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# Handbook

2025 - 2026



INTRODUCTION .....	4
MISSION .....	4
PURPOSE .....	4
PROGRAM INFORMATION .....	4
WINTER SEASON .....	4
SPRING SEASON .....	6
COMMITMENT .....	6
PROGRAM FEES .....	7
FUNDRAISING .....	7
FINANCIAL ASSISTANCE / SCHOLARSHIPS .....	7
TRYOUT INFORMATION .....	7
REFUNDS .....	8
NCR JUNIOR AGE CLASSIFICATION INFORMATION .....	8
North Country Region Team Transfer Rule .....	8
VOLT LEADERSHIP .....	10
Executive Directors .....	10
Board of Directors (volunteer) .....	10
ATTENDANCE & ABSENCE POLICY .....	10
TOURNAMENTS .....	11
TOURNAMENT TRAVEL .....	11
STAY TO PLAY REQUIREMENTS .....	11
COMMUNICATION .....	11
WEATHER ANNOUNCEMENTS .....	12
PLAYING TIME & POSITIONS .....	12
CONFLICTS & COMPLAINTS .....	12
RESPONSIBILITIES & CODE OF CONDUCT .....	13
INSURANCE .....	14
STATE ELIGIBILITY & NCAA ELIGIBILITY .....	14
TOBACCO/ALCOHOL/DRUGS .....	14
UNIFORMS .....	14
INJURY POLICY .....	14
SEXUAL & NON-SEXUAL HARASSMENT, VIOLENCE & ABUSE .....	14
General Statement of Policy .....	14
SOCIAL NETWORKING .....	15
Social Media Guidelines: .....	15



PARENT CODE OF CONDUCT .....17

PLAYER CODE OF CONDUCT .....18



## INTRODUCTION

The purpose of this publication is to inform all prospective members and parents or guardians of the services, guidelines, regulations, and requirements of VOLT Volleyball. It is required that ALL ATHLETES and their PARENTS/GUARDIANS read this publication in its entirety before participating in our programs.

VOLT Volleyball (hereinafter referred to as “VOLT”) is a developmental program designed for high school, middle school, and late elementary age athletes. VOLT was originally created in 2005. The club is organized exclusively to provide educational, recreational, and competitive opportunities associated with volleyball for girls.

VOLT is a member of USA Volleyball (USAV) and the North Country Region (NCR) of USA Volleyball. USAV, a non-profit, non-government supported organization, sets the standards at all levels from the National Teams to the youngest and oldest age groups in indoor, beach, grass and Paralympic disciplines for both genders. As a member of USA Volleyball, VOLT adheres to all rules and regulations set forth by USAV and NCR. More information is available at <https://www.ncrusav.org>.

VOLT is a 501(c)(3) non-profit organization.

## MISSION

The mission of VOLT is to strive to develop the athletic abilities of the players, promote teamwork, and provide a positive volleyball experience.

## PURPOSE

Our purpose is to improve the volleyball skills of all athletes through participation in structured practices, skill sessions and competitive tournaments. VOLT will attempt to field AT LEAST ONE team in each age classification sanctioned by USA Volleyball with respect to the commitment and availability of qualified coaches.

The club is organized to provide educational, recreational and competitive opportunities for girls, providing them with structure and the ability to participate in organized volleyball practices, skill building, leagues and tournaments.

## PROGRAM INFORMATION

### *WINTER SEASON*

Winter Season runs from mid-December through mid-February. Athletes can participate in just the Winter season, however, teams will be limited due to the LIMITED number of available tournaments and travel required. Reminder, the Winter season does NOT have program levels such as Local, as majority of the tournaments played will be out of town. And, yes, athletes can participate in just the Spring season!





## *SPRING SEASON*

Spring Season runs from mid-February through mid-May for Local programs and/or June for Travel programs.

