



Springfield South County Youth Club

VOLLEYBALL

PROGRAM GUIDE

7075 Newington Road, Unit G • Lorton, VA 22079

Phone: (703) 339-3796 • Fax: (703) 339-8751

www.sycva.com

SPRINGFIELD/SOUTH COUNTY YOUTH CLUB VOLLEYBALL – FALL PROGRAM GUIDE (Revised Jan. 2011)

The mission of the Springfield/South County Youth Club (SYC) volleyball is to provide Springfield area youth with the opportunity to play recreational and competitive volleyball in a controlled environment that provides entertainment and enjoyment. SYC House Volleyball will focus on development of volleyball skills.

REGISTRATION/SPECIAL REQUESTS/DROPS:

Players must be registered for volleyball during the SYC fall sports registration in June, July and August – either in person or online. The closing date varies based on how quickly the team positions fill up.

Requests for specific team or coach placement will NOT be accepted. Requests to move players between teams to accommodate conflicts with match times will NOT be accepted. If a player has conflicts with league match nights, then they should either not sign up for volleyball or accept that they will miss matches.

Any drops from the volleyball program after close of online registration will incur the 50% SYC late drop fee (see SYC refund policy at www.sycva.com). After the date of the first match, registration fees will not be refunded.

VOLLEYBALL SCHEDULE:

Fall volleyball is offered from September to November.

CODE OF CONDUCT:

All players, parents, coaches, and spectators are expected to follow the SYC code of conduct rules. If they are not followed after having been warned by the referee or league directors, the person infringing on the rules will be asked to leave the gym.

EQUIPMENT NEEDED:

Each player will be **required** to wear volleyball kneepads and white-soled athletic shoes. A volleyball T-shirt will be provided to each player for their uniform and the **SYC provided volleyball T-shirt must** be worn in order to play in a match. The SYC provided volleyball T-shirt is not to be defaced (cut, dyed, written on, etc.) in any way. If a player does deface their T-shirt, they will be required to purchase another T-shirt at a cost of \$15.00 in order to play.

Equipment for the coaches (volleyballs, rules, ball bags) will be provided to each coach for use during the season. Each coach and one assistant coach per team will also be provided with a coaches T-shirt.

ADVISORY BOARD

The SYC Volleyball Committee serves as the advisory board to the volleyball program. The committee consists of the Committee Chairperson, Volleyball Commissioner, league directors for each of the leagues, and at-large members. To contact a member of the volleyball committee, see the links at www.sycva.com, and click on the tab to the volleyball program.

COMPLAINT PROCEDURES

If there are any concerns about the program, questions should be directed to the volleyball program leaders in accordance with the Springfield Youth Club Complaint Procedures. These can be found at the SYC web site, www.sycva.com. Go to the site, and then click on the box labeled "Complaint Procedures". Complete information about the procedures can be seen there.

In summary, if there is a concern about the program, the problem should be brought up to your child's coach. If resolution cannot be found, the problem can then be brought up to the league director, then, if not resolved, to the commissioner. If not resolved, then it can be brought up to the volleyball committee. Further escalation of a problem can be brought to members of the board of directors of SYC.

HOUSE VOLLEYBALL

SYC House Volleyball program is designed as a developmental, recreational league. Teams are balanced with mixed abilities – from newcomer to more advanced skilled players as much as possible. For players that desire a level of play where all players on teams have an advanced skill level, it is recommended that those players sign up for a club or travel volleyball team instead of SYC house volleyball. Players will not be moved up between leagues at the request of parents. Players league is determined by current grade.

SYC offers coed volleyball leagues, as well as a coed volleyball clinic for younger players. For a separate league to form, such as an all boys league, at least 32 players must sign up for that league (enough to form a minimum of 4 teams).

Teams will be assigned as co-ed teams, with 1 to 4 boys per team.

AGES / GRADES FOR FALL HOUSE PROGRAM:

A player must already be in grades 4 – 8 to register for volleyball, as designated below.

