



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARENTS HAND- BOOK VOLLEYBALL



Great Miami Valley YMCA

www.gmvymca.org

Volleyball

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Letter to Parents

Dear Parents,

The Great Miami Valley YMCA welcomes you and your child to the Youth Sports Program! A goal of the GMV YMCA is for all youth sports participants, both parents and children, to have an enjoyable sporting experience. The YMCA uses sports as a tool to develop each participant physically, mentally, and spiritually. Our programs emphasize teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun, esteem-promoting atmosphere. Our participants will learn the basic fundamentals while learning the rules of the sport. Of course, a FUN and friendly environment are characteristics of all YMCA programs.

It is our goal to provide a safe and fun program for all. Achieving this goal begins with ensuring all our volunteers are adequately screened and prepared for the season. Youth Sports programs are possible by the dedication of volunteer workers. Many volunteers put in several hours of work to make the YMCA programs a success. Thank you to all of the YMCA volunteers who invest time and energy into the lives of young people today. If you are interested in future volunteer opportunities, please let us know.

Thank you for volunteering your time to participate in our youth sports leagues! By participating, you are clearly aware of how important the role of sports is to the development of important personal characteristics to children in these programs.

Thank you, and enjoy the season!

Sincerely,

Great Miami Valley YMCA
Sports Department

Parent Code of Conduct

1. Remain in the spectator area during competitions
2. Let coaches coach
3. Keep comments positive to players, parents, officials, and coaches of either teams
4. Come to games sober and refrain from drinking alcohol or smoking at contests
5. No pets allowed at practices/games unless they are service animals
6. Cheer for your team
7. Show interest, enthusiasm, and support for your child
8. Be in control of your emotions
9. Help when you're asked to by a coach or an official
10. Thank the coaches, officials, and other volunteers who conducted the event

PARKING REGULATIONS

ABSOLUTELY NO PARKING on the driveways or in any grassy area.

All cars are to be parked in designated parking spots.

Speed Limit on YMCA property or designated game/practice facilities is 5 miles per hour.

BE INVOLVED, BUT NOT *TOO* INVOLVED

YMCA Youth Sports needs enthusiastic involvement from parents to be successful. Volunteering your time not only helps the program; it's also an enjoyable way to meet other adults and make new friends. Here are just a few ways to become involved:

- Be a coach or an assistant coach
- Be an official or umpire
- Keep time or score
- Maintain equipment or facilities
- Coordinate refreshments

A healthy involvement will usually be welcomed by both the coach and your child. However, no coach wants to be - or should be – second-guessed by parents on strategy moves or other coaching decisions. Signs of parents being too closely involved include these:

- You are overly concerned with the outcome of the game
- You spend a lot of time talking with the coach about the game plan, and player skill levels.

Help Your Child Enjoy Sports

You can help your child enjoy sports by doing the following:

- Developing a winning perspective
- Building your child's self-esteem
- Emphasizing fun, skill development, and striving to win
- Helping your child set performance goals

DEVELOPING A WINNING PERSPECTIVE

Every decision parents make in guiding their children should be based first on what's best for the child, and then second on what may help the child win. Stated in another way, this perspective places **Athletes First, Winning Second**. We're not saying winning is unimportant. Winning, or striving to win, is essential to enjoyable competition. Pursuing victory and achieving goals are sweet rewards of sport participation. But they can turn sour if, through losing, you or your child lose the proper perspective also. An obsession with winning often produces a fear of failure, resulting in below average performances and upset children.

BUILDING YOUR CHILD'S SELF-ESTEEM

Building self-esteem in your child is one of your most important parenting duties. It's not easy, and it's made even more difficult in sport by the prevailing attitude of "winning is everything." Athletes who find their self-worth through winning will go through tough times when they lose. Building self-esteem in your child takes more than encouragement. You need to show your child unconditional approval and love. Don't praise dishonestly; children can see through that. No matter the amount of mistakes your child may make, show the same amount of love and approval for them that you showed before the game.

EMPHASIZING FUN, SKILL DEVELOPMENT, AND STRIVING TO WIN

The reason you should emphasize fun is quite simple: without it, your child may not want to keep playing. Kids don't have fun when they stand around in practice or sit on the bench during games, when they feel pressure to win and don't improve or learn new skills. Conversely, they do have fun when practices are well organized, they get to play in games, they develop new skills, and the focus is on striving to win.

