Girls Place

Volleyball Rules & Regulations

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Welcome

If you are new to the sport or to our facility, welcome! If you are returning to us for another fun season of Girls Place Volleyball, welcome back! Here at Girls Place we are always eager and excited to start a new season and this manual will be a helpful guide for getting you through our season whether you're a veteran or a newbie!

In the following pages you'll find general information about the operational aspect of our volleyball program, the rules broken down by age group and finally some advice for players, parents, and coaches. We hope that you find this information helpful as we navigate our way through another successful season.

Mission Statement

Girls Place, Inc. is a non-profit organization dedicated to empowering girls of all racial, religious and economic backgrounds to **GROW** confident, strong, and independent in order to thrive in the world around them.

Objectives for Our Girls

Give to themselves and others around them in order to achieve a sense of pride and self-worth.

Reach their highest intellectual and emotional potential by exploring and developing their personal strengths and interests.

Open their eyes in a climate free from gender stereotypes where they are inspired to discover their unique abilities and their relationship to our community.

Work at developing meaningful relationships that foster their freedom of expression, their responsibility to themselves and others, and their integrity and compassion.

General Information

Evaluations

Evaluation is just another way of saying "tryout" except in our tryouts everyone who is registered makes a team, regardless of their skill level. Evaluations help us to determine your daughter's strengths and weaknesses as a volleyball player; while also allowing us to place her on a fair and balanced team. These fair and balanced teams allow for good, competitive matches throughout the season.

During the evaluation, the girls will be given numbers to wear on the back of their shirts and will then be split into their appropriate age groups. At this point, we may ask some younger players with strong skill-sets to try out with the age group above theirs in an effort to form balanced teams. Players can only move up an age level; we will never ask a player to play down an age level (unless both the child and the parent request it). The girls will be graded on their ability to pass, set, serve and hit the volleyball. They will also be graded on attitude/effort. Current and former coaches will both lead the evaluation and grade the girls on their efforts.

Evaluations are mandatory. They take place a month before the season begins. For your convenience, we will schedule two separate days for evaluations. Your daughter is not required to attend BOTH days; she only needs to attend the day that works best for you and your family. If for any reason a player cannot make the mandatory evaluation session, the athletic director must be notified as soon as possible.

Selection of Teams

After evaluations have been completed, the athletic director along with select current and former coaches will take the results and form the teams as fair and balanced as possible, while taking into account requests made by parents for specific practice days/times. Not all parental requests can be accommodated, especially if that request interferes with the balance of the team.

Parents will be notified of the final teams 2-4 weeks after the completion of evaluations. If your daughter is placed on a team and cannot participate on that specific team for any reason, you must contact the athletic director in writing no later than one week after the announcement of teams. Once a child is placed on a team, registration fees are nonrefundable.

Practices

Practices are held on a Monday/Wednesday or a Tuesday/Thursday schedule. All practices will be held at the Girls Place Gym (unless an alternate location is specified by the athletic director) and will last approximately an hour. Each team will share gym space with another Girls Place team, but will have an entire court to practice on.

Unless notified in advance by the athletic director, assume that practices will always take place, even on holidays. Practice will only be canceled for the holidays that the building is closed to the public. Traditional holidays that Girls Place Volleyball observes during the volleyball season include:

Fall Volleyball (August- November)	Spring Volleyball (March-June)
Labor Day	Memorial Day
Thanksgiving Day	Alachua County Spring Break Week

Schedule of Regular Season Games

www.Quickscores.com/GirlsPlace will be the website used to share the regular season game schedule, league standings, results of all games played and the playoff schedule. You can go directly to that website or you can go to the Girls Place website (www.GirlsPlaceInc.org) for a link to Quick Scores. A copy of the game schedule will also be posted on the gym doors and the Athletic Director's office at Girls Place.

It is imperative that we get through the first two weeks of the season to ensure that teams have been set (ie: enough girls on a team to participate, enough coaches per team) before we can distribute the game schedule for the remainder of the season. The schedule is typically released after the teams have been practicing for 1-2 weeks.

Exhibition Weekend

Exhibition weekend was implemented to give all the teams an idea of how to play in a game setting without the consequence of losing. It also is a way for coaches to experiment with player position/substitutions without consequence. Whatever the outcome of the exhibition game, it will not count in the team's final record. The exhibition game is typically played the weekend before the regular season games are to begin.

Championship Week

Championship week—also known as playoffs-- takes place after the regular season games have concluded. Games are played on weeknights, instead of the weekend. The playoff layout and schedule can be found online at www.quickscores.com/girlsplace. Most teams play single elimination style, meaning if they lose a game they are finished playing games for the season. During this week there will be no practices, as games will take place each week night in place of regularly scheduled practice.

Coaches are encouraged to give the girls equal playing time during the regular season; however during championship week, they are allowed to select which players they wish to play in the games. Their determination may be based on practice/play efforts during the regular season, attendance and overall attitude. Please address any concerns you may have with the athletic director regarding this matter.

Gym Rules and Policies

$1 donation at the door

We kindly ask that every adult entering the gym on game days make a $1 donation to our gym improvement fund. All donations go toward improving the facility and maintaining equipment for the sport in which the donation is given. The donation is not required, but suggested.

Parent Code of Conduct

A copy of this form can be found in the back of this manual. It is mandatory that each player have a parent code of conduct form on file (from at least one parent or guardian) before they can participate in any games at Girls Place. Any parent guilty of improper conduct (as indicated on the Parent Code of Conduct Form) at any game or practice will be asked to leave the sports facility and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

Approaching Coaches, Referees and other Players

At Girls Place, we value the safety of our players, coaches and referees while they are participating in our sports programs. At no time is it acceptable to approach any coach, referee or player in a threatening manner. Any person found to disobey this rule will be asked to leave the facility immediately and will be suspended from the following game. This is a zero-tolerance policy that the Athletics department takes very seriously.

Personal Property

Girls Place, Inc. does not assume responsibility for loss or damage to personal property on Girls Place, Inc. premises and does not reimburse for any losses or damage to personal property resulting from theft, fire, automobile accidents or any other condition for which personal insurance is available.

Smoking Policy

In order to provide a safe and healthy environment for our members, their families and our staff we ask you to follow the no-smoking policy we have on the premises. The policy is as follows:

- Smoking is prohibited in the presence of Girls Place Members
- Smoking is prohibited in any part of the Girls Place, Inc. facility, including the outdoor area immediately surrounding the building.
- Adults of appropriate age (18 and older) who choose to smoke must do so off of Girls Place grounds and away from program space and children served by the agency.
- Girls Place smoking policy always complies with current state laws.

Drug & Alcohol Policy

Use of drugs, alcohol and/or any other mind-altering substances on the agency grounds at any time is strictly forbidden and will not be tolerated at Girls Place, Inc.

To maintain a drug-free workplace, Girls Place strictly prohibits all staff and volunteers from manufacturing, distributing, possessing or using drugs (including unauthorized possession/use of prescription drugs) on the grounds at any time. Volunteers and staff are also prohibited from using alcohol while at work or reporting to work while under the influence of alcohol or illicit drugs.

Again, our zero tolerance policy of drugs, alcohol or any other mind-altering substance is in full effect as well.

Rules

General Volleyball Rules

(Adapted From the NFHS, FHSAA, The Republic Parks and Recreation Department & The UF Department of Recreational Sports)

Girls Place will follow National* Federation High School volleyball (NFHS) *rules, with exceptions for certain rules as follows:

1. Team Requirements and Equipment

Rule Number	Specific Rule
1.1- Players	A team shall consist of 6 players. A team may start with a minimum of 4 players. At least four players must be present at the start of the game or the game will be considered a forfeit. The match will be a forfeit ten minutes after the scheduled match time.
1.2- Shoes	All players must wear non-marking, rubber-soled athletic shoes.
1.3- Jewelry	Jewelry may not be worn.
1.4- Casts/ Braces	Casts and/or any other item deemed to be dangerous by the official or athletic director may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2 inch of slow recovery rubber or similar material will be allowed.
1.5- Jerseys	Jerseys—with numbers on the back-- will be provided by Girls Place at the first match of the season. Numbers may not be a duplicate of a teammate's number. Shorts, socks and kneepads are the responsibility of the players. Girls must wear their team's jersey—or a color in its likeness-- in order to participate in their game. All players on a team must wear the same color, with the exception of the libero, who must wear a color different from her teammates.
1.6- Eligibility	A player can participate on only one team, that being the team for which she is on the official team roster. Players found to be playing on a team other than the team for which she is on the official team roster will be suspended for the rest of the program. The team(s) for which the player played illegally will forfeit all games in which he or she participated and the coach will be suspended for the next two games. Players participating without being listed on the official team roster are considered ineligible. Teams found using an ineligible player will forfeit all games in which the ineligible player participated. No new players may be added to the team roster or change teams after the first game of the season has been played.
1.7- Excessive Forfeits	Should a team forfeit two consecutive games without 48 hours advanced notification to the athletic director, the team will be dropped from the league.

2. The Game

Rule Number	Specific Rule
2.1- Warm- Ups	Warm Ups last 10 minutes will be conducted as soon as the teams are assembled and the captain's meeting has concluded. The team that receives the ball first gets the first four minutes of warm up time alone on the court. The next four minutes of warm up time will be given to the other team. The last two minutes of warm ups will consist of both teams serving to one another.
2.2 - Line Up Sheet	Coaches must submit a line up sheet (copies can be found at the scorers table) with the numbers of the players' starting positions. The lineup sheet must be turned in no later than 5 minutes prior to the start of the game.
2.3 - Game format	All games will consist of the best two out of three sets, with three minutes in between sets.
2.4- Scoring	All games will be rally scoring: Rally scoring means a point is won on each serve, no matter whether the team who won the point served the ball or not. In the first two games a game shall be won by the team which has earned 25 points and a two point advantage. If the score is tied 24-24, then the first team to gain a two point advantage is the winner. In the third game, the game shall be won by the team which has earned 15 points and a two point advantage or. If the score is 14-14, then the first team to gain a two point advantage or score 20 points is the winner.
2.5- Captain's meeting	A Rock/Paper/Scissor match between representatives (captain) of each team at the beginning of the game will determine the choice of court or service. The team which does not serve first in game one will serve first in game two. Teams must switch sides between the first two games. A Rock/Paper/Scissor match will be conducted for the choice if there is a third game.
2.6- Time-Outs	Two time outs will be given to each team per game, with no carry over of the remaining time-outs into sequential matches. Time-outs may be requested any time the ball is dead and shall not exceed one minute. If a team calls time out with none remaining, ONE point will be awarded to the other team and play will resume immediately.
2.7- Game time limits	There will be no time limit for each game.
2.8- Game Schedule	Games will be played according to the times and dates scheduled. Games will not be changed unless extreme circumstances arise. Rescheduling of games will be judged on a case-by-case basis. If a conflict arises please notify the recreation supervisor as soon as possible.
2.9- Substitutions	Substitutions are unlimited and may be made after play has ended before the next serve. Standard substitution procedures are as follows: Starting players may be replaced by any player on the bench (but not by another starter). Once a starter is replaced, to be eligible to come back into the game she must re-enter for the player who took her spot (her substitute). The rotation must continue in the same manner. Up to three players may be in the rotation. The rotation, once started, cannot be broken for that game. No substitutes can sub for more than one starter/position in the same game. Rotations may change for other sets in the game. Injury substitution may be made at any time and a team may play with fewer than four players if an injury during the game causes the team to be short.

3. Playing the Ball

Rule Number	Specific Rule
3.1- Ball Contact Maximum	Maximum of three team contacts: Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. The only exception to this rule is that a block is not considered to be one of the three contacts.
3.2- Contacted Ball	A player who contacts the ball shall be considered as playing the ball.
3.3- Contact of the ball with the body	The ball may be hit with any part of the body on or above the waist, but cannot come to rest visibly on the body. If the ball hits below the waist, it shall become dead.
3.4- Illegal Hits	An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. **This is a judgment call by the official and cannot be questioned by anyone.** Holding, catching, throwing, lifting, and pushing are illegal hits because of prolonged contact with the ball. Rolling is considered an illegal hit because there is continued and steady contact between the ball and the player's body.
3.5- Double Hits	A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one part of the body to another on a single attempt to play the ball.
3.6- Contacts by opponents	Simultaneous contact by the opponents: a. If the ball is simultaneously contacted by two opponents, then the team on whose side the ball falls into shall have the right to play the ball three times. b. If the ball is held simultaneously by two opposing players, it is a double fault and the official will direct a replay.
3.7- Net Play	A ball contacting and crossing the net shall remain in play provided contact is entirely within the playing area. Exception: A service hitting and not clearing the net results in a dead ball.
3.8- Net Foul	A net foul occurs while the ball is in play and: a. a player contacts any part of the net including the cable attachments. It is not a foul when a player's hair touches the net, or the force of the ball hit by an opponent pushes the net or net cables into the player. b. there is interference by a player who makes contact with an opponent who is making a legitimate effort to play the ball
3.9- Screening	A screen is an intentional act, which obstructs the receiving players' view of the server or the flight of the ball from the server. Screening includes: a. the server being hidden behind a group of two or more teammates who are standing in an erect position and the ball is served over a member of the group. b. a player with hands extended clearly above the height of the head or with arms extended sideways at the moment of service if the serve passes over the player(s).
3.10- Blocking the ball	A ball which is entirely on the opponent's side of the net is permitted to be blocked when the opposing team has had an opportunity to complete its attack. (Note: The serve may NOT be blocked) The attack is considered complete when the: a. attacking team has completed their three allowable hits. b. attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with the intent to return it to the opponent's court. c. ball is falling near the net on the attacking teams side and in the official's judgment, no member of the attacking team could make a play on the ball.
3.11- Crossing the Center Line	Front line players may contact the ball from any position inside or outside the court (except crossing the center line and its out-of-bounds extension). A player may cross the center line or its out-of-bounds extension with one or both feet/hands, provided a part of the foot/feet or hand/hands remains on or above the center. Contacting the floor across the center line with any other part of the body is illegal.
3.12-Back Line Player Attack	A back-line player may attack the ball only if he/she leaves the floor from behind the 10 foot line and its imaginary extension. If any part of the player's foot touches the 10 foot line at the time of contact; a foul shall be called. Back-line players may not attempt to block the ball in front of the 10 foot line. A back-line player shall not return a ball which is completely above the height of the net while: a. on or in front of the 10 foot line or its out-of-bounds extension. b. in the air, they left the floor on or in front of the 10 foot line.

4. Service

Rule Number	Specific Rule
4.1- When to serve	The server must wait for the official to beckon (blow the whistle and motion with his/her hand) before a serve may be attempted. If the ball is served before the official's beckon, a re-serve shall be directed. During an entire match, the first infraction will be a warning and a re-serve while the second infraction will result in a point for the other team.
4.2- Net serves	If the serve hits the net and still falls inside the non-serving team's court, then the ball is ruled in play. If a serve hits the net and does not fall inside the non-serving team's court, then it is considered to be illegal and a point will be awarded to the non-serving team.
4.3- Serving Line	The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from the serving area.
4.4- "Good" serves	A good serve must land on the line or inside the court. If any part of the ball touches the line, then the ball is considered to be "good". If the ball lands out and is not touched by any player on the receiving team before it hits the ground, then a point is awarded to the non-service team.
4.5- Time to serve	The server has five seconds to make a legal serve. The server may toss and catch a bad toss as long as no swinging motion has been made to attempt the serve. The server is allowed only one re-serve per each new serve.
4.6 Positions of players at service	The positions of players at the moment of service must be in proper alignment. This means that no player on the court may be closer to a sideline, end line, or centerline, than an adjacent player on the court. Front-line players may not overlap with any back-row player, and vice-versa. Players in the front-line may not overlap with one another, and the same is true for players in the back-row. After the ball has left the server's hand, players may go anywhere on the court.
4.7 Front-row players	A team can have no more than 3 front-row players on the court, during a particular rotation, regardless of the total number of players (4, 5 or 6) on the court.

5. Live ball/Dead ball

Rule Number	Specific Rule
5.1- Live Ball	The ball becomes live when it is legally contacted for the service.
5.2- Dead Ball	The ball becomes dead when: a. the ball touches the antennas. b. the ball strikes the floor. c. the ball contacts a permanent object (excluding the net) above or outside the playing court. EXCEPTION: a ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team. d. a player commits a fault. e. a served ball contacts and does not clear the net. f. the official blows the whistle for any reason.
5.3- Replays	The point shall be replayed if outside interference (other balls, children, objects dangerous to the players etc.) should occur while the ball is in play.

6. Other Rules

Rule Number	Specific Rule
6.1- Protests	Protests (of any nature including but not limited to: verbal, audio/visual recording, or photographs) will not be allowed.
6.2- Unsportsmanlike conduct	Unsportsmanlike conduct will not be tolerated. As stated in the high school volleyball rules, a yellow card will be given as a warning for improper behavior and a red card & point/side out if the behavior continues. Major misconduct may receive a red card & point side out on the first offense. Three minor offenses, two major offenses or a single flagrant offense will result in ejection for the individual or individuals involved and a point/side out for the other team. If a coach or player is ejected from the game/facility more than once, the coach/player may be expelled from the facility pending a meeting with the Athletic Director.
6.3- Final Determinations	The athletic director reserves the right to make final determination on any rules or interpretations that may differ from the high school rulebook.
6.4- Playing Boundaries	The volleyball court is marked by white lines. The playing boundaries will be the black lines (which is also the basketball court) surrounding the volleyball court. Once the ball has crossed the black line—or the plane that extends from that line—it is no longer playable.

3rd-4th Grade Specific Rules

Balls: Girls in grades 3rd-4th grade will use the official Volley-Lite volleyball. These balls are lighter and softer than regulation volleyballs. They will be marked as shown in the photo to the right.

4-aces rule: An ace is a serve that is not passable and results immediately in a point. If a player serves 4 aces in a row, that player is done serving. The team must rotate to the next server, but may keep the ball.

Serving lines: At Girls Place, the white lines indicate the volleyball court boundaries. For the 3rd/4th grade age group, the green line (approximately 23 feet from the net) can be used for those players that choose to underhand serve. The purple line (approximately 26 feet from the net) will be used for the players in this age group that wish to overhand serve.

Net height: The official net height is 6'6 feet from the top of the net to the floor.

5th-6th Grade Specific Rules

Balls: Girls in grades 5th- 6th grade will use the official Volley-Lite volleyball. These balls are lighter and softer than regulation volleyballs. They will be marked as shown in the photo to the right.

Serving lines: At Girls Place, the white lines indicate the volleyball court boundaries. For the 5th/ 6th grade age group, the purple line (approximately 26 feet from the net) can be used for those players that choose to underhand serve. The white line (approximately 30 feet from the net) will be used for the players in this age group that wish to overhand serve.

Net height: The official net height is 7'0 from the top of the net to the floor.

7-8th Grade Specific rules:

Balls: Girls in 7th/8th grade will use the regular official size volleyball.