GRADES FOR COED LEAGUES:

Middle School League - youth in 7th - 8th grade

Elementary School League - youth in 5th - 6th grade

GRADE FOR CLINICS Program:

Clinics program – youth in 4th grade

CLINICS PROGRAM

The clinics program is designed for youth who are in fourth grade as an introduction to volleyball. The clinics will take place once a week, either Mon. Tues., Wed., Thurs. or Friday. At the clinics, youth will be shown volleyball skills through teaching and drills, will be taught the rules of the game, and will be put into different teams to scrimmage. Each clinic will be approximately one hour long and will take place in the evening, starting 5:45 or 7:15 pm.

The clinics program is a shortened season, running from September to November for 8 sessions.

LEAGUE VOLLEYBALL PROGRAM

NUMBER OF TEAMS:

A minimum of 4 teams is needed per league so that there will be enough team competition. If there are not enough players signed up in an age group, SYC volleyball reserves the right to integrate age groups or offer a refund to those signed up in that age group.

TEAM SIZE:

All players will play in all games using a rotation system. A total of six players are on the court at a time during a game. The team will consist of 9 – 10 players (elementary and middle school league) and up to 10-11 players (high school league). Elementary and middle school league teams will either be (a) all boy and all girl, if there are enough boys registered for a league or (b) co-ed. For high school, the teams will be coed. Teams will be formed by (1) balancing the teams out by grades (leagues 2 and 3) or ability (league 1) then (2) by random assignment. Where possible, players will be placed with some other players from their school. Players who register late or are on the wait list will be placed on teams where openings exist.

PRACTICE/MATCHES:

All practices will be held on a weekday evening for 90 minutes. Exact time and day of week will depend on gym availability. The practice night and time will be assigned to each coach based on the coaches' schedule needs. Players cannot request a specific night or time for practice.

Expected schedule (depending on gym allocations) for:

Middle School: Practice on Mon., Tues., or Wed., Matches on Thursday.

Elementary School: Practice on Mon., Tue. Wed., or Thurs., Matches on Friday.

Matches for all leagues are once a week for one hour and will occur during one of three time slots: 6-7, 7-8, or 8-9 pm. Each team will meet twice each week (once for practice, once for a match).

During the first week of the league, the two meetings will both be practices. After that, each week, each team will have one practice and one match. Each team will play a minimum of 7 matches.

HOUSE TOURNAMENT

There will be an end of the season tournament for each league. All house teams will play in the tournament. The tournament will be a single elimination tournament, where position in the tournament schedule is determined by the team's ranking at the end of the season. (See next section.)

In leagues where there are more than 6 teams, the tournament will be split into two tournaments, one for the top ranking teams and one for the lower ranking teams. Both tournaments will award medals for the winning teams.

SCORING/PLACEMENT FOR TOURNAMENT:

During all matches, each team plays 3 games. All games are rally point scoring. The first two games are 25-point games, and must be won by two points. The third game will be played to 15 points, and is usually must be won by two points. However, if there is a time constraint for gym usage, the third game might be required to end when one team reaches 15 points.

The total number of games won by each team will be tracked and used to determine placement for the tournaments.

Tournament matches are also 3 games – however, the team that wins 2 games out of 3 wins the tournament match. Tournament games use a 15-point tiebreaker game only if third game is needed (i.e. both teams win one game).

REFEREES/RULES:

National High School Federation (NHSF) power volleyball rules will generally be followed. However, for house volleyball teams, there are SYC specific rules. Players and coaches will be provided with the list of SYC specific rules. A copy of the rules can also be obtained from the SYC web site, www.sycva.com under the volleyball tab. For middle school and elementary school, rules regarding how the ball should be hit will be relaxed.

A referee will be provided for matches. If a referee does not show for the match, the coaches will split officiating the match or can find a suitable person to officiate the match.

COACHES:

Each team will need two coaches for each team or one coach and an assistant. Coaches will be solicited from the parents of the youth that have signed up. For high school, the coaches should be very familiar and experienced with volleyball rules and play. For middle school and elementary school, the coaches should have some familiarity with how to play volleyball. Coaches will be given the opportunity to receive coach training prior to the start of practices.