HELPING YOUR CHILD SET PERFORMANCE GOALS

Performance goals - which emphasize individual skill improvement - are much better than the outcome of the goal of winning for two reasons:

1. Performance goals are in the athlete's control.
2. Performance goals help the athlete improve.

Performance goals should be specific, and they should be challenging but not too difficult to achieve. You (and your child's coach) should help your young athlete set such goals. Help your child focus on performance goals before a game; this focus will help sports be an enjoyable learning experience for both.

About the YMCA

Four Core Values of Character Development:

- ◆ Caring
- ◆ Honesty
- ◆ Respect
- ◆ Responsibility

Youth Sports Philosophy:

□The YMCA's philosophy is "Athletes First, winning second, everyone's is a winner." Please do everything you can do to de-emphasize the score.

YMCA Sports: 7 Pillars

1. **Everyone plays.** We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays at least half of every game.
2. **Safety first.** Although some children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We ask you to take time to check that the equipment and facilities are safe and to teach the sport as we've prescribed, so that the skills taught are appropriate for children's developmental level. We also ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.
3. **Fair play.** Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.
4. **Positive competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest.

5. Family involvement. YMCA Youth Sports encourages parents to be involved appropriately along with their child participating in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

6. Sport for all. YMCA Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same. We do not forfeit games; instead, we share players and proceed with planned games.

7. Sport for fun. Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Sometimes when adults become involved in children's sport, they over-organize and dominate the activity to the point of spoiling children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember, that these sports are for the kids; make sure the kids are having fun.

Things to Remember

Players not able to make your team scheduled practice times and games: We understand not all parents may be able to make scheduled practice times or games each week. If you are unable to make the practice time, please let your coach know in advance if possible.

Parents be available for help: To make the coach's job easier, offer your assistance at practice. Come together to assign a parent be a Team-Mom or Team-Dad. Assistant Coaches are always welcome.

Awards: Coaches will not need to purchase awards for their teams. The YMCA will have awards available for each team at your last game.

End of Season Party: The end of season party is voluntary. If a coach/team decides to have an end of season party, try to plan it ahead of time.

Weather Information/Cancellations

If a practice or game is cancelled, YMCA Staff will contact all parents and coaches via PlayerSpace email and text.

Practice cancellation is up to the coach, unless the YMCA Sports Director cancels in advance. If the coach cancels, the coach must contact all parents.

24 Hour Policy

- The Great Miami Valley YMCA does NOT permit any individual to confront a referee or YMCA Sports Official/Employee at any time. If a situation arises in which a referee's actions create a problem, give the situation 24 hours to cool down.
- After the 24 hours have passed, if you still feel strongly that something should be done, please contact the Sports Director.

Best Practices for Teams

During Practices

- Everyone should arrive early and prepared for practice
- Players should dress to participate
- Everyone should focus on being a positive teacher and participant

During Games

- Everyone should arrive early and prepared for games
- Everyone should encourage all children who are playing
- Remember: Children are here to have FUN

Communication

- Leagues: this is our main form of communication
- Parent and Coach communication is extremely important
- Check your emails and text messages for information regarding practices and games from the Sports Department
- The Sports Director is always available to answer questions and address any concerns.

Rules of Play - Volleyball

All Divisions

The "Y" believes in its philosophy of "Athletes first, winning second." Our Youth Sports Program is designed for all participants to grow in the areas of sportsmanship and physical fitness, as well as self-control, team effort, and skill development. It is a fun, instructional league where everyone plays and everyone wins! The following rules incorporate our philosophy into our Youth Volleyball Program.

LEAGUE RULES

1. The score will be kept for all divisions, but should not be emphasized.
2. The only time league standings will be kept is if there is an end of season tournament.
3. Any concerns about the league by coaches or parents should be discussed with the Sports Director.
4. Coaches must coach from their players bench side of the court and can not be on the court during play.

GENERAL LEAGUE RULES

1. A team must start a game with no less than four players. RPS will determine who gets first serve.
2. It is a foul to touch the net, to go under the net and touch an opponent or to step entirely over the centerline. A player is permitted over the net without touching when blocking or on the follow through after a spike.
3. Players may not touch the dividing curtain between courts or go beyond the curtain to play a ball.
4. Subs can be made at both positions 1 and 4 (server and backline).
5. Parents, or other volunteers may be asked or given opportunity to be line judges.

ATTIRE

1. All players must wear knee-pads.
2. All players must wear comfortable clothing (no jeans, etc.) and comfortable shoes.
3. Official YMCA jerseys must be worn during play.
4. No Jewelry.

