

VAA Community Volleyball

General Information

Revised 3/20/2022

Purpose and Philosophy:

Volleyball is a lifetime sport that we can enjoy at all ages. The purpose of this league is to provide the opportunity and a positive environment in which players will learn fundamentals, develop skills, and most importantly have **FUN** playing the game.

Divisions and Teams:

Teams are divided into four divisions based on school grade level.

Minis: Grades 2-4 (uses Elementary School gyms)

Minors: Grades 5 & 6 (uses Middle School gyms)

Majors: Grades 7 & 8 (uses Middle School gyms)

Seniors: Grades 9-12 (uses Middle School gyms)

Teams are made up of players from multiple grade levels in a division. We try to create both experience and age-balanced teams. Divisions may be combined, or grades may be played in other divisions during any season at the discretion of the volleyball commissioner based on participation numbers. Playing up a division may be allowed at the discretion of the volleyball commissioner under certain criteria: Room must be available in the new division for the player, current participants will not be displaced to allow for kids to play up a division. A tryout may be scheduled to demonstrate the player's ability to justify playing up a division. Please contact the volleyball commissioner to discuss playing up. Requests for players to be placed on the same team will be considered based on the following:

- Requests for coaches' children will be honored first
- Teams will be balanced *as much as possible* with equal numbers from each grade and experience level.
- Requests must be on each of the player's registrations

Schedules:

We will utilize Monday, Tuesday, and Thursday evenings along with Saturday mornings to early afternoons. Schedules will be based on the number of teams in each division and the available gym time allocated to us from the school districts. We will try to stay within Apple Valley but may have to travel to other schools within District 196 or District 191 (Burnsville/Savage). We love seeing our athletes participate in multiple sports, but there will be scheduling conflicts if playing multiple sports in the same season. Each VAA sport are run independently and is impossible to coordinate all the schedules to eliminate overlaps.

Schedule will not be known or made until teams are formed after the season's registration closes.

Practices and Matches:

Generally, players will practice/play twice a week, each event will be one hour in length. Double-headers are common when there is an uneven number of teams in the division and usually the last weekend before the tournament to prepare the kids for playing multiple matches. Matches will include about five minutes of practice to warm-up and will consist of 3-sets. If time is running out at the end of the second set, the referee may shorten or eliminate the third set as needed. All teams will play one weeknight and on Saturday mornings to early afternoon. Schedules will be made based on the total number of teams and the gym allocation given by the school districts. Each team will need to supply the referee with two volunteers, one scorekeeper and one line judge for all matches. A coin toss or equivalent will be done to determine which team serves the first and third sets.

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Setting Up/Taking Down Nets:

If you have the first practice/match of the day/evening, your team is responsible for setting up the net(s) and chairs for spectators. If you have the last practice/match of the day/evening, your team is responsible for taking down the net(s) and chairs. Please refer to your master or online schedule to determine if you need to set up or take down the gyms, be courteous of all teams and share this task. The Community Ed building supervisors will help you locate the equipment but are not responsible for setting up or taking down the equipment.

Referees:

Referees will be provided for each match to give the kids the full playing experience. All games are officiated at a recreational level. Our referees are mostly students, they will make a mistake from time to time. Please accept that they are human and graciously allow an occasional mistake to occur.

The referee is in charge of the match, do NOT try to influence their decision-making. In the event that a referee is not present, a coach or parent will be used to officiate that match.

End-of-Season Tournament:

All teams will end the season with a double elimination tournament. A blind draw will be used to determine brackets/pairings. Trophies will be awarded based on the number of teams in each division. There will always be trophies for 1st and 2nd place finishes. *The goal of the league is to improve players' skills from the beginning of the season to the end of the season.* Calls during the tournament will be enforced more strictly, this will include carries/lifts, double hits, and foot faults depending on the division. No warnings will be given for a player who serves before the referee blows the whistle. If any player does serve before the whistle is blown, it results in a side-out and a point and serve going to the other team.

Player, Coach, and Parent Conduct:

VAA Volleyball should be a positive experience for all involved. You can help make this happen by practicing good sportpersonship at ***all*** times. Please remember this is a recreational league and our goals are to have **FUN** while teaching skills and striving to win. *Players...* try your best at all times. Listen to your coaches and learn from them. Volleyball is a team sport, and your team does best when playing as a team. Be gracious when the team wins and positive when the team loses. Learn from your mistakes and your victories.

- *Coaches...* teach your players good sportpersonship and lead by example. Players learn as much by seeing as listening. Encourage your players in a positive manor. They are at different stages of development and must be coached accordingly. Remember to keep a positive attitude and keep the environment FUN.
- *Parents...* your children will enjoy the sport more when you are there watching them and encouraging and cheering them on. Praise them for their efforts and share in their disappointments. Do not blame the officials, the coaches, or other players. Remember to keep a positive attitude.