**TRAVEL** – Our travel programs encompass 1's/ 2's and Black, Pink, White teams. Our travel program is designed for the highest caliber of athlete, providing regional and national competition, and skill-based individual and team-based practices, along with positional practices. Travel programming has the willingness and ability to travel 3+ hours to the majority of tournaments, and looking to be a part of a fun, competitive team environment. Refer to our website for additional details on our Travel program: <https://www.voltvolleyball.org/travelteams>

**LOCAL** - Our VOLT Local program provides the opportunity to play, compete, and focus on building skills. Local teams will have one-day tournaments and travel approximately 90 minutes around the Fargo/Moorhead area. The program allows for kids to focus on their skills and be part of a team. No one will be turned away for ages 12-14U, all players will make a team according to their caliber. We do make cuts ages 15-18U, and players will make team according to their caliber. Refer to our website for additional details on our LOCAL program: <https://www.voltvolleyball.org/page/show/7603554-local-program>

**VOLT IGNITE** - VOLT IGNITE is a beginner program designed for 3rd – 5th graders, interested in learning and playing the game of volleyball. VOLT is focused on teaching young volleyball players basic athletic movements, while introducing fundamental volleyball skills, and preparing them for competitive, game play.

**SPARK** - (Pre-K-2nd grade) is designed for our youngest athletes—an exciting, fun introduction to the sport of volleyball! Players will learn the basic movements of the game while participating in engaging activities that build coordination, confidence, and muscle memory. With encouraging coaches who know how to connect with kids, SPARK is the perfect place for littles to start their volleyball journey and ignite a lifelong love for the sport! Refer to our website for additional details on VOLT IGNITE and SPARK: <https://www.voltvolleyball.org/youthdevelopment>

## *COMMITMENT*

We recognize that many of our athletes are involved in many activities and athletic programs while participating in our program. Like those other activities, VOLT is a commitment, and we ask that you try your best to keep that commitment the entire season.

- Practices are typically scheduled two days per week for about two hours each session. Generally, practices are held on Monday, Tuesday, Thursday, and/or Friday evenings. Variables such as court availability, school schedules, staff schedules or tournament importance will determine the practice times and schedule.
- Practices will be held where space is available, most often the Rustad Recreation Center and Fargo Parks Sports Center. A practice schedule will be posted on our website once it is developed.
- Part of the commitment to VOLT is to attend the Informational Meeting, complete NCR required Officials Clinic, any supplemental parent meetings, and read all VOLT materials.



## PROGRAM FEES

Program fees cover the following costs for club operations and individual teams. Fees and coverage may vary by programming level:

- Practices 2x per week
- Tournament Entry Fees
- Coaches' salary (6–8-hour single / multi-day tournaments)
- Gym Rental
- Uniform (Additional cost for replacement uniform top)
- Administrative fees
- Memberships for Coaches
- Travel costs for coaches (Travel teams)

## Skills Training & Player Development

VOLT offers 'off-season' training opportunities throughout the year: Fall Skills & League, Summer Skills, and 1 on 1 Positional Sessions. More information can be found on the VOLT website by clicking [HERE](#).

VOLT reserves the right to make changes to the program offerings if there is low registration numbers which includes but not limited to cancellations, group merging, and change in dates and times.

## FUNDRAISING

Fundraising assists in offering the many programming options by VOLT. Fundraising also helps reduce the costs of programming fees paid by our participating families. VOLT offers three fundraising options:

- Fundraiser – Official fundraiser may change year to year. Specific fundraising amounts are communicated throughout the season and club communication.
- Fundraiser buyout
- Player / Business Sponsorships - Players have the ability to seek a Player Sponsorship. These sponsors will be highlighted throughout the VOLT season and logos will be represented on the VOLT website as a club sponsor.

## FINANCIAL ASSISTANCE / SCHOLARSHIPS

Our scholarship program is focused on providing financial assistance to young athletes to help cover the costs of participation. Information regarding our scholarship program and application process can be found on our Scholarships webpage at <https://www.voltvolleyball.org/page/show/6781795-volt-scholarship-program>.

## TRYOUT INFORMATION

VOLT coaches will be in the gym facility during tryouts doing the evaluations. Tryouts are conducted in October and November based on age groups and in-school activities.

If you are injured at the time of tryouts, VOLT requests video of the athlete playing in a match. If video is not available, 1-2 written recommendations from a coach along with their contact information is needed. Please notify VOLT of this situation before or at tryouts.



Please do not tryout if you do not have sincere intentions of playing. For more information on our tryout process including dates and times, please visit our website at <https://www.voltvolleyball.org/page/show/6746256-volt-tryouts>

## REFUNDS

VOLT will NOT be refunding tryout fees. If a player decided not to attend tryouts, please notify VOLT Volleyball prior to the tryout date.

