

RECREATION DISTRICT #1 PELICAN PARK



2021 GIRLS VOLLEYBALL COACHES HANDBOOK

THE BACK PORTION OF THE BOOK IS THE
RESPONSIBILITY OF THE PARK'S RECREATION DEPT
TO UPDATE YEARLY.

Objective

The objective of Pelican Park's volleyball program is to provide a safe, fun recreational volleyball program for girls ages 9-15. The program is designed to teach the fundamentals of volleyball, promote sportsmanship, and teamwork.

Program Structure

The volleyball program consists of 3 seasons: Spring session for girls ages 9-15, Summer session for girls ages 13-15, and a Fall session for girls ages 9-15. The Spring session generally runs from February through late March. The Summer session generally runs from late June to early August. The Fall session generally runs from September through late October/ early November. Both the Spring and Fall seasons are set up as follow: 9/10-year-old, 11/12-year-old, and 13/15-year-old. The Summer season only includes the 13/15 age group.

Girls Volleyball General Overview

Player Evaluations

Player evaluations are to be conducted under the supervision of the Recreation Supervisor and Pelican Park staff. The purpose of the evaluations is to provide a basis for team formation and player placement in the appropriate division. All players will be evaluated for individual and game skills. Player evaluations are conducted in all 3 seasons.

- The Park will offer a minimum of two different days for players to evaluate
- The stations will be determined by the number of volunteers present to score. Some stations may have to be combined.
- Volunteers/coaches to score players at the stations
- It is important to have the same volunteers at each evaluation for consistency
- If there are 2 evaluators at each station, they should score the station independently
- At no time should the player see her evaluation scores.
- Evaluation scores shall only be made available to the coaches during the team formation process.
- All paper copies should be returned to the District after teams have been formed.
- After the team formation the evaluation scores become the property of Pelican Park.

Team Composition

Each team shall have 7-9 players per team with 8 being the ideal number of players.

Team Formation

All age groups in the Spring, Summer, and Fall seasons will form teams by using a modified blind draft in serpentine order. An explanation of the draft procedure is explained in full detail in girls' volleyball team formation (Attachment 2).

Practices

The standard is three practices before the season, and one practice per week during the season. Scheduling practice slots is the responsibility of the Pelican Park staff.

Games

Each team will play a minimum 10-12 game season with no more than 2 games per week followed by a post season single elimination tournament.

Referees

Referees will be contracted for and provided by Pelican Park. The home team is responsible for providing a clock keeper. Coaches are encouraged to train team parents on the clock operation prior to the first game. Referee evaluation forms are available in the game buckets located on each court. Please fill out these forms to provide feedback to the Park.

Player Play-ups

Since Volleyball is already a mixed age sport, NO play ups are allowed for safety reasons and to conform to Recreation District #1 policies and procedures for sports.

Game Rules

Girls' volleyball will adhere to the rules as stated in the rules book of "National Federation of State High School Associations" with the following modifications: The following are provided for clarity.

I: Court and Equipment

- The court will be 60 feet long by 30 feet wide for all age levels.
- Net height will be 7'4" for all age groups.
- All services for 11 and up will be from behind the end line.
- 9/10's may serve underhand from **BEHIND the marked short yellow serve line, which is 6ft inside the end line.**
- Any overhand serve from a 9/10 player **MUST** be from behind the end line.
- A side out will be awarded if the player steps on or over the serving line during the serve.
- Ball Sizes
 - Age groups 9/10 & 11/12 – Volley Lite ball
 - Age groups 13 & above – Official size ball

II: Player's uniforms

- All jewelry on the neck and wrist is prohibited. Pierced ears should have studs only. It is recommended that hair devices to control the hair be soft.
- A cast or protective brace on the lower extremity is permissible provided there are no exposed metal or hard abrasive parts.
- Uniform requirement of NFSHSA waived.

III: The Match

- A match consists of 3 games. The 3rd game will be played even if a team wins the first two games. Each of the 3 games in the match will be counted towards a team's win/loss record. During tournament play only, the best two out of three games will be played (if the same team wins the first 2 games then the 3rd game will not be played)
- In 9-10 age groups, one (1) coach may stand anywhere around the court; 11 and up coaches must sit on bench or stand in front of their team bench.
- Each coach is responsible for turning in a roster before each match. The roster forms are in the game bucket.
- Forfeiture:
 - 1-if a minimum of 4 players are not present at game time, game 1 is forfeited 25-0.
 - 2-At the end of ten more minutes, game 2 is forfeited 25-0.
 - 3-After 10 more minutes, the team present is awarded a game victory 15-0.

