**Extreme Volleyball Club Rules & Regulations**

1. **General Policies for all Athletes & All Teams**
2. **Parent Code of Conduct**
3. **Athlete Code of Conduct**
4. **Coach Code of Conduct**

**Introduction**

Extreme Volleyball Club (“the Club”) is a volleyball club affiliated with the North Texas Region (NTR) of USA Volleyball. The following rules and regulations apply to all Athletes and parents that become members of the Club through association with one of our Teams.

1. **GENERAL POLICIES FOR ALL ATHLETES & ALL TEAMS**
2. All Athletes must adhere to the USAV Code of Conduct and any rules established by NTR.
3. All Athletes are expected to attend all events scheduled for their team.
4. All Athletes are responsible for their own uniforms. The Club does not have replacements for lost uniforms. All replacement costs will be your responsibility.

**Attendance Policies**

1. Extreme Volleyball Club will enforce the following practice and tournament attendance policy for every Athlete. This is not intended to prevent an Athlete from playing another sport while participating with the Club. Attendance at practices and tournaments may affect playing time.
2. General Policy: It is the responsibility of the Athlete or the parents to notify the Coach of any scheduled team event that the Athlete will be missing with at least a 48-hour notice for practices, and a three week notice for tournaments.

Practice

Athletes will be allowed up to two (2) absences. Athletes must notify their Coaches if they will be missing a practice in advance.

Missing more than ½ of practice counts as an absence.

All absences from practices will be evaluated by the Club Director with proper documentation on a case by case basis.

* 1. Tournaments
     1. Athletes shall provide tournament conflicts with other scheduled events (School Sports, Prom, Social, Weddings, Literary, etc.) within one week following schedule release.
     2. Notification should be given as far in advance as possible for other tournament absences. A minimum of three weeks is expected for non-emergency situations.
     3. Missing a part of any tournament day counts as 1 absence.
     4. The Club Director will evaluate all tournament absences with proper documentation on a case-by-case basis.

**Travel Policies**

1. All Athletes must stay with the Team while attending overnight tournaments. Any exceptions to this must be approved by the Head Coach.
2. All Athletes must adhere to curfews, established by their Head Coach or Chaperone, while traveling with the Club.
3. At no time will an Athlete be allowed to leave hotel property without the expressed permission of their Coach or Chaperone. Your parents may request, if there is appropriate “down time,” to take you off premises.
4. Any parent volunteer providing transportation for a tournament is under the direction of the Coach, as far as when and where Athletes are required to be. Please do not volunteer if you cannot work in conjunction with the team requirements.
5. Transportation to and from all practices, Club-sponsored clinics, and tournaments is the responsibility of the parents.
6. When at a lodging location, Athletes must travel in pairs (as a minimum) at all times.
7. When at the lodging location, there shall be no display of disrespect toward any Club, Coach, Athlete, Parent, Chaperone, or Hotel Guest/Employee.
8. Boys are not permitted in the rooms of the Athletes’ lodging at any time. The only exception to this policy is a relative of an Athlete in her room. VIOLATION OF THIS POLICY WILL RESULT IN IMMEDIATE EXPULSION FROM THE CLUB.

Note: Unless otherwise stated, A First Offenses of any of the above rules will result in a warning to the Athlete, with notification from the Coach to the parents and Club Director. A Second Offense will result in expulsion from the Club.

**Athletes Conduct at a Tournaments / Practice Site**

These rules and regulations are set forth to protect the safety and integrity of you, your parents, the Coaches, and Extreme Volleyball Club. Please be aware that all circumstances are not accounted for and in the event of an undue circumstance, the Club Director will enforce appropriate action. It is the desire of the Club to remain in good standing in the community and USAV and to be an example for excellence.

Equal playing time is NOT guaranteed. Coaches evaluate Athletes during practices on a weekly basis. Playing time at tournaments is earned at practice. If you have a question about your playing time, set up a time with your Coach to discuss the situation after the 24 -hour rule.

It is the philosophy of the Club that each Athlete will have some playing time in each match. However, we have great Coaches and intend to allow them to do what’s best for the teams as a whole. There may be an occasional game that is of such importance to the Team and is being played at a level of play that requires that only the strongest Athletes stay on the floor, but this should be the exception, not the rule.

“Conduct unbecoming an Athlete” will not be tolerated at any Club function or event. This covers a wide variety of circumstances, for example the use of foul language or rude gestures towards other Athletes, Coaches, parents, officials or opponents.

When we are in the gym for a tournament, you are responsible for staying with your Team. In the event friends attend a tournament, it should be understood that your priority is with your Team.

Proper nutrition is required. Practices will be very demanding on your physical abilities. Tournaments are an all-day affair, and in most cases two and three days long. Your Coach will advise you when to take breaks to eat. In all cases, it is important to stay well hydrated at all times.