No season refunds will be made after registration closure unless the following condition is met: A refund of the registration fee based on percentage of season played (25%, 50%, 75%, 100%) may be granted for a season-altering injury if request is accompanied by written documentation from a physician. Refund will be issued back to the original form of payment.

## NCR JUNIOR AGE CLASSIFICATION INFORMATION

### North Country Region Team Transfer Rule

Once a player has committed to a team and has played in a USA Volleyball sanctioned event, they are not allowed to transfer teams. All transfers must be done before the first sanctioned event. VOLT, through this handbook, notifies you of this rule as required by North Country Region USA Volleyball.



### USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION For use during the 2025-2026 Season

To determine the correct age division, please find the Month of Birth in the left column and then the year of birth in the same row. The heading of the column matching the Year of Birth is the correct age bracket.

	18 & Under <sup>1</sup>	18 & Under <sup>2</sup>	17 & Under	16 & Under	15 & Under <sup>3</sup>	14 & Under <sup>4</sup>	13 & Under <sup>5</sup>	12 & Under	11 & Under	10 & Under	9 & Under	8 & Under
July	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Aug	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Sept	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Oct	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Nov	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Dec	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
Jan	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Feb	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Mar	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Apr	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
May	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
June	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018

<sup>1</sup>Players who were born on or after July 1, 2006 and a high school student in the twelfth (12<sup>th</sup>) grade or below during some part of the current academic year are eligible to compete in 18 & under.

<sup>2</sup>Players in this age range that have graduated high school are ineligible only if they have been enrolled at a university, college, community college or junior college AND have been cleared to participate by that (volleyball) program.

<sup>3</sup>Players who were born on or after July 1, 2007, (who are defined as 18 & under by the USAV Age Definition) and are in the 11th grade for the current academic year are eligible to compete in 17 & under.

<sup>4</sup>**Male Only** - Players who were born on or after July 1, 2011 OR players who were born on or after July 1, 2010 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth (8<sup>th</sup>) grade during the current academic year **are eligible to play in the 14 & Under division**. This is because the net height difference of 7'4 1/8" to 7'11 5/8" between the 14 and Under Division to the 15 and Under Division.

<sup>5</sup>**Male Only** - Players who were born on or after July 1, 2011 (14 years or younger) who shall neither have completed nor are in a grade higher than the seventh grade (7<sup>th</sup>) during the current academic year are eligible for a Region approved waiver to compete in the boys 13's age group.

<sup>6</sup>**Male Only** - Players who were born on or after July 1, 2012 (13 years or younger) who shall neither have completed nor are in a grade higher than the sixth grade (6<sup>th</sup>) during the current academic year are eligible for a Region approved waiver to compete in the boys 12's age group.





## VOLT LEADERSHIP

### *Executive Directors*

- Director
- Assistant Director(s)

### *Board of Directors (volunteer)*

The VOLT Board of Directors is the governmental body of the organization, which provides approval for policy, staff hiring and provides recommendations for the direction of the program. Board positions are as follows:

- President
- Vice President
- Treasurer
- Secretary
- Member(s)

### *Operational Team Member(s)*

For additional information on our Executive Directors and Board of Directors, please refer to the Staff page of our website at <https://www.voltvolleyball.org/page/show/6747593-staff>.

## ATTENDANCE & ABSENCE POLICY

Attendance will be taken by the coaches at each practice and tournament for record keeping purposes. It is the sole responsibility of the athlete and/or parent to notify the coach with advanced notice if the athlete will not be attending a practice or tournament. As mentioned earlier, what you want to get out of this program may also depend on your attendance. Remember, your absence not only affects you, but also your team and the development of both.

Attendance may play a role in the playing time an athlete receives. The attendance policy is as follows:

- Unexcused absences include the following:
  - Arriving late to practices or tournaments
  - Departing early from practices or tournaments
  - Conflicts with other non-school related activities, including other sports teams (applies to Open team participants only)
  - Lack of transportation
- Excused absences include the following:
  - Injury
  - Illness
  - School-related activities (i.e. band concert, school conferences, etc.)
  - Religious activities
  - Family vacation

Local Teams: Participants playing on a Local Team are encouraged to be on time and in attendance for practices and tournament. If a participant misses more than two unexcused practices, the coach will review the situation.