Serving lines: All players at this level will serve behind the white lines (approximately 30 feet from the net), regardless of whether the serve is over or underhand.

Net height: The official net height is 7'4 from the top of the net to the floor.

Liberos: The libero (lee-bah-ro) is intended to be a player who specializes in defense and serve reception. When the libero enters the match, the entry is not considered one of the allowed team substitutions. When a libero replaces a back row player, it is called a "replacement" rather than a substitution. The number of replacements is unlimited. The libero can replace any back row player (then must be replaced by that same player). The libero can replace any number of teammates in the same game. The libero, in one rotation, may replace a player in the service position to serve.

Playing with a libero player is optional. Teams do not have to have a libero player.

THE SPECIFIC RULES FOR THE LIBERO PLAYER ARE AS FOLLOWS:

(Adapted from the Montana High School Association)

- A libero may not start the match.
- The libero may be used as an exceptional substitution for an injured player if no other legal substitutes are available. When no longer playing as a libero, that player must wear the same uniform as her teammates, and the team continues play with no libero player.
- The libero cannot be used as a substitute for a disqualified teammate. If the libero is disqualified while playing, the player whom she replaced must replace her. The team continues play with no libero player.

Libero Rules Continued…

- The libero can play as a non-libero in subsequent sets. The player must wear the same uniform as her teammates.
- The libero is restricted to performing as a back row player and is not allowed to complete an attack hit from anywhere (including playing court and free zone) if, at the moment of contact, the ball is entirely above the top of the net. (illegal back row attack – point/loss of rally)
- The libero cannot block or attempt to block. (illegal block – point/loss of rally)
- If a libero sets the ball using overhand finger action while on or in front of the attack line, any teammate who completes an attack of that ball, if at the moment of contact, the ball is completely above the height of the net, is an illegal attacker. (Illegal back row attack, official will indicate the libero with extended arm and open hand – point/loss of rally). The ball may be freely attacked by a teammate if the libero makes a finger-tip pass from behind the attack line. Other ball contacts (non-fingertip action) are not subject to this restriction.
- Libero cannot rotate to the front row (illegal alignment)
- The libero must wear a uniform shirt or jersey that is in distinct COLOR contrast to shirts worn by other members of the team and must be recognized from all angles as being in clear contrast to and distinct from the other members of the team. The style and trim of the libero's shirt or jersey may differ from her teammates', but her shorts must be **like colored** to her teammates.
- The libero is allowed to replace any player in a back row position, *and, in one rotation, the libero may replace a player in the service position to serve*.
- Replacements involving the libero are not counted as one of the 18 regular substitutions.
- These replacements are unlimited, but there must be a rally/loss of rally (which can include a play over) between two libero replacements unless the libero is on the court and is replacing the player moving into the serving position (RB). A team may exercise one replacement per dead ball.
- The player whom the libero replaced can only replace the libero (penalty for wrong player replacing the libero – unnecessary delay – charged time-out if discovered or corrected before the signal/whistle for serve. (Illegal alignment is called if not detected until after the signal/whistle for serve)
- Libero replacements may take place only after the end of a rally or at the start of each set after the referee has checked the starting lineup, as well as any time the ball is out of play and before the signal/whistle for service, (penalty for the libero entering the court after the whistle has blown – illegal alignment – point/loss of rally is awarded the opponent).
- A libero replacement cannot take place during a time-out when the teams are not on the court.
- A libero and the player replaced by the libero must enter or leave the court only by the sideline in front of the libero's team bench between the attack line and the end line. It is important for the libero exchange and substitutions to be easily distinguished from each other. There will be no signal from the referee for the exchange.

Libero Rules Continued…

When a team is making both a libero replacement and a substitution for the player involved in the libero exchange the following protocol should be observed:

- The player whom the libero replaced must step onto the court between the attack line and the end line and make the exchange with the libero (Ex: #8 replaces the libero between the attack line and the end line.)
- Now #8 is to be substituted for by #3. #3 must enter the sub zone and wait at the sideline until #8 moves to where #3 is waiting in the sub zone. The substitution then occurs pursuant to normal substitution procedures (players await authorization by referee before making the switch).

If the libero is injured and cannot continue play, she must first be replaced by the player whom she replaced. Then, a new libero can be redesignated using the following criteria:

- Redesignation does not need to occur immediately after the injury and replacement, but may occur at the discretion of the coach.
- When redesignation does occur, any substitution may be redesignated as libero for an injured libero. The injured libero cannot play in the remainder of that set.
- The player redesignated as the libero must follow the libero uniform rule and must remain the libero for the rest of the set. The redesignated libero's uniform must have a unique number (not worn by any teammate) but not necessarily the same number with which the player started the match.

In one rotation, the libero may replace a player in the service position to serve. The libero may only serve in one position in the serving order. If the libero is in the set immediately prior to moving to a serving position there does not have to be a rally between libero replacements if the libero serves the next rally.

Procedure:

1. The libero and the replacement must enter or leave the court in the libero replacement zone, over the sideline between the attack line and the end line.
2. A team is assessed an unnecessary delay for improper libero replacement procedures.
3. In one rotation, the libero can replace the player in the service position and serve the next rally even if she is already on the court in replacement of another back row player.
4. In this situation, the libero does not have to exit the court before replacing the player in the service position.
5. The coach is not required to indicate on the lineup sheet the position where the libero will serve. At any point in the set, the coach can determine the position where the libero will serve by simply having the libero replace that server.
6. Once the libero serves in a particular position in a set that is the **only** position where the libero is allowed to serve. However, the libero is not required to serve in that position for all subsequent rotations. The starting player, a legal substitute, or the libero can serve any rally that takes place whenever that position is in the service position.

Referees

Girls Place Referee System

During volleyball season, Girls Place current and former volleyball players will referee all matches. Refereeing allows the players to better understand the fundamentals of the game, while honing in on the volleyball skills they are acquiring or one that they already have.

All girls that are current players will have the opportunity to officiate this season. Coaches may assign players to referee immediately after their game, or girls may volunteer to stay. All girls who officiate will be monetarily compensated for their efforts. In order to receive payment, she MUST officiate the ENTIRE game. In the event that the referee leaves before the game has been completed she will not get the money for the game. If a player wishes to receive community service hours in lieu of a getting paid, she may do so, by having the athletic director sign off on her documentation.

There are several positions that need to be filled in order for a game to start:

"Up" Referee ($5/ game)*

"Down" Referee ($5/game)*

Line Judges (x 2) ($2/game)

Bookkeeper ($5/game)*

Scorekeeper ($5/game)*

***Checks will be issued at the end of the season!**

3rd/4th Grade Referees:

- Each team should supply 2 players to referee the game following theirs. These girls will be Line Judges, Down Refs or Scorekeepers

5/6th Graders AND 7/8th Grade Referees:

- Each team should supply 3 players to referee the game following theirs. These girls will fill each position needed to start a game.
- If a team is playing a double header, then they are not expected to supply a referee until they have completed their last game.

Week 6	Fri 5-8-09
6:00 PM	**Laura (Green)** Vanessa & John (Black)
7:00 PM	**Solon & Wendy (Pink)** Vanessa & John (Black)
8:00 PM	**Nicole, Carly and Tori (Green)** Brittany & Janelle(Black)

For example, using this game schedule to the left, this is how the referee schedule should look for the evening:

6pm Game: 6 Non Playing Players will be refereeing
7pm Game: Laura (3/4th grade) will have two players refereeing; 4 other officials will be provided
8pm Game: Solon and Wendy (3/4th grade) will have two players refereeing; Vanessa and John (3/4th grade) will have two players refereeing; 2 other officials will be provided

Referee Clinic

All players wishing to officiate for the season must take part in a mandatory referee clinic. The clinic will take place during the week before regular season games begin, while volleyball teams scrimmage. The clinic will be conducted by current high school officials and players to show the girls the proper techniques and mechanics needed to officiate. Clinics usually take place two weeks after teams have begun practice.

Additional Officials

If a child is willing to officiate additional games (before or after their scheduled matches) they must contact the athletic director for more information. A referee schedule will go out via email before the season begins. To sign up for an open spot, simply reply back to the email with the day/ times preferred. Spots are filled on a first come, first serve basis.

Signals you might see the referee use *(adapted from volleywithal.com)*

Understanding the Officials' Hand Signals

In volleyball, there are generally 2 officials. The first referee directs the game from a stand and a second referee stands opposite near the net. A whistle is blown to initiate and to end each play. The official will first signal the fault or cause of the play ending, and then signal which team won the point. This is a summary of hand signals that accompany the whistles.

Point
Winner of the rally. One handraised on the side of the court that won the rally

Ball in bounds
Pointing to the area of the court where the ball landed.

Out of bounds
Ball is out of bounds, outside antenna or player illegally in adjacent court.

Touch
Ball is out of bounds after contacting a player.

4 contacts
Four fingers up. You only get 3 contacts.

Carry
Held, thrown or carried ball. Too much contact time.

Double hit
Two fingers up. Ball contacted more than once by a player. The block does not count.

Begin Service
The official indicates that the server may now serve.

Net violation
The serve or a player touches the net.

Play over
Two thumbs up. A fault by both teams, a serve over or official's inadvertent whistle or mistake.

Time out
Each team gets two 60 second time outs per game.

Over the net
Contacting the ball before it has broken the plane of the net or before the opposition hits it.

Out of rotation
At the time of service you must not overlap the person directly next to you.

Back row attack
Attacking the ball above the net and leaving from in front of the 3 meter line.

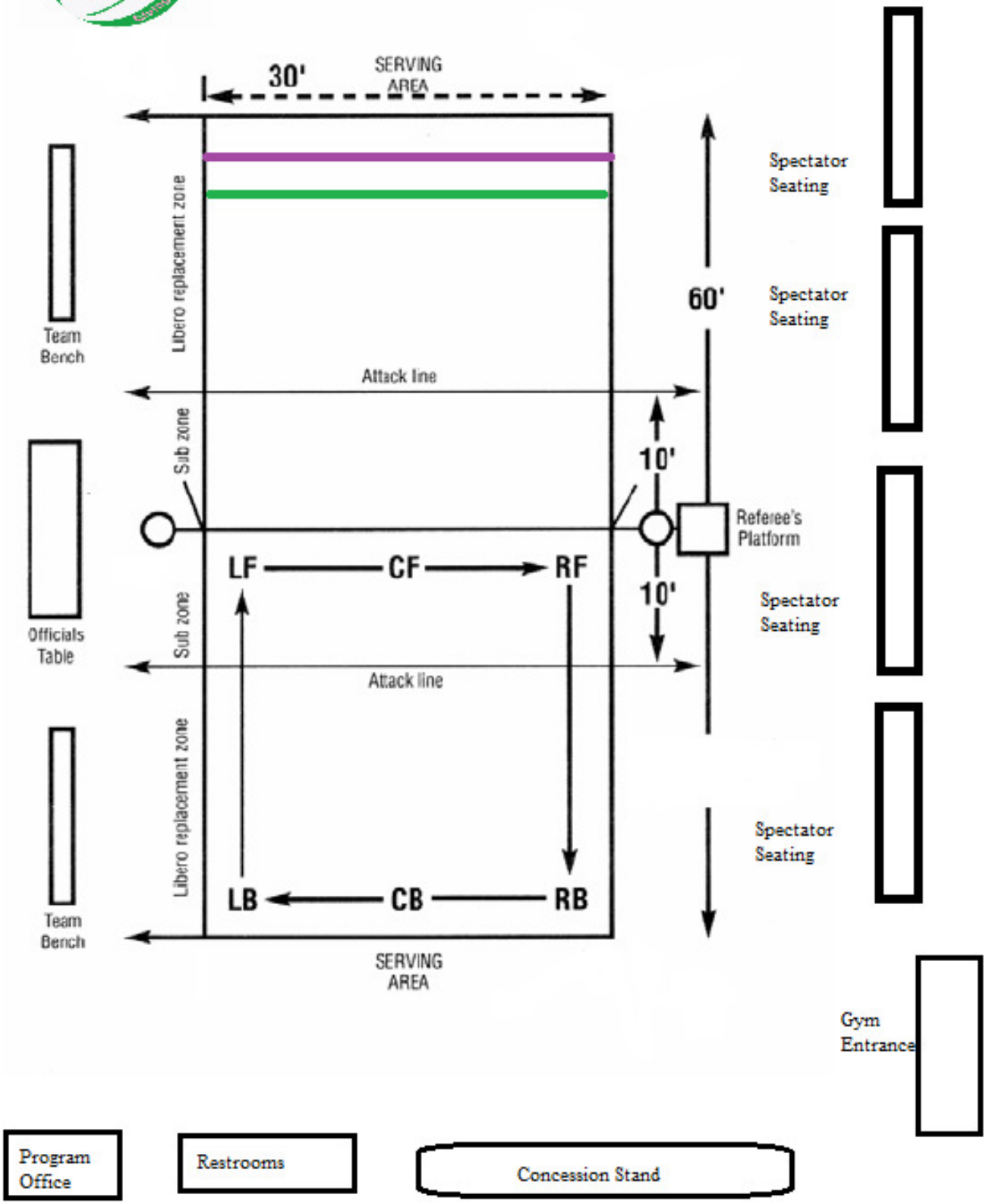
Sanction card
A yellow card is a warning. A red card is a point. Red and yellow together is an ejection.

Change sides
Between games or halfway through a deciding game.

Game over
Same for the end of the match.

COURT DIAGRAM

Standard English Measurements



Last Updated 3/26/2010

Volleyball Glossary

(Compiled from volleyball.com)

ACE - A serve that is not passable and results immediately in a point.

ANTENNA - The vertical rods (normally white and red) mounted near the edges of the net. The antennas are mounted directly above the sidelines and are not-in-play. Antennas are not usually used on outdoor nets.

APPROACH - Fast stride toward the net by a spiker before they jump in the air.

ASSIST - Passing or setting the ball to a teammate who attacks the ball for a kill. This stat is normally only logged for high school, college, and National/Olympic team play.

ATTACK - The offensive action of hitting the ball. The attempt by one team to terminate the play by hitting the ball to the floor on the opponent's side.

ATTACK BLOCK - Receiving players' aggressive attempt to block a spiked ball before it crosses the net.

ATTACK ERROR - An unsuccessful attack which does one of the following: 1) the ball lands out of bounds, 2) the ball goes into the net and terminates play or goes into the net on the third hit, 3)the ball is blocked by the opposition for a point or sideout, 4) the attacker is called for a center line violation, or 5) the attacker is called for illegal contact (lift, double hit...) on the attack.

ATTACKER - Also "hitter" or "spiker." A player who attempts to hit a ball offensively with the purpose of terminating play in his or her team's favor.

ATTACK LINE - A line 3m from the net that separates the front row players from the back row players. Commonly referred to as the "10-foot line."

BACKCOURT - The area from the endline to the attack line.

BACK SET - A set delivered behind the setter's back, which is subsequently hit by an attacker.

BACK ROW ATTACK – When a back row player attacks the ball by jumping from behind the 3m line before hitting the ball. If the back row player steps on or past the 3m line during take-off, the attack is illegal.

BEACH DIG - An open hand receive of the ball, also called a "Deep Dish"

BLOCK - A defensive play by one or more players meant to deflect a spiked ball back to the hitter's court. It may be a combination of one, two or three players jumping in front of the opposing spiker and contacting the spiked ball with the hands.

BUMP – a common term for forearm passing.

BALL HANDLING ERROR - Any time the official calls a double hit, a thrown ball or a lift (except on a serve reception or attack). For our purposes, this category also includes any blocking errors (when an official calls a blocker for a violation such as going into the net, centerline violation, reaching over the net, etc.).

BUMP PASS - The use of joined forearms to pass or set a ball in an underhand manner.

CAMPFIRE - A ball that falls to the floor in an area that's surrounded by two, three, four or more players. At the instant after the ball hits the floor, it appears as if the players are encircling and staring at a campfire.

CENTER LINE - The boundary that runs directly under the net and divides the court into two equal halves.

CLOSING THE BLOCK - The responsibility of the assisting blocker(s) to join the primary blocker and create an impenetrable block in which a ball cannot fit between the two individual blockers.

CROSS COURT SHOT - An individual attack directed at an angle from one end of the offensive team's side of the net to the opposite sideline of the defensive team's court.

CUT SHOT - A spike from the hitter's strong side that travels at a sharp angle across the net.

DECOY - An offensive play meant to disguise the spiker who will receive the set.

DEEP SET - Set to be hit away from the net to confuse or disrupt the timing of the blockers.

DIG - Passing a spiked or rapidly hit ball. Slang for the art of passing an attacked ball close to the floor.

DINK - A legal push of the ball around or over blockers.

DOUBLE BLOCK - Two players working in unison to deflect an attacked ball at the net back to the hitter's side.

DOUBLE HIT - Successive hits or contacts by the same player. (Illegal)

DOUBLE QUICK - Two hitters approaching the setter for a quick inside hit.

DOUBLES - A game with two players on each side, most commonly played on a sand court.

DOWN BALL - A ball the blockers elect not to attempt to block because it has been set too far from the net or the hitter is not under control. A "Down Ball" is hit overhand and driven over the net with topspin while the player remains standing. "Down Ball," is usually called aloud by the defense when it becomes apparent the attacker has no chance of hitting a powerful spike.

FIVE-ONE – A 6-player offensive system that uses five hitters and one setter.

FIVE SET – A back set to the right front hitter.

FLARE – Inside-out path of an outside spiker who hid behind a quick hitter.

FLOATER - A serve which does not spin or rotate and therefore moves in an erratic path. This is similar to a "knuckle ball" pitch in baseball.

FOREARM PASS - Join your arms from the elbows to the wrists and strike the ball with the fleshy part of your forearms in an underhand motion.

FOUL - A violation of the rules.

FOUR SET - A set 1' from the sideline, and 1' to 2' above the net.

FOUR-TWO - A 6-player offensive system using four hitters and two setters.

FREE BALL - A ball that will be returned by a pass rather than a spike. This is usually called aloud by the defense instructing players to move into serve receive positions.

HELD BALL - A ball that comes to rest during contact resulting in a foul.

HIT - To jump and strike the ball with an overhand, forceful shot.

HITTER - Also "spiker" or "attacker"

HITTING PERCENTAGE - kills vs. attempts

INSIDE SHOOT - A playset or a 33.

ISOLATION PLAY - Designed to isolate the attacker on a specific defender, normally to exploit a weakness or give a hitter a chance to hit against a single block.

JUMP SERVE - A serve that is started by the server tossing the ball into the air and jumping into and hitting the ball in its downward motion.

JOUST – When 2 opposing players are simultaneously attempting to play a ball above the net.

KEY - To predict a team's next play by observation of patterns or habits.

KILL - An attack that results in an immediate point or side out.

LINE - The marks that serve as boundaries of a court.

LINE SHOT - A ball spiked down an opponent's sideline, closest to the hitter and outside the block.

