunity to participate in a recreational sports activity regardless of talent or ability. This values the individual and collective experiences of participants by providing a positive atmosphere that emphasizes sportsmanship and player development. Success is not reflected in the score or standings, but is achieved through effectively teaching the skills and strategies of the game as well as building the character and self-esteem of children participating in the program.

PURPOSE – Role of the Coach

As a coach of a youth athletic team, you have a tremendous influence on the life of each youth on that team. Next to the parent, you are probably one of the most important adults in the youths' lives. Each youth on the team looks to you for guidance and leadership. You will find yourself, at one time or another, in the position of being a father, a mother, a teacher, a friend, and a disciplinarian; and many times all of these on the same day -- your guidance effects the youths in all situations. It is the intent of the City to ensure that games shall be conducted with good sportsmanship and fair play. It is our hope that the managers and coaches be the type of individuals who our society can point to as worthy examples for youths to follow. II.

CODE OF CONDUCT

A. RESPONSIBILITY FOR THE FOLLOWING:

1. A coach, assistant coach, parent, spectator or player shall not at any time lay a hand upon, push, shove, strike, or threaten to strike a referee, or they are subject to ejection from the game, as well as, any or all games left in the season.
2. A coach, assistant coach, parent, spectator or player shall not verbally abuse a referee or use profane, obscene, or vulgar language in any manner or at any time.
3. A coach shall not appear at any time in an intoxicated condition, smell of alcohol or have in his/her possession any alcoholic beverage.
4. For the conduct of his/her own spectators or rooters on either side of the playing area.
5. For the conduct of his/her players while they are on the field or sidelines.

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6. For seeing that his/her assistant coaches and team helpers exhibit good sportsmanship before, during and after the game.

7. Win, lose, or draw, all coaches, assistant coaches and players will be required to show good sportsmanship by giving a cheer to the other team and shaking hands after the game.

Coaches Code of Conduct

- I will place the emotional and physical well being of my players ahead of a personal desire to win.
- I will praise my players just for participating.
- I will look for positives, and make a big deal out of them.
- I will stay calm when my players make mistakes, helping them learn from their mistakes.
- I will treat my players with respect, avoiding put-down, sarcasm, or ridicule.
- I will remind my players not to get down on themselves.
- I will remind myself, and my players, to laugh and keep a sense of humor.
- I will emphasize teamwork, and help my players to think “we” instead of “me.”
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will remember not to take myself too seriously during the game.
- I will maintain a “fun is #1” attitude.
- I will remember that I am a youth coach, and that the game is for children and not adults.
- I will be a role model for good sportsmanship:
 1. Winning without gloating
 2. Losing without complaining
 3. Treating my opponent and officials with fairness and courtesy

Disciplinary Sanctions

ACTION	SANCTION
1. Aggressive confrontation with official, staff, coach, player or spectator before or during a game. 2. Ejection from game.	Removal from Game and Facility One (1) Game Suspension from following Game and Facility Restriction
1. Aggressive confrontation after a game with official, staff, coach, player or spectator.	One (1) Game Suspension from following Game and Facility Restriction
1. Any aggressive confrontation, including technical fouls, following a one (1) game suspension	Termination as Coach

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| 2. Threat or engagement in physical violence towards official, staff, coach, player or spectator.
3. Physical/Verbal threat or abuse of a child. | |
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The Das Rec Administration has the responsibility and authority to both interpret and enforce these sanctions on a non-negotiable, case by case basis. Violations may be applied to ALL TEAMS coached in the program. Persons forfeiting a game due to a disciplinary sanction will face immediate termination as a coach. Persons whose actions have warranted a disciplinary sanction hold the right to a written appeal to be submitted within 48 hours of notification of disciplinary sanction. Appeals will be heard by the Recreation Division Managers, the Assistant Director of Parks and Recreation and the Director of Parks and Recreation. Until appeal verdict is rendered, disciplinary sanction shall be upheld.

The purpose of the Das Rec Youth Sports Program is to provide a fun, safe and positive environment for our participants.

I agree to the above disciplinary sanctions and I understand that failure to abide by the Code of Conduct, or any serious violation of the rules and guidelines, may result in my removal, suspension, or termination as a volunteer coach.

Honoring the Game

The key to preventing adult misbehavior in youth sports is a youth sports culture in which all involved "Honor the Game." Honoring the Game gets to the **ROOTS** of the matter and involves respect for the **Rules, Opponents, Officials, Teammates** and one's Self. You don't bend the rules to win. You understand that a worthy opponent is a gift that forces you to play to your highest potential. You show respect for officials even when you disagree. You refuse to do anything that embarrasses your team. You live up to your own standards even if others don't. Here are ways that parents can create a positive youth sports culture so that children will have fun and learn positive character traits to last a lifetime.