Travel Teams: Participants playing on Travel Teams are expected to be on time and in attendance for all scheduled practices and tournaments. Each unexcused practice will be reviewed by the coach. Unexcused practices will result in reduced playing time. Excessive unexcused absences resulting in more than three (3) missed practices can result in removal from Travel Teams and placed on a Local Team (if applicable).

If a Travel Team participant misses a tournament or more than three (3) missed practices due to an unexcused absence, the following will occur:

- 1<sup>st</sup> offense: loss of playing time
- 2<sup>nd</sup> offense: removed from Travel Team and placed on Local Team.

## TOURNAMENTS

VOLT typically schedules up to 5-7 tournaments for each team during the Spring season. Winter season will include 3 -4 tournaments scheduled. This schedule may change, depending on evaluation of teams at tryouts and availability to enter the designated tournament. Our goal is to find competitive tournaments while keeping the opportunity for success in mind. At times, VOLT teams may play in older age divisions. It is an expectation of each VOLT player to try their best to attend each day of each tournament.

## TOURNAMENT TRAVEL

Travel to all tournaments will be at the responsibility of the **PARENTS / GUARDIANS**. It is recommended that the parent/guardian, an adult (+23 yrs.) family member/relative or another VOLT parent drive the player to the tournament site. VOLT will not give or be expected to provide any athletes a ride to tournament sites.

## STAY TO PLAY REQUIREMENTS

This section applies to any TRAVEL TEAMS.

If your players team is registered and competing at a STAY TO PLAY tournament, it is a REQUIREMENT that all players are compliant to this requirement.

Stay to Play has been an increasing trend in USAV events. If a tournament is specified "STAY TO PLAY" it means the tournament host requires teams to stay in pre-blocked hotels through their housing company, and our admittance into the tournament depends on fulfilling the STAY TO PLAY requirement. Players that do NOT comply with the Stay to Play requirement are subject to a loss in playing time.

## COMMUNICATION

Frequently, pre-tournament information is often delayed and vague. The club director will release the information to the parents and athletes as soon as it becomes available by posting it on the club's website, SportsEngine app, or email. Many times last-minute changes to tournaments are made. We will do our best to inform parents and players as soon as we receive this information. It may be helpful to establish communications with the parents/guardians of the other players on your daughters' team. Your patience and cooperation is appreciated.

Club E-mail: [voltvb@gmail.com](mailto:voltvb@gmail.com)

Web Site: <http://www.voltvolleyball.org>



## WEATHER ANNOUNCEMENTS

In the event of severe weather, practice will be canceled. If you hear that local schools, specifically West Fargo, have been closed, we will not hold practice. Announcements may also be posted on our website and social media. We will try to contact as many area radio stations as we can. **DO NOT TRAVEL IF YOU DO NOT FEEL COMFORTABLE DRIVING TO PRACTICE! JUST NOTIFY YOUR COACH!**

**This decision will be made on a team-by-team basis and final communication will come from VOLT directors.** In the event of inclement weather, each individual and team must make the decision whether or not to attend a tournament. If the coach or majority of players will not be traveling, the team will forfeit. A parent is NOT allowed to take the place of a registered VOLT Coach if the coach is unable to travel due to inclement weather. VOLT is not required to provide a replacement tournament but will do its due diligence in trying to find a make-up or available tournament. There would be additional cost to a replacement tournament as tournaments do NOT refund the registration fee.

VOLT is striving to make the best decisions in these situations with the safety of our players, coaches, and families first.

## PLAYING TIME & POSITIONS

The biggest challenge for any coach is assigning playing time and positions to athletes. VOLT gives complete discretion to the coaches regarding playing time. The coach will evaluate the athletes' attitude, ability, practice attendance, needs of the team, competition of opponent and other individual philosophies when it comes to playing time. It is important that each athlete understand that she may not receive all the playing time that she believes she deserves.

Regarding positions on the floor, the coach will put athletes in a position that he or she feels best suits the team. It may or may not be the same position that the athlete plays in high school or junior high. The athlete is welcomed to train at multiple positions, but this will be at the discretion of the coach.