If both teams decide to mutually forfeit a game, then both teams will receive a loss.

IV: Scoring system/match-game miscellaneous

- Scoring method utilized is rally scoring.
- Games 1 & 2 are to 25 points, Game 3 is to 15 points or 15-minute time limit, whichever comes first.
- However, there is a **15-minute game limit**; if a team is ahead by at least 2 points at the end of time, they will be declared the winner.
- Teams must win by 2 points.
- The clock is a running clock except for time-outs and injuries. After a time out or stopping of the clock by the official, the clock will restart when the ball is served.
- A point will be awarded to the team each time its opponent violates a rule (e.g., failure to return the volley).
- A side out shall be declared each time the serving team violates a rule (e.g., failure to return a volley).
- After one server earns 5 consecutive points, there will be an automatic side out. (No point is given with side out in this situation.)
- There are (2) 30-second time outs per game, per team.
- The match will begin with a coin flip by the referee to determine which side has first serve. The away team (2nd listed team on schedule) will call the first coin toss. The winner of the flip may choose to serve or side. The team that serves 1st during the 1st game will **receive** the 1st serve the second game. Before the beginning of the 3rd game, there will be another coin toss to determine the serving team. Whichever team did not call the toss before the 1st game will call it before the 3rd game.
- Teams will switch sides after each game.

- Each team must provide a line person before the match. There must be one line person for each side. Lines persons must not coach, talk with the players, nor call out directions to their team. The line person must be on the opponent's side of the court.
- Rotation order, as determined by the starting line-up, must be maintained throughout each game.
- Even at the beginning of each game, when the receiving team has gained the right to serve, its players must rotate one position clockwise.

V: Playing Time

- Each player must play a minimum of two full games, out of three games, without being substituted out. Playing 3 partial games where the player is substituted does NOT qualify as a full game. A full game is defined as playing from the beginning of the game until the game is finished without being substituted out for any reason. Latitude will be given to referees to determine if there are extenuating circumstances (injury/late arrival).
- Any latitude must be documented and both coaches made aware.

VI: Substitutions

- A player in the starting line up may leave the game and re-enter two times per game, but only to their previous position in the line-up.
- The player MUST report to the official before entering the game.
- A substitute must report to the official, during a dead ball, before entering the game. The substitute will show their number and say the number of the player they are replacing.
- A player may NOT be substituted out in the position before or during their serve.

VII: Overlapping

- At the moment the ball is contacted by the server, each team must be completely within its own team's court (except the server) in two rows of three players. These rows may be staggered.

1	6	5
2	3	4
4	3	2
5	6	1

- The position of the players is determined and judged according to the position of their feet contacting the court as follows:
 - Each front row player must have at least a part of a foot closer to the center than both feet of the corresponding back-row player.
 - Each right (left)-side player must have at least a part of a foot closer to the right (left) sideline than both feet of the center player in the corresponding row. The server is exempt from this rule.
 - Once the ball is served, the players may move to any position on their playing area.

VIII: Rules in Accordance with LHSAA (modifications below)

- The volleyball may not come to a stop and/or rest in your arms or hands (contact should be instantaneous).
- The server may serve from anywhere behind the end line, staying within the extended extensions (full width of 30' area).
- When overhand serving, the server has one reserve bad toss up per serve (e.g., tosses the ball and allows it to drop without contact). The server may toss the ball one more time after the referee acknowledges the re-serve.
- Each server has 5 seconds to serve the ball from the time the official signals to serve.
- There are 3 contacts per side. A block is not considered one of the 3 contacts. Therefore, a player may block an attack and then play the ball consecutively.
- In reference to the centerline, a player's hand(s), foot (feet) or any body part may be on any part of the line provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other body part is illegal. However, any contact with an opponent result in a slide out.
- A back-row player may not jump on or in front of the attack line and spike or set or attack the ball over the net when the entire ball is above net level.
- A back-row player may not attempt to successfully block a ball when on or in front of the back line.