Before the Game:

1. Make a commitment to Honor the Game in action and language no matter what others may do.
2. Tell your child before each game that you are proud of him or her regardless of how well he or she plays.

During the Game:

1. Fill your children's "Emotional Tank" through praise and positive recognition so they can play their very best.
2. Don't give instructions to your child during the game. Let the coach correct player mistakes.
3. Cheer good plays by both teams (this is advanced behavior!)
4. Mention good calls by the official to other parents.
5. If an official makes a "bad" call against your team? Honor the Game—BE SILENT!

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6. If another parent on your team yells at an official? Gently remind him or her to Honor the Game.
7. Don't do anything in the heat of the moment that you will regret after the game. Ask yourself, "Will this embarrass my child or the team?"
8. Remember to have fun! Enjoy the game.

After the Game:

1. Thank the officials for doing a difficult job for little or no pay.
2. Thank the coaches for their commitment and effort.
3. Don't give advice. Instead ask your child what he or she thought about the game and then LISTEN. Listening fills Emotional Tanks.
4. Tell your child again that you are proud of him or her, whether the team won or lost.

Guide for a Successful Parents Meeting

1. Introductions – Introduce yourself to the parents and make sure you get their name and contact information. This could also be a good time for teammates to bond.
2. Discuss Objectives and Expectations – Share with your parents the philosophy of the program and explain your coaching philosophy and how it relates. Share your expectations and ask parents to share their expectations. Talk about playing time requirements, and how you will decide who plays what position.
3. Briefly explain the rules of the game as they relate to playing time and conduct of the spectators. You may want to provide a copy of the rules at this time. Be clear that this program focuses on positive sportsmanship and that unsportsmanlike conduct will not be tolerated.
4. Practice Plan - Explain when/where you plan to conduct practices. Talk about what you expect from players during practices and how they can get involved in practice sessions.
5. Tell them where games will be played and when players should meet before games.
6. Recruit parents to help out with team tasks such as snack lists, communications and arranging team parties.
7. Hand out appropriate literature: Philosophy and Mission Statement, Parent Code of Conduct, Guidelines for Honoring the Game, etc.
8. Other items of discussion may include:

Car-pooling

Injuries

Illness

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League Rules: Junior

Volleyball Rules

- I. Matches:
 - Will be best two out of three games. If first two games are won by one team, the match is over. A third game will be played for fun, no matter what.
- II. Games:
 - Will be 25 rally score points, cap at 28, with the third game going to 15, cap at 18. Must win by two points unless the cap is reached.
- III. Rally Scoring:
 - A point is scored on each serve.
- IV. Play:
 - Serves may touch the net. Serves may not be blocked or spiked. Each player will be allowed a maximum of 3 serves at one time. ** In the third game there will no extra serves. ***Each server will only be allowed 3 replays on their serves.
 - Players may serve from the 10-foot line. (If challenging they can move up a couple feet or so)
 - Three hits maximum on a side. If the ball is touched by a blocker, it will not count as one of the three hits.
 - If the ball hits a sideline and/or an end line, the ball will be considered inbounds.
 - Players can step on the centerline, but not over it. **Teams will not receive a warning before being penalized
 - Players can not touch the net during play. **Teams will not receive a warning before being penalized
 - Each team will rotate one person clock-wise before they serve. This includes the first serve of the game.
 - “One in, One out”. Every time you rotate, one player rotates onto the court and one player rotates off. Players on the sideline must remain in the same order. Before: After: There is an optional variation available for those teams that would like to teach a higher level version of rotation that slightly resembles that of high school and club teams. **Variation: You will still have six players on the court at one time. All of the players will stay in the same rotation that they started the game with. Once the ball is served, the players can move to the positions that you (the coach) want them. They must stay on their half of the court, front row must stay front row, and back row must stay back row.
 - No one player can play more than 6 consecutive rotations in a game.
 - Ceiling rule: If the ball hits the ceiling and it affects the play then it will be a replay.
*Basketball hoops: will be apart of the ceiling and considered a replay if hit.
 - 1 (one) time-out will be allowed per each of the 3 games in a match. Time-outs will not be given once the whistle for the serve has been blown • In the event of an injury during the game, the opposing coach can choose the player for substitution from the sideline. The player that was taken out can be reinserted during the next stoppage of play.
- V. Standings/Playoffs: All Divisions will have the opportunity to participate in playoffs. Standings will be kept for all eight regular season games. At the end of the regular season play, ALL teams will be seeded into the playoffs based on their final standings. Playoffs will

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occur in a single elimination format. The two teams who advance in the tournament will then have the opportunity to participate in the Championship Game. All other teams will continue to play the last two weekends in consolation games.