Club directors have full discretion and authority to adjust rosters and move players between teams based on player and team needs. This includes, but is not limited to, illness, injury, practices, tournaments, and other ad hoc situations. Best efforts will be made to make player moves between seasons or during a break to allow for player and team adjustments.

VOLT coaches may hold team and/or individual meetings to discuss this subject and other philosophies the coach has. **It is an expectation that the athlete and parents respect the coaches' decisions and give 100% effort towards the success of the team.**

## CONFLICTS & COMPLAINTS

VOLT would like to handle any conflicts or complaints in a professional manner. It is an expectation that all players and parents read the VOLT Handbook before beginning a complaint process.

Playing time and position conflicts should first be discussed between the coach and player. It is an expectation that both the coach and player conduct any conversations in a civil manner, withholding many emotions that come with this subject. Any coach, at any time, has the right to have another staff member present for liability purposes. Any coach also has the right to set a time to meet with that athlete if there are no other staff members available. The coach has the right to end any meeting at any time if the conversation goes beyond a civil conversation. All staff members will document meetings with players.

It is the belief of VOLT that players and coaches discuss issues first. It is the players who play for the coach, not the parents. **Parents will not be allowed to discuss these issues or any conflicts with coaches.** The club director and



coaches have the right to walk away from any discussion involving playing time, position, or volleyball strategy and philosophy conversations.

If any parent or guardian has a conflict or complaint, we ask that they send a signed e-mail to the club director. VOLT believes that this policy is a great first step to open communication doors without causing further problems. After the e-mail is received, VOLT will contact the parent/guardian to address the complaint or conflict and take steps to solve any issue.

It is an expectation that each player, parent, or guardian follows this policy. If not, the following discipline procedures will be enforced:

- **1<sup>st</sup> Offense/Level One offense-** A level one offense is defined when a parent/guardian generally discusses playing time, positioning, or coaching strategy with the coach at any time. This conversation is done on a concerned level and in a civil manner. It will also be considered an offense when a parent/guardian is verbally degrading the play of the team or another player during a match out loud. The player will be withheld from one match.
- **2<sup>nd</sup> Offense/Level Two offense-** A level two offense is defined when a parent/guardian commits a level one offense for the second time. Also, a level two offense may define when a parent/guardian is behaving in an uncivil manner to a coach, player, team, or official. The player will be withheld from the tournament for the remainder of the tournament.
- **3<sup>rd</sup> Offense/Level Three offense-** A level three offense is defined as the “third strike, you’re out.” Two previous offenses plus a third offense, or any situation that goes above and beyond behaving in an uncivil manner to a coach, player, team, or official will result in the player being removed from the program. The participant, parent or guardian will still be responsible for all financial commitments despite being removed from the program.

It is the hope of VOLT that we reach a solution in these situations. With your cooperation, this hope is possible. However, it is a no-tolerance policy, and no exceptions will be made. The club director will be responsible for all decisions regarding discipline procedures. The parents will be notified of any infractions through a letter, e-mail, phone call or interpersonal civil discussion.

We hope to have your cooperation to make this program a great experience for all!

## RESPONSIBILITIES & CODE OF CONDUCT

Membership in VOLT carries with it certain responsibilities to the organization. This applies not only to the club participants but to the parents as well. Please keep in mind that you are not only representing yourself, you are also representing our club.

At any time, no athlete, parent, or coach shall make any disparaging remarks about or gestures towards another player, team, coach, official or parent/s, in person nor on social media.

Players, coaches, and parents should have general knowledge of the sport of volleyball, USA Volleyball, North Dakota High School Activities Association and North Country Region rules and regulations.

At all times members and coaches are expected to act appropriately and dress tastefully keeping in mind that they are representing VOLT.

When participating in a tournament, players and coaches should not leave personal property or team belongings unattended.

1. Players and parents are responsible for leaving all facilities neat and clean. Please follow the rules of the playing sites that have regarding food, drinks, and coolers.
2. No team member may leave an event without checking out with the team coach or club director.

VOLT reserves the right to use our Code of Conduct policies for breaking codes of conduct.



## INSURANCE

USA Volleyball Insurance covers practices, sanctioned events, competitions, and travel to and from such events. It is a supplemental insurance policy. A medical release form is included in the participant forms and will be required for participation. Please completely fill out all the information requested. The insurance company requires this form to be in the possession of a staff member at all practices and events.