MIDDLE-BACK - A defensive system that uses the middle back player to cover deep spikes.

MIDDLE-UP - A defensive system that uses the middle back player to cover dinks or short shots.

MINTONETTE - The original name of the game of volleyball, created by William Morgan.

MULTIPLE OFFENSE - A system of play using different types of sets other than just normal outside sets.

NET SERVE - A serve that contacts the net. If the ball dribbles over, it's playable just like any other ball that contacts the net on the way over. If the ball fails to clear the net, it will become dead when it either hits the serving team's court, or is contacted by a player on the serving team.

OFFSIDE BLOCK - Player at the net, which is on the side away from the opponent's attack.

OFF-SPEED HIT - Any ball spiked with less than maximum force but with spin.

OUTSIDE HITTER – a left-front or right-front attacker normally taking an approach which starts from outside the court

OVERHAND PASS - A pass executed with both hands open, controlled by the fingers and thumbs, played just above the forehead.

OVERHAND SERVE - Serving the ball and striking it with the hand above the shoulder.

OVERLAP – refers to the positions of the players in the rotation prior to the contact of the ball when serving.

PANCAKE - A one-handed defensive technique where the hand is extended and the palm is slid along the floor as the player dives or extension rolls, and timed so that the ball bounces off the back of the hand.

PASS – see "Forearm Pass"

PENETRATION – The act of reaching across and breaking the plane of the net during blocking.

POINT OF SERVICE - A serve that results in a point (an ace by NCAA standards) as the serve is not returnable due to a bad pass by the receiver, this number includes aces.

POWER ALLEY - A cross-court hit traveling away from the spiker to the farthest point of the court.

POWER TIP – A ball that is pushed or directed with force by an attacking team.

POWER VOLLEYBALL - A competitive style of volleyball started by the Japanese.

QUICK – a player approaching the setter for a quick inside hit

QUICK SET – a set (usually 2' above the net) in which the hitter is approaching the setter, and may even be in the air, before the setter delivers the ball. This type of set requires precise timing between the setter and hitter.

READY POSITION - The flexed, yet comfortable, posture a player assumes before moving to contact the ball.

RECEPTION ERROR - A serve that a player should have been able to return, but results in an ace (and only in the case of an ace). If it is a "husband/wife" play (where the ball splits the two receivers), the receiving team is given the reception error instead of an individual.

RED CARD – a severe penalty in which an official displays a red card. The result of a red card may be a player is disqualified, the team loses the serve, or the team loses a point. A red card may be given with or without a prior yellow card as a warning; it is up to the official's discretion.

ROLL - a certain way to pass a ball in which the digger, or passer lays out an arm, passes the ball, and rolls over the shoulder (over the shoulder roll) or back (barrel roll) after passing the ball. This is a quick way to return to action after the play.

ROOF - A ball that when spiked is blocked by a defensive player such that the ball deflects straight to the floor on the attacker's side.

ROTATION - The clockwise movement of players around the court and through the serving position following a side out.

SERVE - One of the six basic skills; used to put the ball into play. It is the only skill controlled exclusively by one player.

SERVER - The player who puts the ball into play.

SERVICE ERROR - An unsuccessful serve in which one or more of the following occurs: 1) the ball hits the net or fails to clear the net, 2) the ball lands out of bounds, or 3) the server commits a foot fault.

SERVICE WINNER - A point the serving team scores when this player has served the ball. The point can be an immediate (in the case of an ace) or delayed (a kill or opponent attack error after a long rally). Therefore, the sum of the team's service winners equals their score.

SET - The tactical skill in which a ball is directed to a point where a player can spike it into the opponent's court.

SETTER – the player who has the 2nd of 3 contacts of the ball who "sets" the ball with an "Overhand Pass" for a teammate to hit. The setter normally runs the offense.

SIDE OUT - Occurs when the receiving team successfully puts the ball away against the serving team, or when the serving team commits an unforced error, and the receiving team thus gains the right to serve.

SIX PACK – Occurs when a blocker gets hit in the head or face by a spiked ball.

SIX-TWO – A 6-player offense using 2 setters opposite one another in the rotation. Setter 1 becomes a hitter upon rotating into the front row as setter 2 rotates into the back row and becomes the setter.

SPIKE - Also hit or attack. A ball contacted with force by a player on the offensive team who intends to terminate the ball on the opponent's floor or off the opponent's blocker.

STRONG SIDE - When a right-handed hitter is hitting from the left-front position or when a left-handed hitter is hitting from the right-front position.

STUFF - A ball that is deflected back to the attacking team's floor by the opponent's blockers. A slang term for "block."

TURNING IN – the act of an outside blocker turning his/her body into the court so as to ensure the blocked ball is deflected into the court and lands in-bounds.

UNDERHAND SERVE – a serve in which the ball is given a slight under-hand toss from about waist high and then struck with the opposite closed fist in an "underhand pitching" motion.

WEAK SIDE – When a right-handed player is hitting from right-front position or when a left-handed player is hitting from the left-front position.

WIPE – when a hitter pushes the ball off of the opposing block so it lands out of bounds

YELLOW CARD – a warning from an official indicated by the display of a yellow card. Any player or coach who receives two yellow cards in a match is disqualified. A single yellow card does not result in loss of point or serve.

Forms

Girls Place, Inc.

2010 Fall Volleyball Registration

12-Month Membership Fee
$20.00 (first child) $15.00 (each sibling)

Fees: $75

Registration Number: _____

2101 NW 39 Avenue Gainesville, FL 32605 ~Main office phone: 352 373-4475 ~ Program office phone: 352 378-5664 ~ Fax: 352 373-5550
Email: org ~ www.girlsplaceinc.org

Child Information

Child's Name (*First & Last*) _____ Date of Birth _____ Grade_____

School _____ Weight _____ Height _____

T-Shirt Size: **Youth** Small Medium Large

Adult Small Medium Large

Child's Name (*First & Last*) _____ Date of Birth _____ Grade_____

School _____ Weight _____ Height _____

T-Shirt Size: **Youth** Small Medium Large

Adult Small Medium Large

Address

Address _____ City _____ Zip Code _____
Home Phone (_____) _____

Parent Information

Mother's/Guardian's Name (*First and Last*) _____

Email (***checked regularly***)_____

Place of Employment _____ Office Phone Number _____

Cell Number_____

Father's/Guardian's Name (*First and Last*) _____

Email (***checked regularly***)_____

Place of Employment _____ Office Phone Number _____

Cell Number_____

Emergency Contact *(Please consider someone outside of your household with alternate contact information if neither parent can be reached.)*

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____

Cell Number: _____

The following information is optional and ONLY used to assist us in obtaining funding and various grants. THIS INFORMATION WILL BE HELD CONFIDENTIAL.

Child resides with *(Circle all that apply)*

Mother Father Stepfather Stepmother Grandparent Aunt/Uncle Foster Parent

Other (*please identify*): _____

Annual family income *(Check one)*

☐ 0 - $17,000 ☐ $17,000 - $20,000 ☐ $20,000 - $23,000 ☐ $23,000 - $26,000 ☐ $26,000 - $29,000

☐ $29,000-32,000 ☐ $32,000 - $35,000 ☐ $35,000 - $38,000 ☐ $38,000 - $41,000 ☐ $41,000 - $44,000

☐ $44,000-47,000 ☐ 47,000 - $50,000 ☐ $50,000 - $53,000 ☐ above $53,000

Total people in household _____

Race *(Circle all that apply)*

White Black Asian/Pacific Islander Hispanic American Indian/Alaska Native

Other: (identify) _____

How did you hear about the Girls Club (Circle any that apply)?

Referral from friend Saw facility Read about it Received handout

Other (please identify): _____

Medical Information

Doctor: _____ Office Phone Number: _____

Dentist: _____ Office Phone Number: _____

Medical Ins. Co. Name: _____

Policy #: _____ Hospital: _____

Date of last Tetanus Immunization: _____

Present Medical Problems and Chronic Conditions (epilepsy, asthma, etc):

_____

Allergies (drugs, insect bites, etc): _____

Medicines taken regularly (*medication cannot be distributed by Girls Place staff without a signed medical form and the medication must be provided by the parents – including Tylenol, inhalers, etc.*): _____

_____

Special Precautions/ Other: _____

Please initial below

By initialing below I, as the parent or legal guardian, acknowledge the following information or policies. I understand that my initials are not required for the photo release.

_____ ***PAYMENT POLICY***: The membership fee must accompany this application for registration to be accepted. All fees are due in advance before your child participates.

_____ ***REFUND POLICY***: I understand that once my child is placed on a team, I will not be eligible to receive a refund. If an extenuating circumstance-- such as injury or illness-- should arise, the executive director shall make the final decision regarding refunds.

_____ ***PHOTO RELEASE***: I understand that during activities and events at the Girls Place, Inc. my child may be photographed or videotaped by Girls Place, Inc. staff. I agree that my child or her likeness can be used in Girls Place, Inc. publications including newsletters, fliers, and brochures in addition to local newspaper and television promotions.

_____ ***NON-SUFFICIENT FUNDS (NSF) POLICY:*** All NSF checks will be charged a $10 NSF fee. Please pay for all NSF checks with cash or money order, as they will not be re-deposited. After two returned checks within one year, cash payments will be required thereafter for services plus any bank services accrued by Girls Place, Inc.

I have read and fully understand the contents of this application. I have completed the application to the best of my knowledge and ability. I understand that if any information listed in this application changes, I will notify GIRLS PLACE, INC. immediately. The child/children listed above has/have my permission to participate in the activities sponsored by GIRLS PLACE, INC. as noted on the SPRING VOLLEYBALL registration form. In the case of an emergency an alternate person will be called if the parent(s) can not be reached by phone. The undersigned, individually and as parent or guardian of the participant, hereby authorize GIRLS PLACE, INC. to carry out any measures deemed necessary should an emergency occur, including at the expense of the undersigned, appropriate medical treatment for the participant, and hereby releases GIRLS PLACE, INC., its employees and agents, from any liability or claims arising out of the participant's engagement in the above described events.

_____

Signature of Parent / Guardian Date

Questionnaire (Please complete as much of the questionnaire as possible.)

1. How many minutes of physical activity (i.e., *free play, organized sports, bike riding*) does your child get outside of Girls Place during the week? _____

2. Has your child participated in other Girls Place programs? If so, which programs?

_____

4. What additional activities or programs should the Girls Place staff consider that would be of interest to you or your child?

_____

5. What do you expect your child to gain this volleyball season at the Girls Place?

_____

6. Would you be interested in sponsoring a team this season? ($150-$500) If not, please list any person or business that you know might be interested in sponsoring the Girls Place Athletic Program this Volleyball Season.

_____

7. Would you be interested in making a $25-$100 donation for apparel or equipment?

_____

8. Would you be interested in sponsoring a child in order to participate in the 2008 Volleyball Season?

_____

9. How would you describe your child's skill level in Volleyball? (Beginner, Intermediate, or Advanced)

_____

Additional Comments or Requests (Not all requests can be accommodated)

_____

_____

_____

_____

Girls Place, Inc.
A Place to Go...
...A Place to Grow

Players→play; coaches→coach; referees→ref; PARENTS→CHEER!!!!!!!

Sport Parent Code of Conduct

We, the parents of_____ of **Girls Place Inc.**, have implemented the following **Sport Parent Code of Conduct** for the important message it holds about the **PROPER** role of parents in **SUPPORTING** their child in sports. Parents should read, understand and sign this form prior to their children participating in our league.

Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game. **Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.**

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness,
- Respect,
- Responsibility,
- Fairness,
- Caring, and
- Good citizenship.

The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. **I will not force** my child to participate in sports.
2. **I will remember** that children participate to have fun and that the game is for youth, not adults.
3. **I will inform** the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. **I will learn** the rules of the game and the policies of the league.
5. **I (and my guests)** will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice or other sporting event.
6. **I (and my guests)** will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. **I will not encourage** any behaviors or practices that would endanger the health and well being of the athletes.
8. **I will teach** my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. **I will demand** that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. **I will teach** my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of game or his/her performance.
11. **I will praise** my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. **I will never** ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. **I will emphasize** skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. **I will promote** the emotional and physical well- being of the athletes ahead of any personal desire I may have for my child to win.
15. **I will respect** the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. **I will demand** a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. **I will refrain** from coaching my child or other players during games and practices, unless I am one of the official coaches of the team

_____/____/___
Parent/Guardian Signature Date

_____/____/_____
Parent/Guardian Signature Date

Girls Place

Volleyball Rules & Regulations

Last Updated 3/26/2010

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Welcome

If you are new to the sport or to our facility, welcome! If you are returning to us for another fun season of Girls Place Volleyball, welcome back! Here at Girls Place we are always eager and excited to start a new season and this manual will be a helpful guide for getting you through our season whether you're a veteran or a newbie!

In the following pages you'll find general information about the operational aspect of our volleyball program, the rules broken down by age group and finally some advice for players, parents, and coaches. We hope that you find this information helpful as we navigate our way through another successful season.

Mission Statement

Girls Place, Inc. is a non-profit organization dedicated to empowering girls of all racial, religious and economic backgrounds to **GROW** confident, strong, and independent in order to thrive in the world around them.

Objectives for Our Girls

Give to themselves and others around them in order to achieve a sense of pride and self-worth.

Reach their highest intellectual and emotional potential by exploring and developing their personal strengths and interests.

Open their eyes in a climate free from gender stereotypes where they are inspired to discover their unique abilities and their relationship to our community.

Work at developing meaningful relationships that foster their freedom of expression, their responsibility to themselves and others, and their integrity and compassion.

General Information

Evaluations

Evaluation is just another way of saying "tryout" except in our tryouts everyone who is registered makes a team, regardless of their skill level. Evaluations help us to determine your daughter's strengths and weaknesses as a volleyball player; while also allowing us to place her on a fair and balanced team. These fair and balanced teams allow for good, competitive matches throughout the season.

During the evaluation, the girls will be given numbers to wear on the back of their shirts and will then be split into their appropriate age groups. At this point, we may ask some younger players with strong skill-sets to try out with the age group above theirs in an effort to form balanced teams. Players can only move up an age level; we will never ask a player to play down an age level (unless both the child and the parent request it). The girls will be graded on their ability to pass, set, serve and hit the volleyball. They will also be graded on attitude/effort. Current and former coaches will both lead the evaluation and grade the girls on their efforts.

Evaluations are mandatory. They take place a month before the season begins. For your convenience, we will schedule two separate days for evaluations. Your daughter is not required to attend BOTH days; she only needs to attend the day that works best for you and your family. If for any reason a player cannot make the mandatory evaluation session, the athletic director must be notified as soon as possible.

Selection of Teams

After evaluations have been completed, the athletic director along with select current and former coaches will take the results and form the teams as fair and balanced as possible, while taking into account requests made by parents for specific practice days/times. Not all parental requests can be accommodated, especially if that request interferes with the balance of the team.

Parents will be notified of the final teams 2-4 weeks after the completion of evaluations. If your daughter is placed on a team and cannot participate on that specific team for any reason, you must contact the athletic director in writing no later than one week after the announcement of teams. Once a child is placed on a team, registration fees are nonrefundable.

Practices

Practices are held on a Monday/Wednesday or a Tuesday/Thursday schedule. All practices will be held at the Girls Place Gym (unless an alternate location is specified by the athletic director) and will last approximately an hour. Each team will share gym space with another Girls Place team, but will have an entire court to practice on.

Unless notified in advance by the athletic director, assume that practices will always take place, even on holidays. Practice will only be canceled for the holidays that the building is closed to the public. Traditional holidays that Girls Place Volleyball observes during the volleyball season include:

Fall Volleyball (August- November)	Spring Volleyball (March-June)
Labor Day	Memorial Day
Thanksgiving Day	Alachua County Spring Break Week

Schedule of Regular Season Games

www.Quickscores.com/GirlsPlace will be the website used to share the regular season game schedule, league standings, results of all games played and the playoff schedule. You can go directly to that website or you can go to the Girls Place website (www.GirlsPlaceInc.org) for a link to Quick Scores. A copy of the game schedule will also be posted on the gym doors and the Athletic Director's office at Girls Place.

It is imperative that we get through the first two weeks of the season to ensure that teams have been set (ie: enough girls on a team to participate, enough coaches per team) before we can distribute the game schedule for the remainder of the season. The schedule is typically released after the teams have been practicing for 1-2 weeks.

Exhibition Weekend

Exhibition weekend was implemented to give all the teams an idea of how to play in a game setting without the consequence of losing. It also is a way for coaches to experiment with player position/substitutions without consequence. Whatever the outcome of the exhibition game, it will not count in the team's final record. The exhibition game is typically played the weekend before the regular season games are to begin.

Championship Week

Championship week—also known as playoffs-- takes place after the regular season games have concluded. Games are played on weeknights, instead of the weekend. The playoff layout and schedule can be found online at www.quickscores.com/girlsplace. Most teams play single elimination style, meaning if they lose a game they are finished playing games for the season. During this week there will be no practices, as games will take place each week night in place of regularly scheduled practice.

Coaches are encouraged to give the girls equal playing time during the regular season; however during championship week, they are allowed to select which players they wish to play in the games. Their determination may be based on practice/play efforts during the regular season, attendance and overall attitude. Please address any concerns you may have with the athletic director regarding this matter.

Gym Rules and Policies

$1 donation at the door

We kindly ask that every adult entering the gym on game days make a $1 donation to our gym improvement fund. All donations go toward improving the facility and maintaining equipment for the sport in which the donation is given. The donation is not required, but suggested.

Parent Code of Conduct

A copy of this form can be found in the back of this manual. It is mandatory that each player have a parent code of conduct form on file (from at least one parent or guardian) before they can participate in any games at Girls Place. Any parent guilty of improper conduct (as indicated on the Parent Code of Conduct Form) at any game or practice will be asked to leave the sports facility and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

Approaching Coaches, Referees and other Players

At Girls Place, we value the safety of our players, coaches and referees while they are participating in our sports programs. At no time is it acceptable to approach any coach, referee or player in a threatening manner. Any person found to disobey this rule will be asked to leave the facility immediately and will be suspended from the following game. This is a zero-tolerance policy that the Athletics department takes very seriously.

Personal Property

Girls Place, Inc. does not assume responsibility for loss or damage to personal property on Girls Place, Inc. premises and does not reimburse for any losses or damage to personal property resulting from theft, fire, automobile accidents or any other condition for which personal insurance is available.

Smoking Policy

In order to provide a safe and healthy environment for our members, their families and our staff we ask you to follow the no-smoking policy we have on the premises. The policy is as follows:

- Smoking is prohibited in the presence of Girls Place Members
- Smoking is prohibited in any part of the Girls Place, Inc. facility, including the outdoor area immediately surrounding the building.
- Adults of appropriate age (18 and older) who choose to smoke must do so off of Girls Place grounds and away from program space and children served by the agency.
- Girls Place smoking policy always complies with current state laws.