SPORTSMANSHIP

1. Any act of unsportsmanlike conduct, including the use of profane language may cause the removal of the offending player, coach or spectator. Continuing abuse may cause dismissal from the league.
2. Violations and fouls will be called by the Official, and their judgment is final.
3. YMCA CORE VALUES (Caring, Honesty, Respect, and Responsibility) should be evident at all times.

Rules of Play - Volleyball

8U DIVISION (AGE 7-9)

All games are governed by OHSAA Rules & Regulations

YMCA MODIFICATIONS:

- Scores will be kept. The only time standings will be kept is if there is an end of season tournament.
- Only background checked coaches can be on the bench.
- Net height: 6'6"
- Ball style: Volley-Lites
- Number of players on the court: 6 players.
- A team must win 2 out of 3 sets to win a match. Sets are played by RALLY SCORE to 25 points with the third set played to 15 points if necessary. A team must have at least a 2-point advantage to win a set. If the third set is not necessary to win the match, teams can play the third set ONLY IF TIME PERMITS to allow players more game time.
- Time-Outs: One minute time-out per set. Injury time-outs do not count against either team.
- Ball is "in play" until a whistle is blown by the referee. The ball may be played off the ceiling if it stays on the offensive side of the court, but not off the wall, backboard or curtain. If the ball goes over the net after contacting the ceiling, it becomes a dead ball and the defensive team is awarded a point.
- When serving the ball, players can take a few steps over the pickleball back line if needed. This depends on the YMCA Branch gym setup. Players will be permitted a second serve "do-over" if needed.
- If a player serves four straight points, the other team gets to serve.
- Players must rotate clockwise when receiving the ball to serve, even a team's first attempt to serve in that set. Players who have rotated into the serve position will be permitted a "do-over" if their first serve does not make it over the net.

Rules of Play - Volleyball

10-11 DIVISION (AGE 10-11)

All games are governed by OHSAA Rules & Regulations

YMCA MODIFICATIONS:

- Scores will be kept but standings will not be kept. The only time standings will be kept is if there is an end of season tournament.
- Only background checked coaches can be on the bench.
- Net height: 6'9"
- Ball style: Volley-Lites
- Number of players on the court: 6 players.
- A team must win 2 out of 3 sets to win a match. Sets are played by RALLY SCORE to 25 points with the third set played to 15 points if necessary. A team must have at least a 2-point advantage to win a set. If the third set is not necessary to win the match, teams can play the third set ONLY IF TIME PERMITS to allow players more game time (15 minutes remaining).
- Time-Outs: One minute time-out per set. Injury time-outs do not count against either team.
- Ball is "in play" until a whistle is blown by the referee. The ball may be played off the ceiling if it stays on the offensive side of the court, but not off the wall, backboard or curtain. If the ball goes over the net after contacting the ceiling, it becomes a dead ball and the defensive team is awarded a point.
- When serving the ball, players can step up to the pickleball line if needed. This depends on the YMCA Branch gym setup.
- If a player serves four straight points, the other team gets to serve.
- Players who have rotated into the serve position will be permitted a "do-over" if their first serve does not make it over the net.

Rules of Play - Volleyball

12-14 Division (Ages 12-14)

All games are governed by OHSAA Rules & Regulations

YMCA MODIFICATIONS:

- Scores will be kept but standings will not be kept. The only time standings will be kept is if there is an end of season tournament.
- Only background checked coaches can be on the bench.
- Net height: 7'4"
- Ball style: Regulation size
- Number of players on the court: 6 players.
- A team must win 2 out of 3 sets to win a match. Sets are played by RALLY SCORE to 25 points with the third set played to 15 points if necessary. A team must have at least a 2-point advantage to win a set. If the third set is not necessary to win the match, teams can play the third set ONLY IF TIME PERMITS to allow players more game time (15 minutes remaining).
- Time-Outs: One minute time-out per set. Injury time-outs do not count against either team.
- Ball is "in play" until a whistle is blown by the referee. The ball may be played off the ceiling if it stays on the offensive side of the court, but not off the wall, backboard or curtain. If the ball goes over the net after contacting the ceiling, it becomes a dead ball and the defensive team is awarded a point.
- When serving the ball, players can take 2 steps in front of the service line up to the basketball sideline if needed. This depends on the YMCA Branch gym setup.
- If a player serves four straight points, the other team gets to serve.
- Illegal hit leniencies will be allowed and kids will be educated.