## STATE ELIGIBILITY & NCAA ELIGIBILITY

VOLT structures to be in full compliance with NDHSAA and NCAA rules and regulations.

## TOBACCO/ALCOHOL/DRUGS

The use and/or possession of tobacco products, alcohol, drugs or drug paraphernalia by players is illegal and forbidden.

Suspected use and possession reported to the board will be immediately relayed to the parents and player by involved parties in a confidential meeting.

Confirmed use or possession of the above products by a VOLT player may result in suspension from play. The length of suspension and/or the possibility of expulsion from the team will be determined in a confidential meeting between parents, player, and a designee from the board of directors.

**Members that do not comply with this policy are subject to disciplinary action. VOLT will follow the disciplinary action set forth by the NDHSAA or school district, if applicable.**

## UNIFORMS

Uniform tops are included in your payments and **must be worn** when representing VOLT. Black shorts are required for each tournament. If a player needs to replace a uniform throughout the season, there will be a replacement cost.

Each season, each athlete and parent, has the option of purchasing apparel, such as sweatshirts, long-sleeve t-shirts, hats, etc.

## INJURY POLICY

All injuries must be reported immediately to the coach and/or the club director. In the event of an injury, the athlete will not be permitted to participate unless written clearance is obtained from the athletes' physician. Payments made to VOLT are NOT refundable except in the case of an injury or illness that concludes an athletes' ability to participate for the remainder of the season. The amount to be refunded is prorated based upon the amount of participation and other budgetary items directly used by the individual. Parents must request IN WRITING and attach a statement from the athlete's physician. Keep in mind that **ONLY PERSONAL PAYMENTS MADE DIRECTLY FROM THE PARENT/S OR GUARDIAN/S ARE REFUNDABLE**. Any money raised through fundraising opportunities is not refundable under federal law. The VOLT Board of Directors will review all refund situations.

## SEXUAL & NON-SEXUAL HARASSMENT, VIOLENCE & ABUSE

### *General Statement of Policy*

Harassment, violence, and assault either sexual or non-sexual are violations of North Dakota and Federal laws. Sexual harassment is a form of sexual discrimination. Men and women may be victims or may be offenders.

It is the policy of VOLT to maintain a learning and working environment that is free from all harassment and violence. VOLT prohibits any form of harassment, abuse, and violence. It shall be a violation of this policy for any



club member, club parent, director, board member, coach, or employee of VOLT to harass or be violent in any manner to a club member, club parent, director, board member, coach or employee through conduct or communication as defined by this policy.

VOLT will investigate all complaints, formal or informal, verbal or written of harassment, violence or abuse either sexual or non-sexual and to discipline any club member, club parent, director, board member, coach or employee who violates this policy.

This policy also covers any extension of the VOLT environment, i.e. club-sponsored events, members, parents, directors, board member, coaches or employees are prohibited from engaging in any form of harassment violence or abuse at these events.

#### *Reporting Procedure*

Victims of alleged harassment, violence, or abuse in both a sexual or non-sexual form and third person/observers with knowledge or belief of conduct constituting such acts should report the alleged act immediately to VOLT director, as designed herein. Cases of harassment may be turned over to the Police Department or other delegated organizations.

## **SOCIAL NETWORKING**

VOLT supports its member's rights to freedom of speech, expression, and association, including the use of social networks. However, playing and competing for VOLT is a privilege, not a right. As a member of VOLT, you are a representative of VOLT in the public eye. We ask you to use extreme caution in the use of social networking websites (i.e., Facebook, Twitter, Snapchat, Instagram, YouTube, email). Members should not post inappropriate information or pictures on social networking sites that damage or embarrass individuals, teams, or the club.

General Rules:

- Be wise with how much personal information you post. Facebook, Twitter, Instagram, and other social networks provide privacy settings that protect this information. Use the privacy settings to your advantage, but understand they are not a guarantee that what you post will not be made public.
- Help build a positive image of yourself with the use of social media.
- Understand that what you put out there, YOU CAN'T TAKE BACK. Once any text, photo, tweets, or video is placed online it is completely out of your control, regardless of whether you limit access to your page. Anything posted online is available to anyone in the world.