Drug & Alcohol Policy

Use of drugs, alcohol and/or any other mind-altering substances on the agency grounds at any time is strictly forbidden and will not be tolerated at Girls Place, Inc.

To maintain a drug-free workplace, Girls Place strictly prohibits all staff and volunteers from manufacturing, distributing, possessing or using drugs (including unauthorized possession/use of prescription drugs) on the grounds at any time. Volunteers and staff are also prohibited from using alcohol while at work or reporting to work while under the influence of alcohol or illicit drugs.

Again, our zero tolerance policy of drugs, alcohol or any other mind-altering substance is in full effect as well.

Rules

General Volleyball Rules

(Adapted From the NFHS, FHSAA, The Republic Parks and Recreation Department & The UF Department of Recreational Sports)

Girls Place will follow National* Federation High School volleyball (NFHS) *rules, with exceptions for certain rules as follows:

1. Team Requirements and Equipment

Rule Number	Specific Rule
1.1- Players	A team shall consist of 6 players. A team may start with a minimum of 4 players. At least four players must be present at the start of the game or the game will be considered a forfeit. The match will be a forfeit ten minutes after the scheduled match time.
1.2- Shoes	All players must wear non-marking, rubber-soled athletic shoes.
1.3- Jewelry	Jewelry may not be worn.
1.4- Casts/ Braces	Casts and/or any other item deemed to be dangerous by the official or athletic director may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2 inch of slow recovery rubber or similar material will be allowed.
1.5- Jerseys	Jerseys—with numbers on the back-- will be provided by Girls Place at the first match of the season. Numbers may not be a duplicate of a teammate's number. Shorts, socks and kneepads are the responsibility of the players. Girls must wear their team's jersey—or a color in its likeness-- in order to participate in their game. All players on a team must wear the same color, with the exception of the libero, who must wear a color different from her teammates.
1.6- Eligibility	A player can participate on only one team, that being the team for which she is on the official team roster. Players found to be playing on a team other than the team for which she is on the official team roster will be suspended for the rest of the program. The team(s) for which the player played illegally will forfeit all games in which he or she participated and the coach will be suspended for the next two games. Players participating without being listed on the official team roster are considered ineligible. Teams found using an ineligible player will forfeit all games in which the ineligible player participated. No new players may be added to the team roster or change teams after the first game of the season has been played.
1.7- Excessive Forfeits	Should a team forfeit two consecutive games without 48 hours advanced notification to the athletic director, the team will be dropped from the league.

2. The Game

Rule Number	Specific Rule
2.1- Warm- Ups	Warm Ups last 10 minutes will be conducted as soon as the teams are assembled and the captain's meeting has concluded. The team that receives the ball first gets the first four minutes of warm up time alone on the court. The next four minutes of warm up time will be given to the other team. The last two minutes of warm ups will consist of both teams serving to one another.
2.2 - Line Up Sheet	Coaches must submit a line up sheet (copies can be found at the scorers table) with the numbers of the players' starting positions. The lineup sheet must be turned in no later than 5 minutes prior to the start of the game.
2.3 - Game format	All games will consist of the best two out of three sets, with three minutes in between sets.
2.4- Scoring	All games will be rally scoring: Rally scoring means a point is won on each serve, no matter whether the team who won the point served the ball or not. In the first two games a game shall be won by the team which has earned 25 points and a two point advantage. If the score is tied 24-24, then the first team to gain a two point advantage is the winner. In the third game, the game shall be won by the team which has earned 15 points and a two point advantage or. If the score is 14-14, then the first team to gain a two point advantage or score 20 points is the winner.
2.5- Captain's meeting	A Rock/Paper/Scissor match between representatives (captain) of each team at the beginning of the game will determine the choice of court or service. The team which does not serve first in game one will serve first in game two. Teams must switch sides between the first two games. A Rock/Paper/Scissor match will be conducted for the choice if there is a third game.
2.6- Time-Outs	Two time outs will be given to each team per game, with no carry over of the remaining time-outs into sequential matches. Time-outs may be requested any time the ball is dead and shall not exceed one minute. If a team calls time out with none remaining, ONE point will be awarded to the other team and play will resume immediately.
2.7- Game time limits	There will be no time limit for each game.
2.8- Game Schedule	Games will be played according to the times and dates scheduled. Games will not be changed unless extreme circumstances arise. Rescheduling of games will be judged on a case-by-case basis. If a conflict arises please notify the recreation supervisor as soon as possible.
2.9- Substitutions	Substitutions are unlimited and may be made after play has ended before the next serve. Standard substitution procedures are as follows: Starting players may be replaced by any player on the bench (but not by another starter). Once a starter is replaced, to be eligible to come back into the game she must re-enter for the player who took her spot (her substitute). The rotation must continue in the same manner. Up to three players may be in the rotation. The rotation, once started, cannot be broken for that game. No substitutes can sub for more than one starter/position in the same game. Rotations may change for other sets in the game. Injury substitution may be made at any time and a team may play with fewer than four players if an injury during the game causes the team to be short.

3. Playing the Ball

Rule Number	Specific Rule
3.1- Ball Contact Maximum	Maximum of three team contacts: Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. The only exception to this rule is that a block is not considered to be one of the three contacts.
3.2- Contacted Ball	A player who contacts the ball shall be considered as playing the ball.
3.3- Contact of the ball with the body	The ball may be hit with any part of the body on or above the waist, but cannot come to rest visibly on the body. If the ball hits below the waist, it shall become dead.
3.4- Illegal Hits	An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. **This is a judgment call by the official and cannot be questioned by anyone.** Holding, catching, throwing, lifting, and pushing are illegal hits because of prolonged contact with the ball. Rolling is considered an illegal hit because there is continued and steady contact between the ball and the player's body.
3.5- Double Hits	A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one part of the body to another on a single attempt to play the ball.
3.6- Contacts by opponents	Simultaneous contact by the opponents: a. If the ball is simultaneously contacted by two opponents, then the team on whose side the ball falls into shall have the right to play the ball three times. b. If the ball is held simultaneously by two opposing players, it is a double fault and the official will direct a replay.
3.7- Net Play	A ball contacting and crossing the net shall remain in play provided contact is entirely within the playing area. Exception: A service hitting and not clearing the net results in a dead ball.
3.8- Net Foul	A net foul occurs while the ball is in play and: a. a player contacts any part of the net including the cable attachments. It is not a foul when a player's hair touches the net, or the force of the ball hit by an opponent pushes the net or net cables into the player. b. there is interference by a player who makes contact with an opponent who is making a legitimate effort to play the ball
3.9- Screening	A screen is an intentional act, which obstructs the receiving players' view of the server or the flight of the ball from the server. Screening includes: a. the server being hidden behind a group of two or more teammates who are standing in an erect position and the ball is served over a member of the group. b. a player with hands extended clearly above the height of the head or with arms extended sideways at the moment of service if the serve passes over the player(s).
3.10- Blocking the ball	A ball which is entirely on the opponent's side of the net is permitted to be blocked when the opposing team has had an opportunity to complete its attack. (Note: The serve may NOT be blocked) The attack is considered complete when the: a. attacking team has completed their three allowable hits. b. attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with the intent to return it to the opponent's court. c. ball is falling near the net on the attacking teams side and in the official's judgment, no member of the attacking team could make a play on the ball.
3.11- Crossing the Center Line	Front line players may contact the ball from any position inside or outside the court (except crossing the center line and its out-of-bounds extension). A player may cross the center line or its out-of-bounds extension with one or both feet/hands, provided a part of the foot/feet or hand/hands remains on or above the center. Contacting the floor across the center line with any other part of the body is illegal.
3.12-Back Line Player Attack	A back-line player may attack the ball only if he/she leaves the floor from behind the 10 foot line and its imaginary extension. If any part of the player's foot touches the 10 foot line at the time of contact; a foul shall be called. Back-line players may not attempt to block the ball in front of the 10 foot line. A back-line player shall not return a ball which is completely above the height of the net while: a. on or in front of the 10 foot line or its out-of-bounds extension. b. in the air, they left the floor on or in front of the 10 foot line.

4. Service

Rule Number	Specific Rule
4.1- When to serve	The server must wait for the official to beckon (blow the whistle and motion with his/her hand) before a serve may be attempted. If the ball is served before the official's beckon, a re-serve shall be directed. During an entire match, the first infraction will be a warning and a re-serve while the second infraction will result in a point for the other team.
4.2- Net serves	If the serve hits the net and still falls inside the non-serving team's court, then the ball is ruled in play. If a serve hits the net and does not fall inside the non-serving team's court, then it is considered to be illegal and a point will be awarded to the non-serving team.
4.3- Serving Line	The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from the serving area.
4.4- "Good" serves	A good serve must land on the line or inside the court. If any part of the ball touches the line, then the ball is considered to be "good". If the ball lands out and is not touched by any player on the receiving team before it hits the ground, then a point is awarded to the non-service team.
4.5- Time to serve	The server has five seconds to make a legal serve. The server may toss and catch a bad toss as long as no swinging motion has been made to attempt the serve. The server is allowed only one re-serve per each new serve.
4.6 Positions of players at service	The positions of players at the moment of service must be in proper alignment. This means that no player on the court may be closer to a sideline, end line, or centerline, than an adjacent player on the court. Front-line players may not overlap with any back-row player, and vice-versa. Players in the front-line may not overlap with one another, and the same is true for players in the back-row. After the ball has left the server's hand, players may go anywhere on the court.
4.7 Front-row players	A team can have no more than 3 front-row players on the court, during a particular rotation, regardless of the total number of players (4, 5 or 6) on the court.

5. Live ball/Dead ball

Rule Number	Specific Rule
5.1- Live Ball	The ball becomes live when it is legally contacted for the service.
5.2- Dead Ball	The ball becomes dead when: a. the ball touches the antennas. b. the ball strikes the floor. c. the ball contacts a permanent object (excluding the net) above or outside the playing court. EXCEPTION: a ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team. d. a player commits a fault. e. a served ball contacts and does not clear the net. f. the official blows the whistle for any reason.
5.3- Replays	The point shall be replayed if outside interference (other balls, children, objects dangerous to the players etc.) should occur while the ball is in play.

6. Other Rules

Rule Number	Specific Rule
6.1- Protests	Protests (of any nature including but not limited to: verbal, audio/visual recording, or photographs) will not be allowed.
6.2- Unsportsmanlike conduct	Unsportsmanlike conduct will not be tolerated. As stated in the high school volleyball rules, a yellow card will be given as a warning for improper behavior and a red card & point/side out if the behavior continues. Major misconduct may receive a red card & point side out on the first offense. Three minor offenses, two major offenses or a single flagrant offense will result in ejection for the individual or individuals involved and a point/side out for the other team. If a coach or player is ejected from the game/facility more than once, the coach/player may be expelled from the facility pending a meeting with the Athletic Director.
6.3- Final Determinations	The athletic director reserves the right to make final determination on any rules or interpretations that may differ from the high school rulebook.
6.4- Playing Boundaries	The volleyball court is marked by white lines. The playing boundaries will be the black lines (which is also the basketball court) surrounding the volleyball court. Once the ball has crossed the black line—or the plane that extends from that line—it is no longer playable.

3rd-4th Grade Specific Rules

Balls: Girls in grades 3rd-4th grade will use the official Volley-Lite volleyball. These balls are lighter and softer than regulation volleyballs. They will be marked as shown in the photo to the right.

4-aces rule: An ace is a serve that is not passable and results immediately in a point. If a player serves 4 aces in a row, that player is done serving. The team must rotate to the next server, but may keep the ball.

Serving lines: At Girls Place, the white lines indicate the volleyball court boundaries. For the 3rd/4th grade age group, the green line (approximately 23 feet from the net) can be used for those players that choose to underhand serve. The purple line (approximately 26 feet from the net) will be used for the players in this age group that wish to overhand serve.

Net height: The official net height is 6'6 feet from the top of the net to the floor.

5th-6th Grade Specific Rules

Balls: Girls in grades 5th- 6th grade will use the official Volley-Lite volleyball. These balls are lighter and softer than regulation volleyballs. They will be marked as shown in the photo to the right.

Serving lines: At Girls Place, the white lines indicate the volleyball court boundaries. For the 5th/ 6th grade age group, the purple line (approximately 26 feet from the net) can be used for those players that choose to underhand serve. The white line (approximately 30 feet from the net) will be used for the players in this age group that wish to overhand serve.

Net height: The official net height is 7'0 from the top of the net to the floor.

7-8th Grade Specific rules:

Balls: Girls in 7th/8th grade will use the regular official size volleyball.

Serving lines: All players at this level will serve behind the white lines (approximately 30 feet from the net), regardless of whether the serve is over or underhand.

Net height: The official net height is 7'4 from the top of the net to the floor.

Liberos: The libero (lee-bah-ro) is intended to be a player who specializes in defense and serve reception. When the libero enters the match, the entry is not considered one of the allowed team substitutions. When a libero replaces a back row player, it is called a "replacement" rather than a substitution. The number of replacements is unlimited. The libero can replace any back row player (then must be replaced by that same player). The libero can replace any number of teammates in the same game. The libero, in one rotation, may replace a player in the service position to serve.

Playing with a libero player is optional. Teams do not have to have a libero player.

THE SPECIFIC RULES FOR THE LIBERO PLAYER ARE AS FOLLOWS:

(Adapted from the Montana High School Association)

- A libero may not start the match.
- The libero may be used as an exceptional substitution for an injured player if no other legal substitutes are available. When no longer playing as a libero, that player must wear the same uniform as her teammates, and the team continues play with no libero player.
- The libero cannot be used as a substitute for a disqualified teammate. If the libero is disqualified while playing, the player whom she replaced must replace her. The team continues play with no libero player.

Libero Rules Continued…

- The libero can play as a non-libero in subsequent sets. The player must wear the same uniform as her teammates.
- The libero is restricted to performing as a back row player and is not allowed to complete an attack hit from anywhere (including playing court and free zone) if, at the moment of contact, the ball is entirely above the top of the net. (illegal back row attack – point/loss of rally)
- The libero cannot block or attempt to block. (illegal block – point/loss of rally)
- If a libero sets the ball using overhand finger action while on or in front of the attack line, any teammate who completes an attack of that ball, if at the moment of contact, the ball is completely above the height of the net, is an illegal attacker. (Illegal back row attack, official will indicate the libero with extended arm and open hand – point/loss of rally). The ball may be freely attacked by a teammate if the libero makes a finger-tip pass from behind the attack line. Other ball contacts (non-fingertip action) are not subject to this restriction.
- Libero cannot rotate to the front row (illegal alignment)
- The libero must wear a uniform shirt or jersey that is in distinct COLOR contrast to shirts worn by other members of the team and must be recognized from all angles as being in clear contrast to and distinct from the other members of the team. The style and trim of the libero's shirt or jersey may differ from her teammates', but her shorts must be **like colored** to her teammates.
- The libero is allowed to replace any player in a back row position, *and, in one rotation, the libero may replace a player in the service position to serve*.
- Replacements involving the libero are not counted as one of the 18 regular substitutions.
- These replacements are unlimited, but there must be a rally/loss of rally (which can include a play over) between two libero replacements unless the libero is on the court and is replacing the player moving into the serving position (RB). A team may exercise one replacement per dead ball.
- The player whom the libero replaced can only replace the libero (penalty for wrong player replacing the libero – unnecessary delay – charged time-out if discovered or corrected before the signal/whistle for serve. (Illegal alignment is called if not detected until after the signal/whistle for serve)
- Libero replacements may take place only after the end of a rally or at the start of each set after the referee has checked the starting lineup, as well as any time the ball is out of play and before the signal/whistle for service, (penalty for the libero entering the court after the whistle has blown – illegal alignment – point/loss of rally is awarded the opponent).
- A libero replacement cannot take place during a time-out when the teams are not on the court.
- A libero and the player replaced by the libero must enter or leave the court only by the sideline in front of the libero's team bench between the attack line and the end line. It is important for the libero exchange and substitutions to be easily distinguished from each other. There will be no signal from the referee for the exchange.

Libero Rules Continued…

When a team is making both a libero replacement and a substitution for the player involved in the libero exchange the following protocol should be observed:

- The player whom the libero replaced must step onto the court between the attack line and the end line and make the exchange with the libero (Ex: #8 replaces the libero between the attack line and the end line.)
- Now #8 is to be substituted for by #3. #3 must enter the sub zone and wait at the sideline until #8 moves to where #3 is waiting in the sub zone. The substitution then occurs pursuant to normal substitution procedures (players await authorization by referee before making the switch).

If the libero is injured and cannot continue play, she must first be replaced by the player whom she replaced. Then, a new libero can be redesignated using the following criteria:

- Redesignation does not need to occur immediately after the injury and replacement, but may occur at the discretion of the coach.
- When redesignation does occur, any substitution may be redesignated as libero for an injured libero. The injured libero cannot play in the remainder of that set.
- The player redesignated as the libero must follow the libero uniform rule and must remain the libero for the rest of the set. The redesignated libero's uniform must have a unique number (not worn by any teammate) but not necessarily the same number with which the player started the match.

In one rotation, the libero may replace a player in the service position to serve. The libero may only serve in one position in the serving order. If the libero is in the set immediately prior to moving to a serving position there does not have to be a rally between libero replacements if the libero serves the next rally.

Procedure:

1. The libero and the replacement must enter or leave the court in the libero replacement zone, over the sideline between the attack line and the end line.
2. A team is assessed an unnecessary delay for improper libero replacement procedures.
3. In one rotation, the libero can replace the player in the service position and serve the next rally even if she is already on the court in replacement of another back row player.
4. In this situation, the libero does not have to exit the court before replacing the player in the service position.
5. The coach is not required to indicate on the lineup sheet the position where the libero will serve. At any point in the set, the coach can determine the position where the libero will serve by simply having the libero replace that server.
6. Once the libero serves in a particular position in a set that is the **only** position where the libero is allowed to serve. However, the libero is not required to serve in that position for all subsequent rotations. The starting player, a legal substitute, or the libero can serve any rally that takes place whenever that position is in the service position.

Referees

Girls Place Referee System

During volleyball season, Girls Place current and former volleyball players will referee all matches. Refereeing allows the players to better understand the fundamentals of the game, while honing in on the volleyball skills they are acquiring or one that they already have.

All girls that are current players will have the opportunity to officiate this season. Coaches may assign players to referee immediately after their game, or girls may volunteer to stay. All girls who officiate will be monetarily compensated for their efforts. In order to receive payment, she MUST officiate the ENTIRE game. In the event that the referee leaves before the game has been completed she will not get the money for the game. If a player wishes to receive community service hours in lieu of a getting paid, she may do so, by having the athletic director sign off on her documentation.

