

ST. IGNATIUS GIRLS VOLLEYBALL HANDBOOK

Volleyball is the sport through which I am able to express my God-given talents of being an athlete. It is a sport which involves relating, pushing, and encouraging your teammates. It has helped evolve me into the person I am today.

David Beard

Australian Olympic Volleyball player

MISSION STATEMENT

The St. Ignatius Volleyball Program assists young ladies of all ability levels in finding enjoyment, accomplishment, and an overall understanding of the game.

I. PLAYER QUALIFICATIONS

1. In order to be eligible to participate, each girl must be a registered member of St. Ignatius parish and enrolled in either the school or the PSR class.
2. All girls must attend tryouts in order to be considered for the A (select) and B1 (second select) teams.
3. Players are rated on the following:
 - a. different skills—passing, setting, hitting, serving
 - b. receptiveness to instruction
 - c. compatibility with others
4. Skills are reviewed by coaches and knowledgeable outside sources, when available.
5. Any High School girl whose name has appeared on a High School roster may not play for GWAC in that sport that year.
6. Players must attend all practices. Unexcused absences may result in reduced playing time.
7. Proper care and maintenance of all equipment and uniforms provided is required. These items are to be promptly returned in good condition at the end of the season.

II. SIGN UPS

1. A sign up deadline will be posted. No sign ups will be accepted after that date.
2. There will be no sign ups at tryouts. The number of teams will have already been determined.
3. Sign ups will be posted in the Wildcat Wire and the Church bulletin.
4. Based on the number of teams entered at each age level (5th thru 8th grade), the league sets the following requirements on how many teams of each type that must be selected:

<u>#of teams at grade level</u>	<u>A</u>	<u>B1</u>	<u>B</u>
1	0	0	1
2	1	0	1
3	1	0	2
4	1	1	2
5	1	1	3
6	1	2	3
7	1	2	4
8	1	3	4
9	1	3	5
10+	1	4	5+

III. GRADE LEVELS

1. 3rd and 4th grade league – Instructional
2. 5th-6th and 7th-8th grade combined grade leagues shall be organized in the following competitive levels:
 - a. “A” (top competitive level – Select) league
 - b. “B1” (second level select) league
 - c. “B” (combo) league
3. High School

IV. TEAM SELECTION

1. A compilation of the ratings of the players’ skills produce the “A” Team members, with the coordinators and/or head coach having final say.
2. The next level of players are slotted into the “B1” Team, with the coordinators and/or head coach having the final say.
3. After the “B1” Team(s) selection is completed, the remaining players are put into a “pool” and selected by ratings of coordinators and knowledgeable outside sources with input from “B” team coaches if possible.
4. The head coaches of the “B” (combo) teams may “protect” their child from the pool, as well as the child of one assistant coach.
5. All teams will have a maximum of ten (10) players.
6. It is not acceptable to pull players from another team in order to play a game. Only players on the team’s roster may play for that team. If a coach must forfeit due to a lack of available legal players but still wishes to play the game for the game experience, he/she may bring the necessary player from another team at the same competition level. He/She must notify the opposing coach prior to the start of the game that the team is forfeiting and playing for the practice.

V. COACHES

1. Coaches will be determined at the discretion of the Volleyball Coordinators.
2. Consideration will be given to qualified individuals whose child is not participating at the same level.
3. All coaches must complete the Archdiocesan Child Protection Decree Program and be fingerprinted through the Archdiocese.
4. A minimum of two adults must be present at every practice and game.
5. Inappropriate language or behavior on the court or sidelines from coaches will not be tolerated by the St. Ignatius Athletic Association. Ejection from a game will result in a suspension from the following game and the coordinator will review the instance for possible additional sanction.