#### *Social Media Guidelines:*

- Be a leader, act like a leader, and post like a leader.
- Represent this organization in a first-class manner and with integrity
- Refrain from posting comments that constitute a credible threat of physical or emotional injury to another person.
- Refrain from posting comments or photos that describe unlawful assault, abuse, hazing, harassment, or discrimination.
- Refrain from any posts that may be derogatory towards any sports teams or clubs
- Be mindful of what you repost. Although you may not have said it, what you repost reflects how others view you.
- Using inappropriate or offensive language in comments in posts and other videos will most definitely lead to a negative image, so don't do it!



#### Best Practices:

- Think twice before posting. If you don't want your parents, grandparents, or coaches to see it, then don't post it!
- Be accurate and honest. Always tell the truth.
- You never know who is watching, from coaches, to teammates, to parents (friend's parents), to teachers, or future employers.
- Take pride in what you do and who/what you represent - VOLT, your team, your teammates, your school, your family, etc.
- Everything that you post online is permanent...even when it's deleted.

#### More good tips:

- With all this being said, don't be afraid to repost or share VOLT related content on your Instagram, Twitter and Facebook. The more eyes that see positive comments, the better!
- Members that do not comply with this policy during the VOLT season are subject to disciplinary action. VOLT will follow the disciplinary action set forth by the NDHSAA or school district, if applicable.



## PARENT CODE OF CONDUCT

As a parent/guardian of a player in VOLT, I agree to abide by the following rules and expectations:

1. I will abide by the rules and regulations of USA Volleyball, NCR Volleyball, and VOLT.
2. I will remember that youth are involved in organized sports for their enjoyment and not mine.
3. I will encourage and support my child's desire to play her chosen sport but will not pressure her into participating.
4. I will support and promote fair play by encouraging my child to play by the rules. I will display good sportsmanship by applauding a good effort by both teams in victory and defeat and by respecting players, coaches, and officials.
5. I understand that it is my role to teach my child sportsmanship, how to deal with success and failure, and to support my child's development in the game.
6. I will ensure my player is at practices and games on time or will contact the coach ahead of time if my child will be late or absent.
7. I understand that when my child is on the court, the coaches do the coaching. I will not yell instructions to my child from the sidelines or give my child instructions that counter those of the coach.
8. I will not taunt or disturb other fans or embarrass my child by yelling at players, coaches, or officials.
9. I will allow my player to make mistakes and encourage her to improve her skills.
10. I will ensure that my child's equipment is complete, safe, and in good condition.
11. I will follow the 24-hour rule when making a formal complaint about a coach, official, or board member.

I have read and understood the principles stated above that were put forth by VOLT. I agree to abide by those principles with the understanding that if I do not follow them, I may be asked to leave any practice, game, or event, or could face other sanctions by the Board of Directors and/or the Executive Leadership of VOLT.



## PLAYER CODE OF CONDUCT

As a participant in VOLT, I agree to follow the below stated rules:

1. I will abide by the rules and regulations of USA Volleyball, NCR Volleyball, and VOLT.
2. I will do my very best to make volleyball a fun sport for myself, my teammates, my coaches, and my family.
3. I will try my hardest to improve my skills and follow the rules and instructions of my coach(es).
4. I will not swear or use abusive language in the sidelines, court, etc. when I am representing VOLT.
5. I will not drink alcohol, smoke, chew tobacco, vape, or use any other illegal substances.
6. I will treat my teammates, coaches, parents, opponents, facilities, fans, and referees with respect. I will not bully, intimidate, or make fun of my teammates. I will agree to encourage them even when they make mistakes.
7. I will respect my teammates, coaches, and facility's equipment and property. I will not steal or damage anyone else's property if it is not mine.
8. I will respect the ruling of any official or referee. I will not swear at, or argue with, the referee and will accept the ruling or penalty that is made against me or the team.
9. I will treat my opponents with respect whether we win or lose.
10. I will put my team first and learn to play as a team.
11. I will be on-time for all practices and games or will contact a coach ahead of time if there is a legitimate reason I may be late.

I understand that any violation of this code of conduct may result in consequences received from my parent(s) or guardian(s), coach(es), Executive Leadership and/or Board of Directors of VOLT, which could include one or more of the following: verbal warning, loss of playing time, team consequences, removal from the court, or suspension from VOLT.