There are several positions that need to be filled in order for a game to start:

"Up" Referee ($5/ game)*

"Down" Referee ($5/game)*

Line Judges (x 2) ($2/game)

Bookkeeper ($5/game)*

Scorekeeper ($5/game)*

***Checks will be issued at the end of the season!**

3rd/4th Grade Referees:

- Each team should supply 2 players to referee the game following theirs. These girls will be Line Judges, Down Refs or Scorekeepers

5/6th Graders AND 7/8th Grade Referees:

- Each team should supply 3 players to referee the game following theirs. These girls will fill each position needed to start a game.
- If a team is playing a double header, then they are not expected to supply a referee until they have completed their last game.

Week 6	Fri 5-8-09
6:00 PM	**Laura (Green)** Vanessa & John (Black)
7:00 PM	**Solon & Wendy (Pink)** Vanessa & John (Black)
8:00 PM	**Nicole, Carly and Tori (Green)** Brittany & Janelle(Black)

For example, using this game schedule to the left, this is how the referee schedule should look for the evening:

6pm Game: 6 Non Playing Players will be refereeing
7pm Game: Laura (3/4th grade) will have two players refereeing; 4 other officials will be provided
8pm Game: Solon and Wendy (3/4th grade) will have two players refereeing; Vanessa and John (3/4th grade) will have two players refereeing; 2 other officials will be provided

Referee Clinic

All players wishing to officiate for the season must take part in a mandatory referee clinic. The clinic will take place during the week before regular season games begin, while volleyball teams scrimmage. The clinic will be conducted by current high school officials and players to show the girls the proper techniques and mechanics needed to officiate. Clinics usually take place two weeks after teams have begun practice.

Additional Officials

If a child is willing to officiate additional games (before or after their scheduled matches) they must contact the athletic director for more information. A referee schedule will go out via email before the season begins. To sign up for an open spot, simply reply back to the email with the day/ times preferred. Spots are filled on a first come, first serve basis.

Signals you might see the referee use *(adapted from volleywithal.com)*

Understanding the Officials' Hand Signals

In volleyball, there are generally 2 officials. The first referee directs the game from a stand and a second referee stands opposite near the net. A whistle is blown to initiate and to end each play. The official will first signal the fault or cause of the play ending, and then signal which team won the point. This is a summary of hand signals that accompany the whistles.

Point
Winner of the rally. One handraised on the side of the court that won the rally

Ball in bounds
Pointing to the area of the court where the ball landed.

Out of bounds
Ball is out of bounds, outside antenna or player illegally in adjacent court.

Touch
Ball is out of bounds after contacting a player.

4 contacts
Four fingers up. You only get 3 contacts.

Carry
Held, thrown or carried ball. Too much contact time.

Double hit
Two fingers up. Ball contacted more than once by a player. The block does not count.

Begin Service
The official indicates that the server may now serve.

Net violation
The serve or a player touches the net.

Play over
Two thumbs up. A fault by both teams, a serve over or official's inadvertent whistle or mistake.

Time out
Each team gets two 60 second time outs per game.

Over the net
Contacting the ball before it has broken the plane of the net or before the opposition hits it.

Out of rotation
At the time of service you must not overlap the person directly next to you.

Back row attack
Attacking the ball above the net and leaving from in front of the 3 meter line.

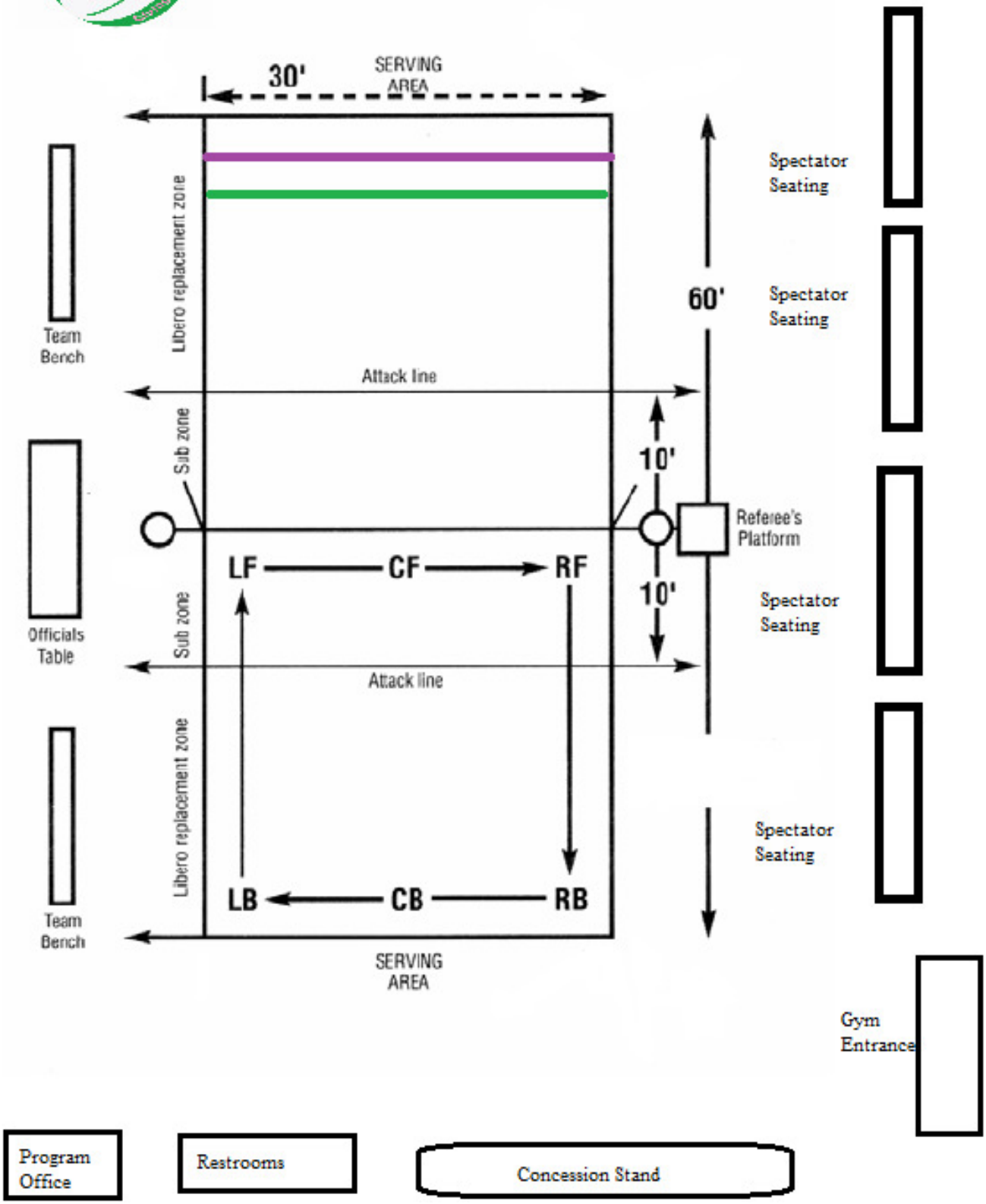
Sanction card
A yellow card is a warning. A red card is a point. Red and yellow together is an ejection.

Change sides
Between games or halfway through a deciding game.

Game over
Same for the end of the match.

COURT DIAGRAM

Standard English Measurements



Last Updated 3/26/2010

Volleyball Glossary

(Compiled from volleyball.com)

ACE - A serve that is not passable and results immediately in a point.

ANTENNA - The vertical rods (normally white and red) mounted near the edges of the net. The antennas are mounted directly above the sidelines and are not-in-play. Antennas are not usually used on outdoor nets.

APPROACH - Fast stride toward the net by a spiker before they jump in the air.

ASSIST - Passing or setting the ball to a teammate who attacks the ball for a kill. This stat is normally only logged for high school, college, and National/Olympic team play.

ATTACK - The offensive action of hitting the ball. The attempt by one team to terminate the play by hitting the ball to the floor on the opponent's side.

ATTACK BLOCK - Receiving players' aggressive attempt to block a spiked ball before it crosses the net.

ATTACK ERROR - An unsuccessful attack which does one of the following: 1) the ball lands out of bounds, 2) the ball goes into the net and terminates play or goes into the net on the third hit, 3)the ball is blocked by the opposition for a point or sideout, 4) the attacker is called for a center line violation, or 5) the attacker is called for illegal contact (lift, double hit...) on the attack.

ATTACKER - Also "hitter" or "spiker." A player who attempts to hit a ball offensively with the purpose of terminating play in his or her team's favor.

ATTACK LINE - A line 3m from the net that separates the front row players from the back row players. Commonly referred to as the "10-foot line."

BACKCOURT - The area from the endline to the attack line.

BACK SET - A set delivered behind the setter's back, which is subsequently hit by an attacker.

BACK ROW ATTACK – When a back row player attacks the ball by jumping from behind the 3m line before hitting the ball. If the back row player steps on or past the 3m line during take-off, the attack is illegal.

BEACH DIG - An open hand receive of the ball, also called a "Deep Dish"

BLOCK - A defensive play by one or more players meant to deflect a spiked ball back to the hitter's court. It may be a combination of one, two or three players jumping in front of the opposing spiker and contacting the spiked ball with the hands.

BUMP – a common term for forearm passing.

BALL HANDLING ERROR - Any time the official calls a double hit, a thrown ball or a lift (except on a serve reception or attack). For our purposes, this category also includes any blocking errors (when an official calls a blocker for a violation such as going into the net, centerline violation, reaching over the net, etc.).

BUMP PASS - The use of joined forearms to pass or set a ball in an underhand manner.

CAMPFIRE - A ball that falls to the floor in an area that's surrounded by two, three, four or more players. At the instant after the ball hits the floor, it appears as if the players are encircling and staring at a campfire.

CENTER LINE - The boundary that runs directly under the net and divides the court into two equal halves.

CLOSING THE BLOCK - The responsibility of the assisting blocker(s) to join the primary blocker and create an impenetrable block in which a ball cannot fit between the two individual blockers.

CROSS COURT SHOT - An individual attack directed at an angle from one end of the offensive team's side of the net to the opposite sideline of the defensive team's court.

CUT SHOT - A spike from the hitter's strong side that travels at a sharp angle across the net.

DECOY - An offensive play meant to disguise the spiker who will receive the set.

DEEP SET - Set to be hit away from the net to confuse or disrupt the timing of the blockers.

DIG - Passing a spiked or rapidly hit ball. Slang for the art of passing an attacked ball close to the floor.

DINK - A legal push of the ball around or over blockers.

DOUBLE BLOCK - Two players working in unison to deflect an attacked ball at the net back to the hitter's side.

DOUBLE HIT - Successive hits or contacts by the same player. (Illegal)

DOUBLE QUICK - Two hitters approaching the setter for a quick inside hit.

DOUBLES - A game with two players on each side, most commonly played on a sand court.

DOWN BALL - A ball the blockers elect not to attempt to block because it has been set too far from the net or the hitter is not under control. A "Down Ball" is hit overhand and driven over the net with topspin while the player remains standing. "Down Ball," is usually called aloud by the defense when it becomes apparent the attacker has no chance of hitting a powerful spike.

FIVE-ONE – A 6-player offensive system that uses five hitters and one setter.

FIVE SET – A back set to the right front hitter.

FLARE – Inside-out path of an outside spiker who hid behind a quick hitter.

FLOATER - A serve which does not spin or rotate and therefore moves in an erratic path. This is similar to a "knuckle ball" pitch in baseball.

FOREARM PASS - Join your arms from the elbows to the wrists and strike the ball with the fleshy part of your forearms in an underhand motion.

FOUL - A violation of the rules.

FOUR SET - A set 1' from the sideline, and 1' to 2' above the net.

FOUR-TWO - A 6-player offensive system using four hitters and two setters.

FREE BALL - A ball that will be returned by a pass rather than a spike. This is usually called aloud by the defense instructing players to move into serve receive positions.

HELD BALL - A ball that comes to rest during contact resulting in a foul.

HIT - To jump and strike the ball with an overhand, forceful shot.

HITTER - Also "spiker" or "attacker"

HITTING PERCENTAGE - kills vs. attempts

INSIDE SHOOT - A playset or a 33.

ISOLATION PLAY - Designed to isolate the attacker on a specific defender, normally to exploit a weakness or give a hitter a chance to hit against a single block.

JUMP SERVE - A serve that is started by the server tossing the ball into the air and jumping into and hitting the ball in its downward motion.

JOUST – When 2 opposing players are simultaneously attempting to play a ball above the net.

KEY - To predict a team's next play by observation of patterns or habits.

KILL - An attack that results in an immediate point or side out.

LINE - The marks that serve as boundaries of a court.

LINE SHOT - A ball spiked down an opponent's sideline, closest to the hitter and outside the block.

MIDDLE-BACK - A defensive system that uses the middle back player to cover deep spikes.

MIDDLE-UP - A defensive system that uses the middle back player to cover dinks or short shots.

MINTONETTE - The original name of the game of volleyball, created by William Morgan.

MULTIPLE OFFENSE - A system of play using different types of sets other than just normal outside sets.

NET SERVE - A serve that contacts the net. If the ball dribbles over, it's playable just like any other ball that contacts the net on the way over. If the ball fails to clear the net, it will become dead when it either hits the serving team's court, or is contacted by a player on the serving team.

OFFSIDE BLOCK - Player at the net, which is on the side away from the opponent's attack.

OFF-SPEED HIT - Any ball spiked with less than maximum force but with spin.

OUTSIDE HITTER – a left-front or right-front attacker normally taking an approach which starts from outside the court

OVERHAND PASS - A pass executed with both hands open, controlled by the fingers and thumbs, played just above the forehead.

OVERHAND SERVE - Serving the ball and striking it with the hand above the shoulder.

OVERLAP – refers to the positions of the players in the rotation prior to the contact of the ball when serving.

PANCAKE - A one-handed defensive technique where the hand is extended and the palm is slid along the floor as the player dives or extension rolls, and timed so that the ball bounces off the back of the hand.

PASS – see "Forearm Pass"

PENETRATION – The act of reaching across and breaking the plane of the net during blocking.

POINT OF SERVICE - A serve that results in a point (an ace by NCAA standards) as the serve is not returnable due to a bad pass by the receiver, this number includes aces.

POWER ALLEY - A cross-court hit traveling away from the spiker to the farthest point of the court.

POWER TIP – A ball that is pushed or directed with force by an attacking team.

POWER VOLLEYBALL - A competitive style of volleyball started by the Japanese.

QUICK – a player approaching the setter for a quick inside hit

QUICK SET – a set (usually 2' above the net) in which the hitter is approaching the setter, and may even be in the air, before the setter delivers the ball. This type of set requires precise timing between the setter and hitter.

READY POSITION - The flexed, yet comfortable, posture a player assumes before moving to contact the ball.

RECEPTION ERROR - A serve that a player should have been able to return, but results in an ace (and only in the case of an ace). If it is a "husband/wife" play (where the ball splits the two receivers), the receiving team is given the reception error instead of an individual.

RED CARD – a severe penalty in which an official displays a red card. The result of a red card may be a player is disqualified, the team loses the serve, or the team loses a point. A red card may be given with or without a prior yellow card as a warning; it is up to the official's discretion.

ROLL - a certain way to pass a ball in which the digger, or passer lays out an arm, passes the ball, and rolls over the shoulder (over the shoulder roll) or back (barrel roll) after passing the ball. This is a quick way to return to action after the play.

ROOF - A ball that when spiked is blocked by a defensive player such that the ball deflects straight to the floor on the attacker's side.

ROTATION - The clockwise movement of players around the court and through the serving position following a side out.

SERVE - One of the six basic skills; used to put the ball into play. It is the only skill controlled exclusively by one player.

SERVER - The player who puts the ball into play.

SERVICE ERROR - An unsuccessful serve in which one or more of the following occurs: 1) the ball hits the net or fails to clear the net, 2) the ball lands out of bounds, or 3) the server commits a foot fault.

SERVICE WINNER - A point the serving team scores when this player has served the ball. The point can be an immediate (in the case of an ace) or delayed (a kill or opponent attack error after a long rally). Therefore, the sum of the team's service winners equals their score.

SET - The tactical skill in which a ball is directed to a point where a player can spike it into the opponent's court.

SETTER – the player who has the 2nd of 3 contacts of the ball who "sets" the ball with an "Overhand Pass" for a teammate to hit. The setter normally runs the offense.

SIDE OUT - Occurs when the receiving team successfully puts the ball away against the serving team, or when the serving team commits an unforced error, and the receiving team thus gains the right to serve.

SIX PACK – Occurs when a blocker gets hit in the head or face by a spiked ball.

SIX-TWO – A 6-player offense using 2 setters opposite one another in the rotation. Setter 1 becomes a hitter upon rotating into the front row as setter 2 rotates into the back row and becomes the setter.

SPIKE - Also hit or attack. A ball contacted with force by a player on the offensive team who intends to terminate the ball on the opponent's floor or off the opponent's blocker.

STRONG SIDE - When a right-handed hitter is hitting from the left-front position or when a left-handed hitter is hitting from the right-front position.

STUFF - A ball that is deflected back to the attacking team's floor by the opponent's blockers. A slang term for "block."

TURNING IN – the act of an outside blocker turning his/her body into the court so as to ensure the blocked ball is deflected into the court and lands in-bounds.

UNDERHAND SERVE – a serve in which the ball is given a slight under-hand toss from about waist high and then struck with the opposite closed fist in an "underhand pitching" motion.

WEAK SIDE – When a right-handed player is hitting from right-front position or when a left-handed player is hitting from the left-front position.

WIPE – when a hitter pushes the ball off of the opposing block so it lands out of bounds

YELLOW CARD – a warning from an official indicated by the display of a yellow card. Any player or coach who receives two yellow cards in a match is disqualified. A single yellow card does not result in loss of point or serve.

Forms

Girls Place, Inc.

2010 Fall Volleyball Registration

12-Month Membership Fee
$20.00 (first child) $15.00 (each sibling)

Fees: $75

Registration Number: _____

2101 NW 39 Avenue Gainesville, FL 32605 ~Main office phone: 352 373-4475 ~ Program office phone: 352 378-5664 ~ Fax: 352 373-5550
Email: org ~ www.girlsplaceinc.org

Child Information

Child's Name (*First & Last*) _____ Date of Birth _____ Grade_____

School _____ Weight _____ Height _____

T-Shirt Size: **Youth** Small Medium Large

Adult Small Medium Large

Child's Name (*First & Last*) _____ Date of Birth _____ Grade_____

School _____ Weight _____ Height _____

T-Shirt Size: **Youth** Small Medium Large

Adult Small Medium Large

Address

Address _____ City _____ Zip Code _____
Home Phone (_____) _____

Parent Information

Mother's/Guardian's Name (*First and Last*) _____

Email (***checked regularly***)_____

Place of Employment _____ Office Phone Number _____

Cell Number_____

Father's/Guardian's Name (*First and Last*) _____

Email (***checked regularly***)_____

Place of Employment _____ Office Phone Number _____

Cell Number_____

Emergency Contact *(Please consider someone outside of your household with alternate contact information if neither parent can be reached.)*

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____

Cell Number: _____

The following information is optional and ONLY used to assist us in obtaining funding and various grants. THIS INFORMATION WILL BE HELD CONFIDENTIAL.