VI. Sportsmanship:

- No noise once the whistle has been blown for the serve.
- No “trash talking” through the net.
- Be respectful of the referee.
- Only coaches and team captains can approach the referee during the game. *If parents have a question about a call that was made, they should talk to their child’s coach rather than yell out to the referee.
- Parents need to cheer “positively” for their child’s team. Please do not cheer for mistakes made by the opposing team.

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League Rules: Minor

Volleyball Rules

- VII. Matches:
- Will be best two out of three games. If first two games are won by one team, the match is over.
- VIII. Games:
- Will be 25 rally score points, cap at 28, with the third game going to 15, cap at 18. Must win by two points unless the cap is reached.
- IX. Rally Scoring:
- A point is scored on each serve.
- X. Play:
- Serves may touch the net. Serves may not be blocked or spiked. Each player will be allowed a maximum of 3 serves at one time. ** In the third game there will be no extra serves. ***Each server will only be allowed 3 replays on their serves.
 - Players can serve from 3 feet in front of the volleyball line. (Black line)
 - Three hits maximum on a side. If the ball is touched by a blocker, it will not count as one of the three hits.
 - If the ball hits a sideline and/or an end line, the ball will be considered inbounds.
 - Players can step on the centerline, but not over it. **Teams will not receive a warning before being penalized
 - Players can not touch the net during play. **Teams will not receive a warning before being penalized
 - Each team will rotate one-person clockwise before they serve. This includes the first serve of the game.
 - “One in, One out”. Every time you rotate, one player rotates onto the court and one player rotates off. Players on the sideline must remain in the same order. Before: After: There is an optional variation available for those teams that would like to teach a higher-level version of rotation that slightly resembles that of high school and club teams. **Variation: You will still have six players on the court at one time. All of the players will stay in the same rotation that they started the game with. Once the ball is served, the players can move to the positions that you (the coach) want them. They must stay on their half of the court, front row must stay front row, and back row must stay back row.
 - No one player can play more than 6 consecutive rotations in a game.
 - Ceiling rule If the ball hits the ceiling and it affects the play then it will be a replay. If it is still playable, then it will not be a replay. Because every official’s definition of playable is different, the calls may vary. *Basketball hoops: when up will be considered part of the ceiling, when down will be out. (We do encourage that the kids try to play the ball no matter what)
 - 1 (one) time-out will be allowed per each of the 3 games in a match. Time-outs will not be given once the whistle for the serve has been blown • In the event of an injury during the

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- game, the opposing coach can choose the player for substitution from the sideline. The player that was taken out can be reinserted during the next stoppage of play.
- XI. Standings/Playoffs: All Divisions will have the opportunity to participate in playoffs. Standings will be kept for all eight regular season games. At the end of the regular season play, ALL teams will be seeded into the playoffs based on their final standings. Playoffs will occur in a single elimination format. The two teams who advance in the tournament will then have the opportunity to participate in the Championship Game. All other teams will continue to play the last two weekends in consolation games.
- XII. Sportsmanship:
- No noise once the whistle has been blown for the serve.
 - No “trash talking” through the net.
 - Be respectful of the referee.
 - Only coaches and team captains can approach the referee during the game. *If parents have a question about a call that was made, they should talk to their child’s coach rather than yell out to the referee.
 - Parents need to cheer “positively” for their child’s team. Please do not cheer for mistakes made by the opposing team.

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League Rules: Major

Volleyball Rules

- XIII. Matches:
- Will be best two out of three games. If first two games are won by one team, the match is over.
- XIV. Games:
- Will be 25 rally score points, cap at 28, with the third game going to 15, cap at 18. Must win by two points unless the cap is reached.
- XV. Rally Scoring:
- A point is scored on each serve.
- XVI. Play:
- Serves may touch the net. Serves may not be blocked or spiked. Each player will be allowed a maximum of 3 serves at one time. ** In the third game there will be no extra serves. ***Each server will not be allowed replays on their serves.
 - Players must serve from behind the white volleyball line.
 - Three hits maximum on a side. If the ball is touched by a blocker, it will not count as one of the three hits.
 - If the ball hits a sideline and/or an end line, the ball will be considered inbounds.
 - Players can step on the centerline, but not over it. **Teams will not receive a warning before being penalized
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- XVII. Standings/Playoffs: All Divisions will have the opportunity to participate in playoffs. Standings will be kept for all eight regular season games. At the end of the regular season play, ALL teams will be seeded into the playoffs based on their final standings. Playoffs will occur in a single elimination format. The two teams who advance in the tournament will then have the opportunity to participate in the Championship Game. All other teams will continue to play the last two weekends in consolation games.
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