



## 2025-2026 Player Club Rules

### 1. Attendance

- a. It is expected that you attend every practice and tournament for the entire season. Any conflicts should be presented to your coach in writing at the beginning of the season.
- b. If you are sick, you must call your coach before practice starts. Otherwise, it is considered an unexcused absence.
- c. Any conflicts that are not previously approved will result in:
  - i. Three lates to practice- Sit 1 set at the next tournament.
  - ii. One missed practice- Sit at least 1 set at the next tournament.
  - iii. One missed tournament- Sit at least 2 sets at the next tournament.
- d. **Developmental Volunteers 17P/16P/15P**- Each player must volunteer for 2 developmental sessions.
- e. **Travel Tournaments (17P,16P,15P)** - All players **MUST** attend ALL travel tournaments.

### 2. Practice and Tournament Behavior

- a. In order for you to become a better athlete, you need to put 100% effort in at all times.
- b. You are expected to participate for the entire practice and tournament, have good sportsmanship, respect the coaches and never say, "I can't!"
- c. Players must stay for the entire tournament, including working the last match.
- d. When the players are at local and travel tournaments, they must always dress as a team upon arrival, departure and while working.
- e. When traveling around the tournament facility, all players must travel in groups of at least two players. You must let your captains, and coaches know where you are going at all times.
- f. All sites are to be cleaned after tournament play.
- g. You are to follow the rules set by the coach, chaperone, team parent, and site coordinator.
- h. Players are expected to arrive at the tournament site at the time provided. If a player is late to a tournament, they will not play the first set.

### 3. Playing Time

- a. Please remember playing time cannot be measured by the time on a clock.
  - i. **17's'-15's'**- Playing time is based on merit, attendance & attitude.
  - ii. **14's'-12's'**- Player sits no more than 2 consecutive sets depending on position. Every effort will be made to have the player play at least 3 positions.
- b. **24 Hour Contact Policy**- Parents and players must wait 24 hours after the tournament to contact the coach. We encourage the player to discuss their concerns first before involving the parent.

### 4. Alcohol, Drug and Smoking Policy

- a. LHVA has a Zero Tolerance Policy!
- b. Possession and/or use of alcohol, drugs or smoking, including electronic cigarettes, at any practice or tournament is strictly prohibited and can result in removal from the team depending on the incident.
- c. If someone is found to be breaking this rule at a tournament, their parent/guardian will be called to come pick them up at their expense.

I have read the above rules and regulations and agree to follow them.

\_\_\_\_\_  
Player Name (print)

\_\_\_\_\_  
Parent/Guardian Name (print)

\_\_\_\_\_  
Signature & Date

\_\_\_\_\_  
Signature & Date