Child resides with *(Circle all that apply)*

Mother Father Stepfather Stepmother Grandparent Aunt/Uncle Foster Parent

Other (*please identify*): _____

Annual family income *(Check one)*

☐ 0 - $17,000 ☐ $17,000 - $20,000 ☐ $20,000 - $23,000 ☐ $23,000 - $26,000 ☐ $26,000 - $29,000

☐ $29,000-32,000 ☐ $32,000 - $35,000 ☐ $35,000 - $38,000 ☐ $38,000 - $41,000 ☐ $41,000 - $44,000

☐ $44,000-47,000 ☐ 47,000 - $50,000 ☐ $50,000 - $53,000 ☐ above $53,000

Total people in household _____

Race *(Circle all that apply)*

White Black Asian/Pacific Islander Hispanic American Indian/Alaska Native

Other: (identify) _____

How did you hear about the Girls Club (Circle any that apply)?

Referral from friend Saw facility Read about it Received handout

Other (please identify): _____

Medical Information

Doctor: _____ Office Phone Number: _____

Dentist: _____ Office Phone Number: _____

Medical Ins. Co. Name: _____

Policy #: _____ Hospital: _____

Date of last Tetanus Immunization: _____

Present Medical Problems and Chronic Conditions (epilepsy, asthma, etc):

_____

Allergies (drugs, insect bites, etc): _____

Medicines taken regularly (*medication cannot be distributed by Girls Place staff without a signed medical form and the medication must be provided by the parents – including Tylenol, inhalers, etc.*): _____

_____

Special Precautions/ Other: _____

Please initial below

By initialing below I, as the parent or legal guardian, acknowledge the following information or policies. I understand that my initials are not required for the photo release.

_____ ***PAYMENT POLICY***: The membership fee must accompany this application for registration to be accepted. All fees are due in advance before your child participates.

_____ ***REFUND POLICY***: I understand that once my child is placed on a team, I will not be eligible to receive a refund. If an extenuating circumstance-- such as injury or illness-- should arise, the executive director shall make the final decision regarding refunds.

_____ ***PHOTO RELEASE***: I understand that during activities and events at the Girls Place, Inc. my child may be photographed or videotaped by Girls Place, Inc. staff. I agree that my child or her likeness can be used in Girls Place, Inc. publications including newsletters, fliers, and brochures in addition to local newspaper and television promotions.

_____ ***NON-SUFFICIENT FUNDS (NSF) POLICY:*** All NSF checks will be charged a $10 NSF fee. Please pay for all NSF checks with cash or money order, as they will not be re-deposited. After two returned checks within one year, cash payments will be required thereafter for services plus any bank services accrued by Girls Place, Inc.

I have read and fully understand the contents of this application. I have completed the application to the best of my knowledge and ability. I understand that if any information listed in this application changes, I will notify GIRLS PLACE, INC. immediately. The child/children listed above has/have my permission to participate in the activities sponsored by GIRLS PLACE, INC. as noted on the SPRING VOLLEYBALL registration form. In the case of an emergency an alternate person will be called if the parent(s) can not be reached by phone. The undersigned, individually and as parent or guardian of the participant, hereby authorize GIRLS PLACE, INC. to carry out any measures deemed necessary should an emergency occur, including at the expense of the undersigned, appropriate medical treatment for the participant, and hereby releases GIRLS PLACE, INC., its employees and agents, from any liability or claims arising out of the participant's engagement in the above described events.

_____

Signature of Parent / Guardian Date

Questionnaire (Please complete as much of the questionnaire as possible.)

1. How many minutes of physical activity (i.e., *free play, organized sports, bike riding*) does your child get outside of Girls Place during the week? _____

2. Has your child participated in other Girls Place programs? If so, which programs?

_____

4. What additional activities or programs should the Girls Place staff consider that would be of interest to you or your child?

_____

5. What do you expect your child to gain this volleyball season at the Girls Place?

_____

6. Would you be interested in sponsoring a team this season? ($150-$500) If not, please list any person or business that you know might be interested in sponsoring the Girls Place Athletic Program this Volleyball Season.

_____

7. Would you be interested in making a $25-$100 donation for apparel or equipment?

_____

8. Would you be interested in sponsoring a child in order to participate in the 2008 Volleyball Season?

_____

9. How would you describe your child's skill level in Volleyball? (Beginner, Intermediate, or Advanced)

_____

Additional Comments or Requests (Not all requests can be accommodated)

_____

_____

_____

_____

Girls Place, Inc.
A Place to Go...
...A Place to Grow

Players→play; coaches→coach; referees→ref; PARENTS→CHEER!!!!!!!

Sport Parent Code of Conduct

We, the parents of_____ of **Girls Place Inc.**, have implemented the following **Sport Parent Code of Conduct** for the important message it holds about the **PROPER** role of parents in **SUPPORTING** their child in sports. Parents should read, understand and sign this form prior to their children participating in our league.

Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game. **Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.**

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness,
- Respect,
- Responsibility,
- Fairness,
- Caring, and
- Good citizenship.

The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. **I will not force** my child to participate in sports.
2. **I will remember** that children participate to have fun and that the game is for youth, not adults.
3. **I will inform** the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. **I will learn** the rules of the game and the policies of the league.
5. **I (and my guests)** will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice or other sporting event.
6. **I (and my guests)** will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. **I will not encourage** any behaviors or practices that would endanger the health and well being of the athletes.
8. **I will teach** my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. **I will demand** that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. **I will teach** my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of game or his/her performance.
11. **I will praise** my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. **I will never** ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. **I will emphasize** skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. **I will promote** the emotional and physical well- being of the athletes ahead of any personal desire I may have for my child to win.
15. **I will respect** the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. **I will demand** a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. **I will refrain** from coaching my child or other players during games and practices, unless I am one of the official coaches of the team

_____/____/___
Parent/Guardian Signature Date

_____/____/_____
Parent/Guardian Signature Date

Girls Place

Volleyball Rules & Regulations

Last Updated 3/26/2010

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Welcome

If you are new to the sport or to our facility, welcome! If you are returning to us for another fun season of Girls Place Volleyball, welcome back! Here at Girls Place we are always eager and excited to start a new season and this manual will be a helpful guide for getting you through our season whether you're a veteran or a newbie!

In the following pages you'll find general information about the operational aspect of our volleyball program, the rules broken down by age group and finally some advice for players, parents, and coaches. We hope that you find this information helpful as we navigate our way through another successful season.

Mission Statement

Girls Place, Inc. is a non-profit organization dedicated to empowering girls of all racial, religious and economic backgrounds to **GROW** confident, strong, and independent in order to thrive in the world around them.

Objectives for Our Girls

Give to themselves and others around them in order to achieve a sense of pride and self-worth.

Reach their highest intellectual and emotional potential by exploring and developing their personal strengths and interests.

Open their eyes in a climate free from gender stereotypes where they are inspired to discover their unique abilities and their relationship to our community.

Work at developing meaningful relationships that foster their freedom of expression, their responsibility to themselves and others, and their integrity and compassion.

General Information

Evaluations

Evaluation is just another way of saying "tryout" except in our tryouts everyone who is registered makes a team, regardless of their skill level. Evaluations help us to determine your daughter's strengths and weaknesses as a volleyball player; while also allowing us to place her on a fair and balanced team. These fair and balanced teams allow for good, competitive matches throughout the season.

During the evaluation, the girls will be given numbers to wear on the back of their shirts and will then be split into their appropriate age groups. At this point, we may ask some younger players with strong skill-sets to try out with the age group above theirs in an effort to form balanced teams. Players can only move up an age level; we will never ask a player to play down an age level (unless both the child and the parent request it). The girls will be graded on their ability to pass, set, serve and hit the volleyball. They will also be graded on attitude/effort. Current and former coaches will both lead the evaluation and grade the girls on their efforts.

Evaluations are mandatory. They take place a month before the season begins. For your convenience, we will schedule two separate days for evaluations. Your daughter is not required to attend BOTH days; she only needs to attend the day that works best for you and your family. If for any reason a player cannot make the mandatory evaluation session, the athletic director must be notified as soon as possible.

Selection of Teams

After evaluations have been completed, the athletic director along with select current and former coaches will take the results and form the teams as fair and balanced as possible, while taking into account requests made by parents for specific practice days/times. Not all parental requests can be accommodated, especially if that request interferes with the balance of the team.

Parents will be notified of the final teams 2-4 weeks after the completion of evaluations. If your daughter is placed on a team and cannot participate on that specific team for any reason, you must contact the athletic director in writing no later than one week after the announcement of teams. Once a child is placed on a team, registration fees are nonrefundable.

Practices

Practices are held on a Monday/Wednesday or a Tuesday/Thursday schedule. All practices will be held at the Girls Place Gym (unless an alternate location is specified by the athletic director) and will last approximately an hour. Each team will share gym space with another Girls Place team, but will have an entire court to practice on.

Unless notified in advance by the athletic director, assume that practices will always take place, even on holidays. Practice will only be canceled for the holidays that the building is closed to the public. Traditional holidays that Girls Place Volleyball observes during the volleyball season include:

Fall Volleyball (August- November)	Spring Volleyball (March-June)
Labor Day	Memorial Day
Thanksgiving Day	Alachua County Spring Break Week

Schedule of Regular Season Games

www.Quickscores.com/GirlsPlace will be the website used to share the regular season game schedule, league standings, results of all games played and the playoff schedule. You can go directly to that website or you can go to the Girls Place website (www.GirlsPlaceInc.org) for a link to Quick Scores. A copy of the game schedule will also be posted on the gym doors and the Athletic Director's office at Girls Place.

It is imperative that we get through the first two weeks of the season to ensure that teams have been set (ie: enough girls on a team to participate, enough coaches per team) before we can distribute the game schedule for the remainder of the season. The schedule is typically released after the teams have been practicing for 1-2 weeks.

Exhibition Weekend

Exhibition weekend was implemented to give all the teams an idea of how to play in a game setting without the consequence of losing. It also is a way for coaches to experiment with player position/substitutions without consequence. Whatever the outcome of the exhibition game, it will not count in the team's final record. The exhibition game is typically played the weekend before the regular season games are to begin.

Championship Week

Championship week—also known as playoffs-- takes place after the regular season games have concluded. Games are played on weeknights, instead of the weekend. The playoff layout and schedule can be found online at www.quickscores.com/girlsplace. Most teams play single elimination style, meaning if they lose a game they are finished playing games for the season. During this week there will be no practices, as games will take place each week night in place of regularly scheduled practice.

Coaches are encouraged to give the girls equal playing time during the regular season; however during championship week, they are allowed to select which players they wish to play in the games. Their determination may be based on practice/play efforts during the regular season, attendance and overall attitude. Please address any concerns you may have with the athletic director regarding this matter.

Gym Rules and Policies

$1 donation at the door

We kindly ask that every adult entering the gym on game days make a $1 donation to our gym improvement fund. All donations go toward improving the facility and maintaining equipment for the sport in which the donation is given. The donation is not required, but suggested.

Parent Code of Conduct

A copy of this form can be found in the back of this manual. It is mandatory that each player have a parent code of conduct form on file (from at least one parent or guardian) before they can participate in any games at Girls Place. Any parent guilty of improper conduct (as indicated on the Parent Code of Conduct Form) at any game or practice will be asked to leave the sports facility and be suspended from the following game. Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.

Approaching Coaches, Referees and other Players

At Girls Place, we value the safety of our players, coaches and referees while they are participating in our sports programs. At no time is it acceptable to approach any coach, referee or player in a threatening manner. Any person found to disobey this rule will be asked to leave the facility immediately and will be suspended from the following game. This is a zero-tolerance policy that the Athletics department takes very seriously.

Personal Property

Girls Place, Inc. does not assume responsibility for loss or damage to personal property on Girls Place, Inc. premises and does not reimburse for any losses or damage to personal property resulting from theft, fire, automobile accidents or any other condition for which personal insurance is available.

Smoking Policy

In order to provide a safe and healthy environment for our members, their families and our staff we ask you to follow the no-smoking policy we have on the premises. The policy is as follows:

- Smoking is prohibited in the presence of Girls Place Members
- Smoking is prohibited in any part of the Girls Place, Inc. facility, including the outdoor area immediately surrounding the building.
- Adults of appropriate age (18 and older) who choose to smoke must do so off of Girls Place grounds and away from program space and children served by the agency.
- Girls Place smoking policy always complies with current state laws.

Drug & Alcohol Policy

Use of drugs, alcohol and/or any other mind-altering substances on the agency grounds at any time is strictly forbidden and will not be tolerated at Girls Place, Inc.

To maintain a drug-free workplace, Girls Place strictly prohibits all staff and volunteers from manufacturing, distributing, possessing or using drugs (including unauthorized possession/use of prescription drugs) on the grounds at any time. Volunteers and staff are also prohibited from using alcohol while at work or reporting to work while under the influence of alcohol or illicit drugs.

Again, our zero tolerance policy of drugs, alcohol or any other mind-altering substance is in full effect as well.

Rules

General Volleyball Rules

(Adapted From the NFHS, FHSAA, The Republic Parks and Recreation Department & The UF Department of Recreational Sports)

Girls Place will follow National* Federation High School volleyball (NFHS) *rules, with exceptions for certain rules as follows:

1. Team Requirements and Equipment

Rule Number	Specific Rule
1.1- Players	A team shall consist of 6 players. A team may start with a minimum of 4 players. At least four players must be present at the start of the game or the game will be considered a forfeit. The match will be a forfeit ten minutes after the scheduled match time.
1.2- Shoes	All players must wear non-marking, rubber-soled athletic shoes.
1.3- Jewelry	Jewelry may not be worn.
1.4- Casts/ Braces	Casts and/or any other item deemed to be dangerous by the official or athletic director may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2 inch of slow recovery rubber or similar material will be allowed.
1.5- Jerseys	Jerseys—with numbers on the back-- will be provided by Girls Place at the first match of the season. Numbers may not be a duplicate of a teammate's number. Shorts, socks and kneepads are the responsibility of the players. Girls must wear their team's jersey—or a color in its likeness-- in order to participate in their game. All players on a team must wear the same color, with the exception of the libero, who must wear a color different from her teammates.
1.6- Eligibility	A player can participate on only one team, that being the team for which she is on the official team roster. Players found to be playing on a team other than the team for which she is on the official team roster will be suspended for the rest of the program. The team(s) for which the player played illegally will forfeit all games in which he or she participated and the coach will be suspended for the next two games. Players participating without being listed on the official team roster are considered ineligible. Teams found using an ineligible player will forfeit all games in which the ineligible player participated. No new players may be added to the team roster or change teams after the first game of the season has been played.
1.7- Excessive Forfeits	Should a team forfeit two consecutive games without 48 hours advanced notification to the athletic director, the team will be dropped from the league.

2. The Game

Rule Number	Specific Rule
2.1- Warm- Ups	Warm Ups last 10 minutes will be conducted as soon as the teams are assembled and the captain's meeting has concluded. The team that receives the ball first gets the first four minutes of warm up time alone on the court. The next four minutes of warm up time will be given to the other team. The last two minutes of warm ups will consist of both teams serving to one another.
2.2 - Line Up Sheet	Coaches must submit a line up sheet (copies can be found at the scorers table) with the numbers of the players' starting positions. The lineup sheet must be turned in no later than 5 minutes prior to the start of the game.
2.3 - Game format	All games will consist of the best two out of three sets, with three minutes in between sets.
2.4- Scoring	All games will be rally scoring: Rally scoring means a point is won on each serve, no matter whether the team who won the point served the ball or not. In the first two games a game shall be won by the team which has earned 25 points and a two point advantage. If the score is tied 24-24, then the first team to gain a two point advantage is the winner. In the third game, the game shall be won by the team which has earned 15 points and a two point advantage or. If the score is 14-14, then the first team to gain a two point advantage or score 20 points is the winner.
2.5- Captain's meeting	A Rock/Paper/Scissor match between representatives (captain) of each team at the beginning of the game will determine the choice of court or service. The team which does not serve first in game one will serve first in game two. Teams must switch sides between the first two games. A Rock/Paper/Scissor match will be conducted for the choice if there is a third game.
2.6- Time-Outs	Two time outs will be given to each team per game, with no carry over of the remaining time-outs into sequential matches. Time-outs may be requested any time the ball is dead and shall not exceed one minute. If a team calls time out with none remaining, ONE point will be awarded to the other team and play will resume immediately.
2.7- Game time limits	There will be no time limit for each game.
2.8- Game Schedule	Games will be played according to the times and dates scheduled. Games will not be changed unless extreme circumstances arise. Rescheduling of games will be judged on a case-by-case basis. If a conflict arises please notify the recreation supervisor as soon as possible.
2.9- Substitutions	Substitutions are unlimited and may be made after play has ended before the next serve. Standard substitution procedures are as follows: Starting players may be replaced by any player on the bench (but not by another starter). Once a starter is replaced, to be eligible to come back into the game she must re-enter for the player who took her spot (her substitute). The rotation must continue in the same manner. Up to three players may be in the rotation. The rotation, once started, cannot be broken for that game. No substitutes can sub for more than one starter/position in the same game. Rotations may change for other sets in the game. Injury substitution may be made at any time and a team may play with fewer than four players if an injury during the game causes the team to be short.

3. Playing the Ball

Rule Number	Specific Rule
3.1- Ball Contact Maximum	Maximum of three team contacts: Each team is allowed a maximum of three successive contacts of the ball in order to return the ball to the opponent's area. The only exception to this rule is that a block is not considered to be one of the three contacts.
3.2- Contacted Ball	A player who contacts the ball shall be considered as playing the ball.
3.3- Contact of the ball with the body	The ball may be hit with any part of the body on or above the waist, but cannot come to rest visibly on the body. If the ball hits below the waist, it shall become dead.
3.4- Illegal Hits	An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. **This is a judgment call by the official and cannot be questioned by anyone.** Holding, catching, throwing, lifting, and pushing are illegal hits because of prolonged contact with the ball. Rolling is considered an illegal hit because there is continued and steady contact between the ball and the player's body.
3.5- Double Hits	A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one part of the body to another on a single attempt to play the ball.
3.6- Contacts by opponents	Simultaneous contact by the opponents: a. If the ball is simultaneously contacted by two opponents, then the team on whose side the ball falls into shall have the right to play the ball three times. b. If the ball is held simultaneously by two opposing players, it is a double fault and the official will direct a replay.
3.7- Net Play	A ball contacting and crossing the net shall remain in play provided contact is entirely within the playing area. Exception: A service hitting and not clearing the net results in a dead ball.
3.8- Net Foul	A net foul occurs while the ball is in play and: a. a player contacts any part of the net including the cable attachments. It is not a foul when a player's hair touches the net, or the force of the ball hit by an opponent pushes the net or net cables into the player. b. there is interference by a player who makes contact with an opponent who is making a legitimate effort to play the ball
3.9- Screening	A screen is an intentional act, which obstructs the receiving players' view of the server or the flight of the ball from the server. Screening includes: a. the server being hidden behind a group of two or more teammates who are standing in an erect position and the ball is served over a member of the group. b. a player with hands extended clearly above the height of the head or with arms extended sideways at the moment of service if the serve passes over the player(s).
3.10- Blocking the ball	A ball which is entirely on the opponent's side of the net is permitted to be blocked when the opposing team has had an opportunity to complete its attack. (Note: The serve may NOT be blocked) The attack is considered complete when the: a. attacking team has completed their three allowable hits. b. attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with the intent to return it to the opponent's court. c. ball is falling near the net on the attacking teams side and in the official's judgment, no member of the attacking team could make a play on the ball.
3.11- Crossing the Center Line	Front line players may contact the ball from any position inside or outside the court (except crossing the center line and its out-of-bounds extension). A player may cross the center line or its out-of-bounds extension with one or both feet/hands, provided a part of the foot/feet or hand/hands remains on or above the center. Contacting the floor across the center line with any other part of the body is illegal.
3.12-Back Line Player Attack	A back-line player may attack the ball only if he/she leaves the floor from behind the 10 foot line and its imaginary extension. If any part of the player's foot touches the 10 foot line at the time of contact; a foul shall be called. Back-line players may not attempt to block the ball in front of the 10 foot line. A back-line player shall not return a ball which is completely above the height of the net while: a. on or in front of the 10 foot line or its out-of-bounds extension. b. in the air, they left the floor on or in front of the 10 foot line.