VI. GYM REQUIREMENTS

1. Each school is required by the GWAC to submit gym time for league games based on the following criteria:

<u># of teams</u>	<u># hrs. per week required</u>
up to 10	one hour per team
11 or 12	11
13 or 14	12
15 or 16	13
17 or 18	14
19 or 20	15
21 or 22	16

2. Due to the large number of teams that St. I's enters into the league, and the fact that we only have one gym to use for practice and games, it is imperative that all coaches and players use the practice times scheduled. If a coach needs to change practice or cancel practice they must notify the coordinators as soon as possible, so that time can be offered to other teams. Players must also make it a priority to come to practice. Missing practice without a valid explanation is unacceptable and a player can be disciplined by sitting out of the next game or match. Coaches should have consequences in place for their team so players are aware of what will happen if they choose to skip practice.

VII. GAME PLAY

1. **Playing Time** – During regular season games, all three games of the match are played. Each player must play the equivalent of one full game.

Examples of “one full game”:

- Player plays one game from start to finish.
- Player plays the equivalent of 25 points of playing time.

If a player starts game 1 and is subbed when the score is 12 – 13. This does NOT count as one full game. Either the 12 or the 13 is counted towards the players playing time points. Player goes in during the second game when the score is 5 – 8 and subs out when the score is 10 – 10. Either 5 or 2 points is counted toward the 25 points. Player continues to sub in/out until the 25 points is met or exceeded.

NOTE: During tournaments, playing time is not guaranteed because not all three games of the match may be played. Some tournaments have playing time rules and the coach must follow the tournament's guidelines for playing time.

2. **Serving Area** – 3rd/4th grade can serve from behind the 10 foot line with the desire of moving back as the serve improves. If a 3rd/4th grader wants to serve overhand, she must be behind the 5th/6th grade serving line. 5th/6th graders can use the step in box as long as they serve from the right back location where the box is designated. If the player wants to serve from left back, she must serve from behind the volleyball end line. All 7th/8th graders must serve from behind the volleyball end line.
3. **Scoring** – All grade levels will use ‘rally scoring’. A point is scored each time the ball is blown dead. In the first two games of a match, the winner will be the first team to reach 25 points or more with at least a two-point margin. In the third game, however, the winner will be the first team to reach 25 points or more with a two-point margin OR the first team to reach 30 points regardless of the margin.
4. **Uniforms** – All players must wear knee pads and non-marking gym shoes. All girls must wear shirts and shorts of identical color and style. If shirts are to be worn under the official uniform, they all must be of like color. If compression shorts are to be worn, they too must be of like color to the official uniform short.
5. **Line Judges and Home Concession Stand Duties** – Every game each team is to provide a responsible person (high school age or older) to act as a line judge for the entire match. At all home games parents will be asked to work the concession stand as well.

CONDUCT OF PLAYERS, COACHES AND SPECTATORS

PER GIRLS WESTERN ATHLETIC CONFERENCE:

It is necessary for all participants in a sporting event to conduct themselves in a sportsmanlike manner. Foul language and abusive treatment of officials or players has no place in a GWAC sponsored event. Examples of unsportsmanlike conduct by a player include, but are not limited to:

- a. use of discourteous acts or words when an opponent is about to play the ball
- b. derogatory remarks to officials or opponents
- c. questioning or trying to influence official's decisions
- d. showing disgust with official's decisions
- e. using insulting language or gestures or baiting acts which engender ill will
- f. making any contact with opponent which is deemed unnecessary and which incites roughness
- g. using any part of a teammate's body or any object to gain physical support for advantage in playing the ball
- h. deliberately serving prior to the signal for serve
- i. abusing the re-serve rule
- j. abusing the legal uniform rule

PER ST. IGNATIUS ATHLETIC ASSOCIATION:

All of the above plus:

Parents and spectators should support and respect the efforts of the coaches and volunteers. Concerns should first be addressed with the coach, then the coordinator, before presenting them to the Athletic Association Board.

PER ST. IGNATIUS VOLLEYBALL PROGRAM:

All of the above plus:

Do not address a coach with any concerns immediately following a game or match. Allow yourself and the coach a minimum of 24 hours before addressing your concerns. The meeting or conversation should be held at an agreeable time/location and not in front of players or parents that are not involved in the situation.

"My potential is great - I compete with the confidence of the champion... point after point.... game after game." unknown