For most Tournaments, Teams will be responsible for officiating, scorekeeping and handling lines. Each Athlete 11 and up is required to attend a Scorekeeping Clinic.

No Athlete is permitted to leave a tournament site until all officiating responsibilities are completed for their Team. There may be circumstances for local tournaments where the Head Coach can give you permission to leave. If you leave before officiating duties are complete and without permission, you will be suspended for 1 match at the next tournament.

You are to support your teammates at all time while on the bench, whether you are playing in a particular match or not. Poor bench behavior includes not expressing verbal/vocal support for your teammates, conducting side conversations taking other’s attention off the match, disrupting the match with inappropriate discussion with the Head Coach or Coaches, or questioning your playing time or status during the match. **Any behavior of this type is considered “Conducting Unbecoming an Athlete” and a Coach can ask for your suspension.**

Parents are to be supportive of the entire Team at all time, and all Club Teams while at tournaments. Parents are not to engage in any behavior or cheering that would reflect negatively on the Club. Rules for parents are no different from Athletes in this regard.

Only the Head Coach or the Team Captain, under the direction of the Head Coach, may question an official.

The North Texas Region has a NO-TOLERANCE policy on screaming, yelling, or making any derogatory remarks to ANY official (Up ref, down ref, or line judges) or Tournament Director. The Club Athletes and parents will support this policy. Keep in mind that referees are human and most of the time they are kids. Penalty is immediate dismissal from the gym with no warning. Region teams may face sanction to participate in future tournaments.

If any of the Club Teams are playing at the same tournament site, Athletes will be advised and Teams will be encouraged to watch and cheer for other Extreme Volleyball Club Teams.

Note: A Tournament begins when a Team leaves from the Meeting Point and does not end until the Team returns to the Meeting Point.

**Expulsions and Suspensions**

While it is not the intent of the Club to suggest there will or could be problems, the mission and integrity of the Club should be foremost in our minds. Suspensions have been identified where appropriate in this document. The Club Director and Head Coach will evaluate all situations. Fairness to all is our objective; use your common sense in all situations. The Club will support the following:

Automatic expulsions will result for the following offenses:

* Smoking, or using alcohol or drugs at any Club function
* Leaving lodging premises without notifying the Coach and without a Chaperone
* Having boys in your room (other than relatives)
* If the Athlete has more than 2 absences (Subject to Club Director Review)

**Grievance/Escalation Procedure**

The procedure is designed to help Athletes and Parents with questions, concerns or problems that may occur during the course of the season. It ensures open and honest communication between all parties involved.

The Athlete must first ask for a meeting between the Coaches and herself to discuss the issue at hand. In the case of Athletes on 15’s and younger Teams, the parent may request the meeting.

If the issue is unresolved, the parent may ask for a meeting between themselves and the Head Coach to discuss the issue. The meeting should take place at a location considered adequate for a private discussion agreed upon in advance by both the parent and Coach - NOT during a tournament and/or a practice.

If the issue is unresolved, the Parent must ask for a meeting with the Club Director, Head Coach, Coaching Director, Parent and Athlete. A scheduled time away from practice or a tournament is appropriate.

If the issue is unresolved, the Parent must ask for a meeting with the Club Director, Head Coach, Coaching director, Parent and Athlete. A scheduled time away from practice or a tournament is appropriate. The decision at this point is FINAL.

**Financial Agreement**

Club fees are due in accordance with the schedule provided when the Athlete and Parents accept a position on a team by signing the Offer Agreement. In order to secure coaching talent and keep costs down, payments must be received when due.

Fees paid to the Club are non-refundable. If there is a season ending injury, illness, or relocation out of the area dues will be suspended. Request must be accompanied by a physician’s report where applicable.

Any Club fee schedule agreed to in writing must be adhered to. An Athlete will not be allowed to participate until fees are paid as per agreement. This includes any fees due from previous years, and will prohibit Athletes from tryouts unless payments are up to date.

Force Majeure clause: In an unlikely event that causes the season to be cancelled or postponed because of circumstances out of our control, there will be no refunds.

1. **PARENT CODE OF CONDUCT**

I hereby pledge to provide positive support, care and encouragement for my daughter’s participation in the Extreme Volleyball Club by following this Parents Code of Conduct:

* I will remember the game is for young Athletes not adults.
* I will place the emotional and physical well-being of my daughter ahead of my personal desire to win.
* I will support the Coaches and Officials working with my daughter in order to encourage a positive and enjoyable experience for all.
* I will require my daughter to treat other Athletes, Coaches, fans and officials with respect, regardless of race, sex, creed or ability.
* I will encourage good sportsmanship by demonstrating positive support for all Athletes, Coaches and officials at every practice, tournament and in every game and match.
* I will demand a sports environment for my daughter that is safe and free of drugs, tobacco and alcohol and will refrain from their use at all Club volleyball events.
* I will do my very best to make club volleyball fun for my daughter by encouraging her to go to practice and tournaments with a positive attitude and a willingness to learn.
* I will get my daughter to practice and tournaments at the required times and be prompt in picking her up.
* I will not question my daughter’s Coach about decisions made with regards to playing time or positions played during a set, match or tournament.
* I will abide by the North Texas Region Zero Tolerance Policy for Unruly Spectators. It is understood immediate reaction from spectators to a specific event during competition is expected; however, continuous verbal assaults on Referees or Coaches will not be tolerated. The first referee has the power to "expel" an unruly person, Coach or Athlete from the gymnasium.