4. Service

Rule Number	Specific Rule
4.1- When to serve	The server must wait for the official to beckon (blow the whistle and motion with his/her hand) before a serve may be attempted. If the ball is served before the official's beckon, a re-serve shall be directed. During an entire match, the first infraction will be a warning and a re-serve while the second infraction will result in a point for the other team.
4.2- Net serves	If the serve hits the net and still falls inside the non-serving team's court, then the ball is ruled in play. If a serve hits the net and does not fall inside the non-serving team's court, then it is considered to be illegal and a point will be awarded to the non-serving team.
4.3- Serving Line	The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from the serving area.
4.4- "Good" serves	A good serve must land on the line or inside the court. If any part of the ball touches the line, then the ball is considered to be "good". If the ball lands out and is not touched by any player on the receiving team before it hits the ground, then a point is awarded to the non-service team.
4.5- Time to serve	The server has five seconds to make a legal serve. The server may toss and catch a bad toss as long as no swinging motion has been made to attempt the serve. The server is allowed only one re-serve per each new serve.
4.6 Positions of players at service	The positions of players at the moment of service must be in proper alignment. This means that no player on the court may be closer to a sideline, end line, or centerline, than an adjacent player on the court. Front-line players may not overlap with any back-row player, and vice-versa. Players in the front-line may not overlap with one another, and the same is true for players in the back-row. After the ball has left the server's hand, players may go anywhere on the court.
4.7 Front-row players	A team can have no more than 3 front-row players on the court, during a particular rotation, regardless of the total number of players (4, 5 or 6) on the court.

5. Live ball/Dead ball

Rule Number	Specific Rule
5.1- Live Ball	The ball becomes live when it is legally contacted for the service.
5.2- Dead Ball	The ball becomes dead when: a. the ball touches the antennas. b. the ball strikes the floor. c. the ball contacts a permanent object (excluding the net) above or outside the playing court. EXCEPTION: a ball striking the ceiling or an overhead obstruction above a playable area shall remain in play provided the ball contacts the ceiling or obstruction on the side of the net extended that is occupied by the team that last played the ball, and the ball is legally played next by the same team. d. a player commits a fault. e. a served ball contacts and does not clear the net. f. the official blows the whistle for any reason.
5.3- Replays	The point shall be replayed if outside interference (other balls, children, objects dangerous to the players etc.) should occur while the ball is in play.

6. Other Rules

Rule Number	Specific Rule
6.1- Protests	Protests (of any nature including but not limited to: verbal, audio/visual recording, or photographs) will not be allowed.
6.2- Unsportsmanlike conduct	Unsportsmanlike conduct will not be tolerated. As stated in the high school volleyball rules, a yellow card will be given as a warning for improper behavior and a red card & point/side out if the behavior continues. Major misconduct may receive a red card & point side out on the first offense. Three minor offenses, two major offenses or a single flagrant offense will result in ejection for the individual or individuals involved and a point/side out for the other team. If a coach or player is ejected from the game/facility more than once, the coach/player may be expelled from the facility pending a meeting with the Athletic Director.
6.3- Final Determinations	The athletic director reserves the right to make final determination on any rules or interpretations that may differ from the high school rulebook.
6.4- Playing Boundaries	The volleyball court is marked by white lines. The playing boundaries will be the black lines (which is also the basketball court) surrounding the volleyball court. Once the ball has crossed the black line—or the plane that extends from that line—it is no longer playable.

3rd-4th Grade Specific Rules

Balls: Girls in grades 3rd-4th grade will use the official Volley-Lite volleyball. These balls are lighter and softer than regulation volleyballs. They will be marked as shown in the photo to the right.

4-aces rule: An ace is a serve that is not passable and results immediately in a point. If a player serves 4 aces in a row, that player is done serving. The team must rotate to the next server, but may keep the ball.

Serving lines: At Girls Place, the white lines indicate the volleyball court boundaries. For the 3rd/4th grade age group, the green line (approximately 23 feet from the net) can be used for those players that choose to underhand serve. The purple line (approximately 26 feet from the net) will be used for the players in this age group that wish to overhand serve.

Net height: The official net height is 6'6 feet from the top of the net to the floor.

5th-6th Grade Specific Rules

Balls: Girls in grades 5th- 6th grade will use the official Volley-Lite volleyball. These balls are lighter and softer than regulation volleyballs. They will be marked as shown in the photo to the right.

Serving lines: At Girls Place, the white lines indicate the volleyball court boundaries. For the 5th/ 6th grade age group, the purple line (approximately 26 feet from the net) can be used for those players that choose to underhand serve. The white line (approximately 30 feet from the net) will be used for the players in this age group that wish to overhand serve.

Net height: The official net height is 7'0 from the top of the net to the floor.

7-8th Grade Specific rules:

Balls: Girls in 7th/8th grade will use the regular official size volleyball.

Serving lines: All players at this level will serve behind the white lines (approximately 30 feet from the net), regardless of whether the serve is over or underhand.

Net height: The official net height is 7'4 from the top of the net to the floor.

Liberos: The libero (lee-bah-ro) is intended to be a player who specializes in defense and serve reception. When the libero enters the match, the entry is not considered one of the allowed team substitutions. When a libero replaces a back row player, it is called a "replacement" rather than a substitution. The number of replacements is unlimited. The libero can replace any back row player (then must be replaced by that same player). The libero can replace any number of teammates in the same game. The libero, in one rotation, may replace a player in the service position to serve.

Playing with a libero player is optional. Teams do not have to have a libero player.

THE SPECIFIC RULES FOR THE LIBERO PLAYER ARE AS FOLLOWS:

(Adapted from the Montana High School Association)

- A libero may not start the match.
- The libero may be used as an exceptional substitution for an injured player if no other legal substitutes are available. When no longer playing as a libero, that player must wear the same uniform as her teammates, and the team continues play with no libero player.
- The libero cannot be used as a substitute for a disqualified teammate. If the libero is disqualified while playing, the player whom she replaced must replace her. The team continues play with no libero player.

Libero Rules Continued…

- The libero can play as a non-libero in subsequent sets. The player must wear the same uniform as her teammates.
- The libero is restricted to performing as a back row player and is not allowed to complete an attack hit from anywhere (including playing court and free zone) if, at the moment of contact, the ball is entirely above the top of the net. (illegal back row attack – point/loss of rally)
- The libero cannot block or attempt to block. (illegal block – point/loss of rally)
- If a libero sets the ball using overhand finger action while on or in front of the attack line, any teammate who completes an attack of that ball, if at the moment of contact, the ball is completely above the height of the net, is an illegal attacker. (Illegal back row attack, official will indicate the libero with extended arm and open hand – point/loss of rally). The ball may be freely attacked by a teammate if the libero makes a finger-tip pass from behind the attack line. Other ball contacts (non-fingertip action) are not subject to this restriction.
- Libero cannot rotate to the front row (illegal alignment)
- The libero must wear a uniform shirt or jersey that is in distinct COLOR contrast to shirts worn by other members of the team and must be recognized from all angles as being in clear contrast to and distinct from the other members of the team. The style and trim of the libero's shirt or jersey may differ from her teammates', but her shorts must be **like colored** to her teammates.
- The libero is allowed to replace any player in a back row position, *and, in one rotation, the libero may replace a player in the service position to serve*.
- Replacements involving the libero are not counted as one of the 18 regular substitutions.
- These replacements are unlimited, but there must be a rally/loss of rally (which can include a play over) between two libero replacements unless the libero is on the court and is replacing the player moving into the serving position (RB). A team may exercise one replacement per dead ball.
- The player whom the libero replaced can only replace the libero (penalty for wrong player replacing the libero – unnecessary delay – charged time-out if discovered or corrected before the signal/whistle for serve. (Illegal alignment is called if not detected until after the signal/whistle for serve)
- Libero replacements may take place only after the end of a rally or at the start of each set after the referee has checked the starting lineup, as well as any time the ball is out of play and before the signal/whistle for service, (penalty for the libero entering the court after the whistle has blown – illegal alignment – point/loss of rally is awarded the opponent).
- A libero replacement cannot take place during a time-out when the teams are not on the court.
- A libero and the player replaced by the libero must enter or leave the court only by the sideline in front of the libero's team bench between the attack line and the end line. It is important for the libero exchange and substitutions to be easily distinguished from each other. There will be no signal from the referee for the exchange.

Libero Rules Continued…

When a team is making both a libero replacement and a substitution for the player involved in the libero exchange the following protocol should be observed:

- The player whom the libero replaced must step onto the court between the attack line and the end line and make the exchange with the libero (Ex: #8 replaces the libero between the attack line and the end line.)
- Now #8 is to be substituted for by #3. #3 must enter the sub zone and wait at the sideline until #8 moves to where #3 is waiting in the sub zone. The substitution then occurs pursuant to normal substitution procedures (players await authorization by referee before making the switch).

If the libero is injured and cannot continue play, she must first be replaced by the player whom she replaced. Then, a new libero can be redesignated using the following criteria:

- Redesignation does not need to occur immediately after the injury and replacement, but may occur at the discretion of the coach.
- When redesignation does occur, any substitution may be redesignated as libero for an injured libero. The injured libero cannot play in the remainder of that set.
- The player redesignated as the libero must follow the libero uniform rule and must remain the libero for the rest of the set. The redesignated libero's uniform must have a unique number (not worn by any teammate) but not necessarily the same number with which the player started the match.

In one rotation, the libero may replace a player in the service position to serve. The libero may only serve in one position in the serving order. If the libero is in the set immediately prior to moving to a serving position there does not have to be a rally between libero replacements if the libero serves the next rally.

Procedure:

1. The libero and the replacement must enter or leave the court in the libero replacement zone, over the sideline between the attack line and the end line.
2. A team is assessed an unnecessary delay for improper libero replacement procedures.
3. In one rotation, the libero can replace the player in the service position and serve the next rally even if she is already on the court in replacement of another back row player.
4. In this situation, the libero does not have to exit the court before replacing the player in the service position.
5. The coach is not required to indicate on the lineup sheet the position where the libero will serve. At any point in the set, the coach can determine the position where the libero will serve by simply having the libero replace that server.
6. Once the libero serves in a particular position in a set that is the **only** position where the libero is allowed to serve. However, the libero is not required to serve in that position for all subsequent rotations. The starting player, a legal substitute, or the libero can serve any rally that takes place whenever that position is in the service position.

Referees

Girls Place Referee System

During volleyball season, Girls Place current and former volleyball players will referee all matches. Refereeing allows the players to better understand the fundamentals of the game, while honing in on the volleyball skills they are acquiring or one that they already have.

All girls that are current players will have the opportunity to officiate this season. Coaches may assign players to referee immediately after their game, or girls may volunteer to stay. All girls who officiate will be monetarily compensated for their efforts. In order to receive payment, she MUST officiate the ENTIRE game. In the event that the referee leaves before the game has been completed she will not get the money for the game. If a player wishes to receive community service hours in lieu of a getting paid, she may do so, by having the athletic director sign off on her documentation.

There are several positions that need to be filled in order for a game to start:

"Up" Referee ($5/ game)*

"Down" Referee ($5/game)*

Line Judges (x 2) ($2/game)

Bookkeeper ($5/game)*

Scorekeeper ($5/game)*

***Checks will be issued at the end of the season!**

3rd/4th Grade Referees:

- Each team should supply 2 players to referee the game following theirs. These girls will be Line Judges, Down Refs or Scorekeepers

5/6th Graders AND 7/8th Grade Referees:

- Each team should supply 3 players to referee the game following theirs. These girls will fill each position needed to start a game.
- If a team is playing a double header, then they are not expected to supply a referee until they have completed their last game.

Week 6	Fri 5-8-09
6:00 PM	**Laura (Green)** Vanessa & John (Black)
7:00 PM	**Solon & Wendy (Pink)** Vanessa & John (Black)
8:00 PM	**Nicole, Carly and Tori (Green)** Brittany & Janelle(Black)

For example, using this game schedule to the left, this is how the referee schedule should look for the evening:

6pm Game: 6 Non Playing Players will be refereeing
7pm Game: Laura (3/4th grade) will have two players refereeing; 4 other officials will be provided
8pm Game: Solon and Wendy (3/4th grade) will have two players refereeing; Vanessa and John (3/4th grade) will have two players refereeing; 2 other officials will be provided

Referee Clinic

All players wishing to officiate for the season must take part in a mandatory referee clinic. The clinic will take place during the week before regular season games begin, while volleyball teams scrimmage. The clinic will be conducted by current high school officials and players to show the girls the proper techniques and mechanics needed to officiate. Clinics usually take place two weeks after teams have begun practice.

Additional Officials

If a child is willing to officiate additional games (before or after their scheduled matches) they must contact the athletic director for more information. A referee schedule will go out via email before the season begins. To sign up for an open spot, simply reply back to the email with the day/ times preferred. Spots are filled on a first come, first serve basis.

Signals you might see the referee use *(adapted from volleywithal.com)*

Understanding the Officials' Hand Signals

In volleyball, there are generally 2 officials. The first referee directs the game from a stand and a second referee stands opposite near the net. A whistle is blown to initiate and to end each play. The official will first signal the fault or cause of the play ending, and then signal which team won the point. This is a summary of hand signals that accompany the whistles.

Point
Winner of the rally. One handraised on the side of the court that won the rally

Ball in bounds
Pointing to the area of the court where the ball landed.

Out of bounds
Ball is out of bounds, outside antenna or player illegally in adjacent court.

Touch
Ball is out of bounds after contacting a player.

4 contacts
Four fingers up. You only get 3 contacts.

Carry
Held, thrown or carried ball. Too much contact time.

Double hit
Two fingers up. Ball contacted more than once by a player. The block does not count.

Begin Service
The official indicates that the server may now serve.

Net violation
The serve or a player touches the net.

Play over
Two thumbs up. A fault by both teams, a serve over or official's inadvertent whistle or mistake.

Time out
Each team gets two 60 second time outs per game.

Over the net
Contacting the ball before it has broken the plane of the net or before the opposition hits it.

Out of rotation
At the time of service you must not overlap the person directly next to you.

Back row attack
Attacking the ball above the net and leaving from in front of the 3 meter line.

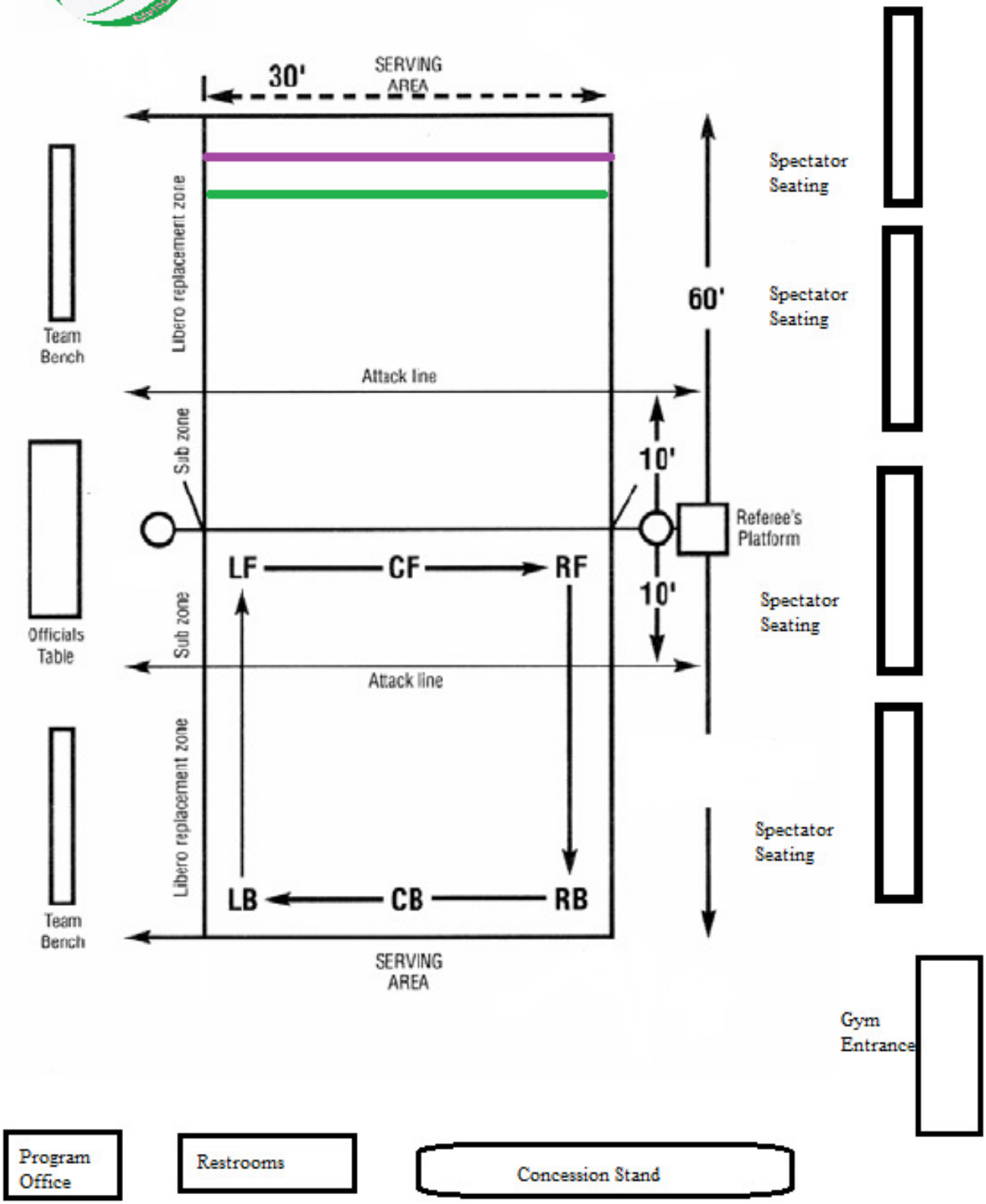
Sanction card
A yellow card is a warning. A red card is a point. Red and yellow together is an ejection.