- A player may follow through with their hand(s) over the net after a spike or block.
- A served ball may not be blocked or attacked by the receiving team.
- If any part of the served ball touches the net but goes over the net (inside the antennae, net post or any supporting apparatus) it is a legal serve.
- A player may block the ball on the opponent's side of the net IF the ball is on its way over after the hit.
- The ball is in bounds when any part of the ball contacts any part of the line.
- The ball must travel completely inside the net antennae to be in bounds. If the ball hits the antenna, it is out of bounds.
- A ball that hits the ceiling, basketball goal, or other objects may be played IF the ball remains on the striker's side for the next hit. (If the ball has crossed the plane of the net, hits the object and returns to you, it is a dead ball)
- A contact is any touch of the ball by a player excluding the player's loose hair.
- Coaches are responsible for their fans and can be penalized for their behavior. Penalties can consist of yellow cards/ verbal warning.
- Coaches are also required to wear the Pelican Park provided Volleyball Coach t-shirt so that all coaches are visible to staff and patrons.

IX: Season winners are determined by:

- Win-loss record of games played*
- If there is a tie of the records, head-to-head competition will be used
- If there is still a tie, a coin flip will be used.

X: Tournament rules:

- **Regular season rules DO apply as far as player participation in the number of games.** All players must play one full game. If the match goes to 3 games, then all players should play 2 games.
- Two games win the match; a third game does not have to be played.

XI: Pool Player Rules:

Teams may begin a game with a minimum of four players, no fewer. A team must have 3 players from their own team before adding pool players. A team may add up to 3 pool players from the same age group as necessary to make 6 players, but no more. Pool players must be on the approved pool players (4th round draft picks or below) list and wear own team jersey. Games played with approved pool players do count in the standings. It is the coach's choice whether to use pool players.

XII: Negative Cheering:

No negative cheering or chants are allowed. Positive and appropriate cheering is allowed.

Awards

Spring Season:

- 9/10 & 11/12 age group – Trophies for 1st and 2nd season; 1st and 2nd tournament; participation trophies for all players
- 13 and above age groups – T-shirts for 1st and 2nd season; 1st and 2nd tournament.

Summer Season:

- 13/15 age group – T-shirts for 1st and 2nd season; 1st and 2nd tournament.

Fall Season:

- 9/10 & 11/12 age group – T-shirts for 1st and 2nd season; 1st and 2nd tournament; participation t-shirts
- 13 & above age group – T-shirts for 1st and 2nd season; 1st and 2nd tournament.

**The above is assuming there is four (4) or more teams in a league. If there are less than four (4) teams then only 1st place season will be given

Post Season Activities

Intra-League All-Star Game

The District designed Intra-League games to be a fun game played at the end of the season by those players selected based on exceptional skill and sportsmanship.

Team Makeup:

The teams will be divided according to their standings in the league. The AGD or Board will pick a date towards the end of the season and will use the standings as of that date. The teams will be divided in a normal "S" curve type of draft. Team A will consist of girls from Teams 1, 4, 5, 8, 9 & 12, etc. Team B will consist of girls from Teams 2, 3, 6, 7, 10 & 11, etc. If there are an odd number of teams, the girls from the last place team will be split to make the teams even.

All-Star Selections:

Each All-Star team will consist of 8 girls. Each league team will get to place as many girls as necessary to make up 8 girls per team. If the numbers do not allow each team to place the same number of girls on the team, the higher seeded teams will get to place an extra girl until the numbers add up to 8 per team. Each regular season head coach should verify his girls will be able to attend the game before nominating them.

Seeding Deadline:

The Park Staff should set the seeding deadline date so that the t-shirts can be ordered and the girls for each team can be contacted.

Coaches:

The head coach for each All-Star team should be the head coach from the higher seeded teams. If that coach is unable to coach the game, the next highest seeded team's coach should be asked, and so on. The coach must be in good standing with Pelican Park. A neutral coach will referee the game. The head coaches may not contact the intra league team beforehand or hold a practice. The girls will receive a t-shirt prior to the game.

Game Protest

The following process will be used to address protests in game situations:

- Notify referee and state protest at point of question. Judgement calls cannot be protested. All details must be noted on score sheet and the referee, as well as, both coaches, should sign the score sheet. The game will resume until completion of protest.
- Provide Pelican Park with a written description within 24 hours from start of game.
- All protests are to be brought to the Recreation Division for ruling. Pelican Park will rule on the protest within 72 hours of receipt.