1. **ATHLETE CODE OF CONDUCT**

I hereby pledge to provide positive support and encouragement for my teammates by following this Athletes’ Code of Conduct:

* I will encourage good sportsmanship by demonstrating positive support for all Athletes, Coaches and officials at every tournament, match, set and practice.
* I will place the emotional and physical well-being of my teammates ahead of my personal desire to win.
* I will treat other Athletes, Coaches, fans and officials with respect regardless of race, sex, creed or ability.
* I will encourage my teammates at all times and this encouragement will always be positive in nature, whether I am playing or on the bench.
* I will not criticize my teammates or Coaches to anyone at any time.
* I will arrive at practice on time (or early) and will not leave early; if I must miss practice I will contact my Coach in advance to be excused.
* I will observe all training rules, curfews when traveling and other directions that I may receive from my Coaches.
* I will do everything I can to foster a playing and practice atmosphere that makes volleyball fun for everyone.
* I will be prepared to play positions that are not my usual position because I know that when asked to do so it is for the good of the team.

1. **COACH CODE OF CONDUCT**

**Place the following information in 3-Ring binder to be kept with you during all Club activities**

1. Copy and pass out the Extreme Volleyball Club Rules & Regulations to each Athlete on your Team. Review the document with your Team. Make sure you clarify any questions.
2. Have with you at all times a copy of the emergency medical form and liability form for each Athlete.
3. Make an Athlete information sheet for each of your Athletes. Each sheet should have the following information: Athlete name, phone number, and parents name. Keep for your reference. Each time an Athlete misses practice you are to note the date and reason. All other important information regarding attitude and performance should also be noted and dated. A sheet on each girls is to be turned in at the end of the season.
4. Establish phone tree for practice or play-date cancelation. Have a copy with you at all times. Give each Athlete a copy of your phone number AND e-mail address. You will be responsible to contact your Team in the event of any changes to Club events.
5. Obtain a copy of each Athlete’s birth certificate from the Club Director. For National Travel Teams, keep this with you at all times in your Athlete folder.
6. Keep complete records of all tournament results in AES. Record all results (name of team you played, date, JNC #, and (Won/Loss). National Team Coaches are responsible to record this information on website.
7. Establish a Team Mom (or Dad) to facilitate parent communication within your team. Team Mom will administer the team social media presence through Facebook, TeamSnap, and similar online communication methods.
8. Coaching Apparel: No blue-jeans at practice or tournaments. Warm-ups, sweatshirts, polo shirts, and T-shirts with Club Logo are to be worn at all Club events (tournaments and practice). Appropriate shoes are to be worn at practice and tournaments (no sandals or flip-flops). This policy is a positive effort to portray our staff as the best role-model coaching staff possible.

**Practices**

1. Establish a practice starting routine. Practice starts at the designated time. Ensure that net and practice site is prepared and ready prior to scheduled starting time. Practices are planned in advance with room for flexibility. Each practice is a "complete" session.
2. Team meetings are to take place during the 10 minutes that follow your practice. Each session should start on time and end at the designated finish time. Sitting and talking with team or parents during this time is not allowed. You are to be actively engaged with your team during the complete session. Talking with individuals not on your team (Coaches or parents) during practice takes away from your instruction time. Sitting down while your team is working is not acceptable. Taking the place of an Athlete on the floor (by a Coach) is only to take place if no Athlete is left on the sidelines watching.
3. You are not to transport any Athlete to or from any practice or competition unless it is your child. If you will be transporting Athletes that are friends of your child, you must receive permission from the Club Director prior to doing so and your child must be present for such transportation. Our insurance policy only covers you while you are in the gym at practice and competition.
4. Athletes should leave the gym after practice feeling they have experienced a healthy and positive session. They should be tired and look forward to returning for the next scheduled practice. It should involve the following: fun, hard work, rewarding, and the desire to repeat the process. Finish on a positive note.
5. Technique training is required and drilled in practice. Game like situations that emphasizes correct technique is encouraged. Goal oriented (with or without points earned) should be utilized as much as possible. Your drills should minimize standing in line and result in high ball contact numbers.