Change sides
Between games or halfway through a deciding game.

Game over
Same for the end of the match.

COURT DIAGRAM

Standard English Measurements



Last Updated 3/26/2010

Volleyball Glossary

(Compiled from volleyball.com)

ACE - A serve that is not passable and results immediately in a point.

ANTENNA - The vertical rods (normally white and red) mounted near the edges of the net. The antennas are mounted directly above the sidelines and are not-in-play. Antennas are not usually used on outdoor nets.

APPROACH - Fast stride toward the net by a spiker before they jump in the air.

ASSIST - Passing or setting the ball to a teammate who attacks the ball for a kill. This stat is normally only logged for high school, college, and National/Olympic team play.

ATTACK - The offensive action of hitting the ball. The attempt by one team to terminate the play by hitting the ball to the floor on the opponent's side.

ATTACK BLOCK - Receiving players' aggressive attempt to block a spiked ball before it crosses the net.

ATTACK ERROR - An unsuccessful attack which does one of the following: 1) the ball lands out of bounds, 2) the ball goes into the net and terminates play or goes into the net on the third hit, 3)the ball is blocked by the opposition for a point or sideout, 4) the attacker is called for a center line violation, or 5) the attacker is called for illegal contact (lift, double hit...) on the attack.

ATTACKER - Also "hitter" or "spiker." A player who attempts to hit a ball offensively with the purpose of terminating play in his or her team's favor.

ATTACK LINE - A line 3m from the net that separates the front row players from the back row players. Commonly referred to as the "10-foot line."

BACKCOURT - The area from the endline to the attack line.

BACK SET - A set delivered behind the setter's back, which is subsequently hit by an attacker.

BACK ROW ATTACK – When a back row player attacks the ball by jumping from behind the 3m line before hitting the ball. If the back row player steps on or past the 3m line during take-off, the attack is illegal.

BEACH DIG - An open hand receive of the ball, also called a "Deep Dish"

BLOCK - A defensive play by one or more players meant to deflect a spiked ball back to the hitter's court. It may be a combination of one, two or three players jumping in front of the opposing spiker and contacting the spiked ball with the hands.

BUMP – a common term for forearm passing.

BALL HANDLING ERROR - Any time the official calls a double hit, a thrown ball or a lift (except on a serve reception or attack). For our purposes, this category also includes any blocking errors (when an official calls a blocker for a violation such as going into the net, centerline violation, reaching over the net, etc.).

BUMP PASS - The use of joined forearms to pass or set a ball in an underhand manner.

CAMPFIRE - A ball that falls to the floor in an area that's surrounded by two, three, four or more players. At the instant after the ball hits the floor, it appears as if the players are encircling and staring at a campfire.

CENTER LINE - The boundary that runs directly under the net and divides the court into two equal halves.

CLOSING THE BLOCK - The responsibility of the assisting blocker(s) to join the primary blocker and create an impenetrable block in which a ball cannot fit between the two individual blockers.

CROSS COURT SHOT - An individual attack directed at an angle from one end of the offensive team's side of the net to the opposite sideline of the defensive team's court.

CUT SHOT - A spike from the hitter's strong side that travels at a sharp angle across the net.

DECOY - An offensive play meant to disguise the spiker who will receive the set.

DEEP SET - Set to be hit away from the net to confuse or disrupt the timing of the blockers.

DIG - Passing a spiked or rapidly hit ball. Slang for the art of passing an attacked ball close to the floor.

DINK - A legal push of the ball around or over blockers.

DOUBLE BLOCK - Two players working in unison to deflect an attacked ball at the net back to the hitter's side.

DOUBLE HIT - Successive hits or contacts by the same player. (Illegal)

DOUBLE QUICK - Two hitters approaching the setter for a quick inside hit.

DOUBLES - A game with two players on each side, most commonly played on a sand court.

DOWN BALL - A ball the blockers elect not to attempt to block because it has been set too far from the net or the hitter is not under control. A "Down Ball" is hit overhand and driven over the net with topspin while the player remains standing. "Down Ball," is usually called aloud by the defense when it becomes apparent the attacker has no chance of hitting a powerful spike.

FIVE-ONE – A 6-player offensive system that uses five hitters and one setter.

FIVE SET – A back set to the right front hitter.

FLARE – Inside-out path of an outside spiker who hid behind a quick hitter.

FLOATER - A serve which does not spin or rotate and therefore moves in an erratic path. This is similar to a "knuckle ball" pitch in baseball.

FOREARM PASS - Join your arms from the elbows to the wrists and strike the ball with the fleshy part of your forearms in an underhand motion.

FOUL - A violation of the rules.

FOUR SET - A set 1' from the sideline, and 1' to 2' above the net.

FOUR-TWO - A 6-player offensive system using four hitters and two setters.

FREE BALL - A ball that will be returned by a pass rather than a spike. This is usually called aloud by the defense instructing players to move into serve receive positions.

HELD BALL - A ball that comes to rest during contact resulting in a foul.

HIT - To jump and strike the ball with an overhand, forceful shot.

HITTER - Also "spiker" or "attacker"

HITTING PERCENTAGE - kills vs. attempts

INSIDE SHOOT - A playset or a 33.

ISOLATION PLAY - Designed to isolate the attacker on a specific defender, normally to exploit a weakness or give a hitter a chance to hit against a single block.

JUMP SERVE - A serve that is started by the server tossing the ball into the air and jumping into and hitting the ball in its downward motion.

JOUST – When 2 opposing players are simultaneously attempting to play a ball above the net.

KEY - To predict a team's next play by observation of patterns or habits.

KILL - An attack that results in an immediate point or side out.

LINE - The marks that serve as boundaries of a court.

LINE SHOT - A ball spiked down an opponent's sideline, closest to the hitter and outside the block.

MIDDLE-BACK - A defensive system that uses the middle back player to cover deep spikes.

MIDDLE-UP - A defensive system that uses the middle back player to cover dinks or short shots.

MINTONETTE - The original name of the game of volleyball, created by William Morgan.

MULTIPLE OFFENSE - A system of play using different types of sets other than just normal outside sets.

NET SERVE - A serve that contacts the net. If the ball dribbles over, it's playable just like any other ball that contacts the net on the way over. If the ball fails to clear the net, it will become dead when it either hits the serving team's court, or is contacted by a player on the serving team.

OFFSIDE BLOCK - Player at the net, which is on the side away from the opponent's attack.

OFF-SPEED HIT - Any ball spiked with less than maximum force but with spin.

OUTSIDE HITTER – a left-front or right-front attacker normally taking an approach which starts from outside the court

OVERHAND PASS - A pass executed with both hands open, controlled by the fingers and thumbs, played just above the forehead.

OVERHAND SERVE - Serving the ball and striking it with the hand above the shoulder.

OVERLAP – refers to the positions of the players in the rotation prior to the contact of the ball when serving.

PANCAKE - A one-handed defensive technique where the hand is extended and the palm is slid along the floor as the player dives or extension rolls, and timed so that the ball bounces off the back of the hand.

PASS – see "Forearm Pass"

PENETRATION – The act of reaching across and breaking the plane of the net during blocking.

POINT OF SERVICE - A serve that results in a point (an ace by NCAA standards) as the serve is not returnable due to a bad pass by the receiver, this number includes aces.

POWER ALLEY - A cross-court hit traveling away from the spiker to the farthest point of the court.

POWER TIP – A ball that is pushed or directed with force by an attacking team.

POWER VOLLEYBALL - A competitive style of volleyball started by the Japanese.

QUICK – a player approaching the setter for a quick inside hit

QUICK SET – a set (usually 2' above the net) in which the hitter is approaching the setter, and may even be in the air, before the setter delivers the ball. This type of set requires precise timing between the setter and hitter.

READY POSITION - The flexed, yet comfortable, posture a player assumes before moving to contact the ball.

RECEPTION ERROR - A serve that a player should have been able to return, but results in an ace (and only in the case of an ace). If it is a "husband/wife" play (where the ball splits the two receivers), the receiving team is given the reception error instead of an individual.

RED CARD – a severe penalty in which an official displays a red card. The result of a red card may be a player is disqualified, the team loses the serve, or the team loses a point. A red card may be given with or without a prior yellow card as a warning; it is up to the official's discretion.

ROLL - a certain way to pass a ball in which the digger, or passer lays out an arm, passes the ball, and rolls over the shoulder (over the shoulder roll) or back (barrel roll) after passing the ball. This is a quick way to return to action after the play.

ROOF - A ball that when spiked is blocked by a defensive player such that the ball deflects straight to the floor on the attacker's side.

ROTATION - The clockwise movement of players around the court and through the serving position following a side out.

SERVE - One of the six basic skills; used to put the ball into play. It is the only skill controlled exclusively by one player.

SERVER - The player who puts the ball into play.

SERVICE ERROR - An unsuccessful serve in which one or more of the following occurs: 1) the ball hits the net or fails to clear the net, 2) the ball lands out of bounds, or 3) the server commits a foot fault.

SERVICE WINNER - A point the serving team scores when this player has served the ball. The point can be an immediate (in the case of an ace) or delayed (a kill or opponent attack error after a long rally). Therefore, the sum of the team's service winners equals their score.

SET - The tactical skill in which a ball is directed to a point where a player can spike it into the opponent's court.

SETTER – the player who has the 2nd of 3 contacts of the ball who "sets" the ball with an "Overhand Pass" for a teammate to hit. The setter normally runs the offense.

SIDE OUT - Occurs when the receiving team successfully puts the ball away against the serving team, or when the serving team commits an unforced error, and the receiving team thus gains the right to serve.

SIX PACK – Occurs when a blocker gets hit in the head or face by a spiked ball.

SIX-TWO – A 6-player offense using 2 setters opposite one another in the rotation. Setter 1 becomes a hitter upon rotating into the front row as setter 2 rotates into the back row and becomes the setter.

SPIKE - Also hit or attack. A ball contacted with force by a player on the offensive team who intends to terminate the ball on the opponent's floor or off the opponent's blocker.

STRONG SIDE - When a right-handed hitter is hitting from the left-front position or when a left-handed hitter is hitting from the right-front position.

STUFF - A ball that is deflected back to the attacking team's floor by the opponent's blockers. A slang term for "block."

TURNING IN – the act of an outside blocker turning his/her body into the court so as to ensure the blocked ball is deflected into the court and lands in-bounds.

UNDERHAND SERVE – a serve in which the ball is given a slight under-hand toss from about waist high and then struck with the opposite closed fist in an "underhand pitching" motion.

WEAK SIDE – When a right-handed player is hitting from right-front position or when a left-handed player is hitting from the left-front position.

WIPE – when a hitter pushes the ball off of the opposing block so it lands out of bounds

YELLOW CARD – a warning from an official indicated by the display of a yellow card. Any player or coach who receives two yellow cards in a match is disqualified. A single yellow card does not result in loss of point or serve.

Forms

Girls Place, Inc.

2010 Fall Volleyball Registration

12-Month Membership Fee
$20.00 (first child) $15.00 (each sibling)

Fees: $75

Registration Number: _____

2101 NW 39 Avenue Gainesville, FL 32605 ~Main office phone: 352 373-4475 ~ Program office phone: 352 378-5664 ~ Fax: 352 373-5550
Email: org ~ www.girlsplaceinc.org

Child Information

Child's Name (*First & Last*) _____ Date of Birth _____ Grade_____

School _____ Weight _____ Height _____

T-Shirt Size: **Youth** Small Medium Large

Adult Small Medium Large

Child's Name (*First & Last*) _____ Date of Birth _____ Grade_____

School _____ Weight _____ Height _____

T-Shirt Size: **Youth** Small Medium Large

Adult Small Medium Large

Address

Address _____ City _____ Zip Code _____
Home Phone (_____) _____

Parent Information

Mother's/Guardian's Name (*First and Last*) _____

Email (***checked regularly***)_____

Place of Employment _____ Office Phone Number _____

Cell Number_____

Father's/Guardian's Name (*First and Last*) _____

Email (***checked regularly***)_____

Place of Employment _____ Office Phone Number _____

Cell Number_____

Emergency Contact *(Please consider someone outside of your household with alternate contact information if neither parent can be reached.)*

Name: _____ Relationship to Child: _____

Home Phone: _____ Work Phone: _____

Cell Number: _____

The following information is optional and ONLY used to assist us in obtaining funding and various grants. THIS INFORMATION WILL BE HELD CONFIDENTIAL.

Child resides with *(Circle all that apply)*

Mother Father Stepfather Stepmother Grandparent Aunt/Uncle Foster Parent

Other (*please identify*): _____

Annual family income *(Check one)*

☐ 0 - $17,000 ☐ $17,000 - $20,000 ☐ $20,000 - $23,000 ☐ $23,000 - $26,000 ☐ $26,000 - $29,000

☐ $29,000-32,000 ☐ $32,000 - $35,000 ☐ $35,000 - $38,000 ☐ $38,000 - $41,000 ☐ $41,000 - $44,000

☐ $44,000-47,000 ☐ 47,000 - $50,000 ☐ $50,000 - $53,000 ☐ above $53,000

Total people in household _____

Race *(Circle all that apply)*

White Black Asian/Pacific Islander Hispanic American Indian/Alaska Native

Other: (identify) _____

How did you hear about the Girls Club (Circle any that apply)?

Referral from friend Saw facility Read about it Received handout

Other (please identify): _____

Medical Information

Doctor: _____ Office Phone Number: _____

Dentist: _____ Office Phone Number: _____

Medical Ins. Co. Name: _____

Policy #: _____ Hospital: _____

Date of last Tetanus Immunization: _____

Present Medical Problems and Chronic Conditions (epilepsy, asthma, etc):

_____

Allergies (drugs, insect bites, etc): _____

Medicines taken regularly (*medication cannot be distributed by Girls Place staff without a signed medical form and the medication must be provided by the parents – including Tylenol, inhalers, etc.*): _____

_____

Special Precautions/ Other: _____

Please initial below

By initialing below I, as the parent or legal guardian, acknowledge the following information or policies. I understand that my initials are not required for the photo release.

_____ ***PAYMENT POLICY***: The membership fee must accompany this application for registration to be accepted. All fees are due in advance before your child participates.

_____ ***REFUND POLICY***: I understand that once my child is placed on a team, I will not be eligible to receive a refund. If an extenuating circumstance-- such as injury or illness-- should arise, the executive director shall make the final decision regarding refunds.

_____ ***PHOTO RELEASE***: I understand that during activities and events at the Girls Place, Inc. my child may be photographed or videotaped by Girls Place, Inc. staff. I agree that my child or her likeness can be used in Girls Place, Inc. publications including newsletters, fliers, and brochures in addition to local newspaper and television promotions.

_____ ***NON-SUFFICIENT FUNDS (NSF) POLICY:*** All NSF checks will be charged a $10 NSF fee. Please pay for all NSF checks with cash or money order, as they will not be re-deposited. After two returned checks within one year, cash payments will be required thereafter for services plus any bank services accrued by Girls Place, Inc.

I have read and fully understand the contents of this application. I have completed the application to the best of my knowledge and ability. I understand that if any information listed in this application changes, I will notify GIRLS PLACE, INC. immediately. The child/children listed above has/have my permission to participate in the activities sponsored by GIRLS PLACE, INC. as noted on the SPRING VOLLEYBALL registration form. In the case of an emergency an alternate person will be called if the parent(s) can not be reached by phone. The undersigned, individually and as parent or guardian of the participant, hereby authorize GIRLS PLACE, INC. to carry out any measures deemed necessary should an emergency occur, including at the expense of the undersigned, appropriate medical treatment for the participant, and hereby releases GIRLS PLACE, INC., its employees and agents, from any liability or claims arising out of the participant's engagement in the above described events.

_____

Signature of Parent / Guardian Date

Questionnaire (Please complete as much of the questionnaire as possible.)

1. How many minutes of physical activity (i.e., *free play, organized sports, bike riding*) does your child get outside of Girls Place during the week? _____

2. Has your child participated in other Girls Place programs? If so, which programs?

_____

4. What additional activities or programs should the Girls Place staff consider that would be of interest to you or your child?

_____

5. What do you expect your child to gain this volleyball season at the Girls Place?

_____

6. Would you be interested in sponsoring a team this season? ($150-$500) If not, please list any person or business that you know might be interested in sponsoring the Girls Place Athletic Program this Volleyball Season.

_____

7. Would you be interested in making a $25-$100 donation for apparel or equipment?

_____

8. Would you be interested in sponsoring a child in order to participate in the 2008 Volleyball Season?

_____

9. How would you describe your child's skill level in Volleyball? (Beginner, Intermediate, or Advanced)

_____

Additional Comments or Requests (Not all requests can be accommodated)

_____

_____

_____

_____

Girls Place, Inc.
A Place to Go...
...A Place to Grow

Players→play; coaches→coach; referees→ref; PARENTS→CHEER!!!!!!!

Sport Parent Code of Conduct

We, the parents of_____ of **Girls Place Inc.**, have implemented the following **Sport Parent Code of Conduct** for the important message it holds about the **PROPER** role of parents in **SUPPORTING** their child in sports. Parents should read, understand and sign this form prior to their children participating in our league.

Any parent guilty of improper conduct at any game or practice will be asked to leave the sports facility and be suspended from the following game. **Repeat violations may cause a multiple game suspension, or the season forfeiture of the privilege of attending all games.**

Preamble

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

- Trustworthiness,
- Respect,
- Responsibility,
- Fairness,
- Caring, and
- Good citizenship.

The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. **I will not force** my child to participate in sports.
2. **I will remember** that children participate to have fun and that the game is for youth, not adults.
3. **I will inform** the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. **I will learn** the rules of the game and the policies of the league.
5. **I (and my guests)** will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice or other sporting event.
6. **I (and my guests)** will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. **I will not encourage** any behaviors or practices that would endanger the health and well being of the athletes.
8. **I will teach** my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. **I will demand** that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. **I will teach** my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of game or his/her performance.
11. **I will praise** my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. **I will never** ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. **I will emphasize** skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. **I will promote** the emotional and physical well- being of the athletes ahead of any personal desire I may have for my child to win.
15. **I will respect** the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. **I will demand** a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. **I will refrain** from coaching my child or other players during games and practices, unless I am one of the official coaches of the team

_____/____/___
Parent/Guardian Signature Date

_____/____/_____
Parent/Guardian Signature Date