EQUIPMENT NEEDED:

Each youth will be *required* to wear volleyball kneepads and white-soled athletic shoes. A T-shirt will be provided to each youth for their uniform and **the SYC provided T-shirt must be worn in order to play in a match**. The SYC provided T-shirt is not to be defaced (cut, dyed, written on, etc.) in any way. If a player does deface their T-shirt, they will be required to purchase another T-shirt at a cost of \$15.00 in order to play.

Equipment for the coaches (volleyballs, rules, ball bags) will be provided to each coach for use during the season. Each coach and one assistant coach per team will also be provided with a coaches T-shirt.

TRAINING:

Clinics on the rules, drills, and coaching volleyball will be offered to the coaches.

HOUSE PROGRAM FEES:

The fee for the Clinics Program includes a volleyball T-shirt will be provided by SYC for the required uniform.

The fee for League Volleyball includes a team T-shirt with a different number for each player will be provided by SYC for the required uniform. (Each team has a different color shirt.)

TIME TABLE:

Coaches clinics and coaches first meeting will be held at the end of August or early September. Clinics program for 4th graders begins in Late March or early April. League team practices and matches will begin the last two weeks of March. League team tournaments will be in October or November.

AREA TOURNAMENT ALL STAR TEAM PROGRAM

For some years, there is an area All-Star team tournament offered by one of the area clubs. If there is a fall all-star tournament offered, SYC will send all-star teams made up of all-star players selected from house teams. The League Directors will determine exact number of teams and the tournament format during the season.

TOURNAMENT TEAM FEES:

Players on the team will be responsible for paying for the tournament team fee of \$25, which includes the tournament fees and the all-star T-shirt costs.

COACH SELECTION:

The League Director, in consultation with the Commissioner and Assistant Commissioner, selects all-star coaches. Current or previous coaches are asked if they would like to volunteer as a tournament coach for a specific league, usually the league that their child is playing in. Usually, coaches with children of tournament ability are asked to volunteer. From those that are willing to be a tournament coach, a coach or coaches are selected for each league.

Tournament coaches need to be experienced coaches, need to have shown strong ability to coach youth of the age group selected, and knowledge of volleyball rules. Prior experience coaching at tournaments is desirable. They must also be available to lead the all-star tryouts and practices and attend the all-star tournament.

PLAYER SELECTION CRITERIA:

Players are selected for the tournament team at tournament team tryouts. The tournament team coaches, in conjunction with the league director, will set up a tryout schedule. All players from house teams are welcome to attend the tryouts. The players who wish to tryout should review the "team player attributes" criteria below to determine if they are good candidates for the tournament team.

House coaches will be encouraged to advise their top players to try out.

Each tournament team will have 10 – 12 players at the discretion of the all-star coaches.

For a player to tryout for the tournament team, they

1. Should have the following abilities:

- Be consistent in serving most balls over the net and landing in-bounds. [For league 3, able to serve the ball over the net a majority of the time.]
- Consistent forearm passing. [For league 3, able to forearm pass successfully a majority of the time.]

- Be able to pass the ball to another player, rather than just hitting the ball back over the net when they receive it.
 - Have a minimum of basic spiking skills [leagues 1 and 2].
 - Good setting ability [leagues 1 and 2].
 - Must have knowledge of volleyball rules and be able to apply them during play.
2. Must have the following “team player attributes”:
- Must show good sportsmanship to other players and the coaches.
 - Must show respect to referees.
 - Must attend all practices of their house team (90% with coach informed of valid excuse ahead of time).
 - Must be able to commit to attending the all-star tournament.
 - Must be able to commit to attending all all-star team practices as well as their regular team practices.
 - Players must not be disruptive at practices.

TIMETABLE:

Selection of the house volleyball all-star team will be made during late October or Early November. Eligible house participants will be notified by their coaches and/or via email regarding the time and date of the tryouts.

REFEREES/RULES:

National High School Federation (NHSF) volleyball rules will generally be followed. However, there are often all-star tournament specific rules. All-star coaches will be provided with the list of tournament specific rules as soon as they have been made available from the tournament director.