**Club Discipline Policy**

If a problem arises during practice with an Athlete, remove the Athlete from the court. Do not permit the Athlete to leave the building unless with a parent. Make sure you speak with the Athlete after practice and discuss the problem. Contact the Club Director immediately after practice for use of the Club Grievance & Escalation Procedures.

**Use of Parents During Practice or Tournament Function**

Parents are not to be on the gym floor at any time during practice or competition. Their participation is limited to that of a spectator. They are not to help set up the gym for practice or handle any equipment. This is the responsibility of the Coach and your Athletes. If they distract from your practice or competition, contact the Club Director. Make sure you read and are familiar with the Extreme Volleyball Club Parent Code of Conduct.

**Gyms**

1. No soft drinks or food in any of the gyms at any time.
2. Gym access is 10 minutes prior to actual start. Do not arrive more than 10 minutes in advance to set up a gym that you must can entry into.
3. Do not extent your practice beyond designated finish time. Gyms are rented for those specific times. Going beyond practice time could jeopardize our use of facility. Leave the gym exactly as you found it.
4. Do not leave the facility until all Athletes have been picked up. No Athlete is to be left alone inside or outside the gym.
5. Be cautious when putting up the net systems at all facilities we use. The crank can be easily over tightened.

**Coaching**

1. No Coach is to meet alone with an Athlete behind closed doors. If you need to speak with an Athlete, be sure to have the conversation in an open public area (with another Coach with you if possible). Coaches’ hotel rooms are off-limits to all Athletes at all times.
2. Open container policy (re: alcohol) - Social drinking in the presence of Athletes is not allowed. Drinking with parents in the evenings during a tournament is not allowed.
3. Volleyballs/bags are ultimately the Coaches’ responsibility. If you send them with an Athlete and they are lost, the replacement cost belongs to you, not the Athlete.
4. Weather Conditions: In the event we have to cancel practice or participation in a tournament we will contact the Coach to activate his/her phone tree. We will also leave a message on the Club website. Coaches should contact the Club Director to discuss options prior to canceling a practice or tournament competition.
5. Coaches do not cancel practice or tournament participation. If you cannot make a practice or tournament you are to call the Club Director. Arrangements must be made by you to have one of our Coaches cover for you. (two weeks in advance for tournaments).
6. Coaches must have prior approval before adding any additional practices to the schedule. Only Extreme Volleyball Club Coaches may substitute or fill in for Coaches who are unable to meet their Club responsibilities. When one Coach covers for another Coach, it is on a voluntary basis except for tournaments dates.
7. All Club related reservations including hotel, airplane, and automobile are made by authorized Club personnel. Club hotel expense does not include telephone, movies, food, and drink billed to hotel room. The Club stipend for travel and food covers these items.
8. No Coach is to be a defined as a Team Chaperone for any Athlete at any time.
9. Coaches and parents are not allowed to order “team” warm-ups or shirts. In some situations, the Club will approve ordering T-shirts following the request made by the Coach to the Club Director (Ex. National shirts). Official Club warm-ups are available through the Club online store.
10. Go over tournament working assignments with your Athletes in advance. Each Athlete is to equally share officiating responsibilities. If necessary, make a rotating schedule. Do not let an Athlete keep the scorebook during any tournament who is not knowledgeable and qualified to do so. Take your own whistle for down officiating and report-in to the up official before warm-ups.
11. Do not take Club fees from Athletes. Each year checks are misplaced or lost when this occurs. All fees are to be sent to the Club’s official mailing address.
12. Room reservations will be made for you by the Club. Designated Coaches will have credit card and pay for all rooms used during a given tournament. In the event this does not happen, you must you must staple a copy of the complete hotel billing statement along with a copy of your master card/visa receipt and turn it in to Club Director for reimbursement. Room reservations will be made for a minimum of two and a maximum of three Coaches per room depending on the number of teams we enter. All expenses in addition to standard hotel cost (ex. food, movies, telephone....) are to be paid by the Coach separately. The Club covers only the cost of the room. If a Coach needs a separate hotel room and cannot room with another Coach, then the cost of that room is their responsibility.
13. All Coaches and Athletes are prohibited from using any form of profane language during any and all Club activities. This would include any and all demeaning comments.
14. Athlete Club fees are due monthly. Coaches will be notified of Athletes whose fees are unpaid. No participation will be allowed until fees are paid. Parents/Athletes will be informed of this in advance. Coaches will use discretion with notifying Athletes of unpaid fees. In some cases, the Athlete will not be aware of the situation and/or family financial circumstances have caused the delinquent payment to exist.
15. Remember- You are the Coach, not their friend.... Earn their respect and return it.... Be positive as much as possible.... Be demanding within reason. Never use inappropriate language (this includes profanity or inappropriate names). Treat Athletes the same way you would want to be treated if the role was reversed. Set your expectation high and then work to get there. Success is measured in many ways.