Safety

It is the goal of Pelican Park Youth Sports in conjunction with each team's coach to provide a safe environment to play and enjoy the game of volleyball. If any unsafe act or situation is observed during any practice or game, coaches should complete a facility evaluation form that is in the game bucket.

Disciplinary Action

Coaches must sign a code of conduct that prevents, among other things, alcohol, or tobacco usage in the presence of players; foul or abusive language, violent play or physical abuse; unsportsmanlike conduct of any kind. The Pelican Park staff will take disciplinary action regarding any infraction after gathering information. Before any action can be taken Pelican Park must receive a written complaint. Depending on the severity of the infraction, a coach may receive a warning, suspension, or expulsion from the league and possibly other Pelican Park Youth Sports leagues. Any coach that is ejected from a game will serve an automatic 1 game suspension.

Coaches Conduct

- No alcohol, drug, or tobacco usage
- No use of foul or abusive language
- No violent play or physical abuse
- No unsportsmanlike conduct

Coaches will not harass, intimidate, or abuse any player, parent, Staff member, scorekeeper, referee, fan, or league volunteers whether verbally or physically at any time. Coaches must sign a code of conduct form and have completed application on file prior to the start of the season.

Unsportsmanlike conduct from fans will not be tolerated. On the first offense, the referee will warn the coach. The fan will be asked to leave the game area on the second offense (the game is suspended until the fan leaves). If the fan refuses to leave after a short period of time, the game is forfeited.

Attachment #2 Girls Volleyball Team Formation

***** Please note if there are any restrictions due to COVID-19 then we will use the full blind draft process, which will negate the following process*****

Each team shall be represented by only one individual. There are no assistant coaches designated in volleyball. A team's roster shall be filled by player selections made by its coach. Draft order shall reverse at the end of each round. A team that had a player assigned to a round previously shall be passed over during the round. In the event that the size of the overall player pool requires some teams to have 9 players and other teams to have 8, a supplementary "round" shall be conducted. After the 5th round select the extra players, starting with the team that selected first overall and continuing in order until the "overflow" players have been drafted. After extra players have been selected, the draft should resume its regular 6th round serpentine order. A coach may select any available player. To accommodate placement of sisters on the same team, the team that selects the first one shall automatically be assigned the other one in the appropriate round. No trading shall occur during or after the draft.

Volleyball Draft Step by Step Instructions

NOTE: Evaluation scores shall only be made available to the coaches during the team formation process. All paper scores will be returned to District after the teams have been formed. After the teams are formed all paper copies should be returned to the Recreation Supervisor.

The players would be ranked according to pre-season evaluation scores. Coaches and/or Age Group Directors will be allowed to adjust the player's rankings for fairness at the start of the draft. (ex: if coaches agree that a player that evaluated in the 5th round really belongs in the 3rd round then that player would be moved to the 3rd round).

Any player that did not evaluate may be adjusted for fairness based on the previous year's scores or knowledge of the players from the coaches and/or AGD at the draft table.

The first three (3) rounds of players will be slotted by the evaluation score, unless adjusted for fairness. Example:

Team #	1st Rd.	2nd Rd.	3 rd Rd.
1	#1	#12	#13
2	#2	#11	#14
3	#3	#10	#15
4	#4	#9	#16
5	#5	#8	#17
6	#6	#7	#18

If a coach's daughter falls within the first three (3) rounds, then they will be automatically assigned that team number. For example, in a six-team league: if Coach ABC's daughter is the number one pick of the draft then he would be assigned Team #1 and get the #12th and 13th pick. If coach EFG's daughter is the #9 pick of the draft, then he would be assigned team number #4 and get the #4 & #16 pick.

Adjustment for coaches:

If two or more coaches are automatically assigned the same team number, then the following process will apply.

- If a coach has a first-round daughter, they keep that team
- 2nd round coach takes their daughter if no conflict. If conflict they will trade up within same round (if possible) if not they will trade down within the same round to first open team without a coach

The teams that did not get an assigned coach will then pick a number and get the assigned players to the number they picked. The coaches who are not assigned a team from the first two rounds will take their daughter in the evaluated or adjusted too round.

For round four (4) and below there will be an open draft. Coaches will be allowed to pick players to accommodate friendships, neighbors, talent, carpooling etc. The order in which coaches pick their choice of players will be in serpentine order.