



# Fall Volleyball 2023 Coaches Meeting Notes

## 1. Introduction:

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## 2. Paperwork:

- Practice Request Form – Due Friday September 1<sup>st</sup> by 12:00pm Noon:
  - Please provide 3 options that work for your team.
  - Practices begin at the top of each hour
    - 4pm, 5pm, 6pm, 7pm, 8pm, & 9pm
  - Practices are 55 minutes
  - Each team receives a weekly half court practice
  - Full court or additional weekly practice: \$225 for the season (not guaranteed)
- Team Conflict Form – Due Friday September 8<sup>th</sup> by 12:00pm Noon:
  - Form needed when whole/majority of team cannot make a specific dates/day.
  - Form is **NOT** intended for when 1 or 2 players cannot attend specific dates/day.
  - Cannot guarantee full weekends off.
  - Cannot guarantee all request.
  - Need to know times that team cannot make specific days (Example: Saturdays 8:00am to 10:30am). Please be specific!
- Division Request - Due Friday September 8<sup>th</sup> 1<sup>st</sup> by 12:00pm Noon:
  - Select division where you believe your team best fits
  - We use past playing history/records along with coach request to place teams in divisions
  - FieldhouseUSA has final say in divisions
- Game Move Request Form:
  - Game move request form is needed once game schedule is released and a specific game on the schedule presents a conflict for your team causing the team to forfeit.
  - Games must be moved 1 week prior to their original scheduled game date.
  - Both teams must agree upon time proposed by director.
  - Turn in completed form ASAP if you have a game on your schedule that presents a conflict.



### **3. Rosters:**

- All information boxes need to be filled out if players are new/never played at FieldhouseUSA
- Please contact all players on roster within 48 hours of receiving team roster.
  - Call/email them
  - Create a team GroupMe or group message
- You may add players to teams and finalize your roster until 3<sup>rd</sup> week of season. Final day to add players is Sunday October 1st
- **Rosters are the coach's responsibility to make sure they are correct.**
- Players can only play on one team per grade level – NO exceptions

### **4. Practice Schedule/Practices:**

- **Practice Schedule will be released no later than end of day Saturday September 2<sup>nd</sup>**
- Scheduled practices will begin the week September 4<sup>th</sup>
- Each team will receive a weekly 55-minute, half-court practice
- Practices will be held on Labor Day, we are open.
- Practice preference – priority goes from youngest to oldest (grade-wise) when creating league practice schedule.
- Practices start at the top of every hour
  - 4pm, 5pm, 6pm, 7pm, 8pm, & 9pm
- No Practice Teams - Still submit a practice request form indicating you do not need a practice.
- Teams will not be placed on practice schedule if you do not turn in a practice request form.
- 4:00pm practices will be upgraded to a full court practice. First come first serve based on availability.

### **5. Game Schedule/Games:**

- **Game Schedule will be released no later than end of day Sunday September 4<sup>th</sup>**
- Games will begin the weekend of September 15<sup>th</sup>
- Games will end the weekend of November 5<sup>th</sup>
- Teams will be scheduled 8 regular season games
- All teams (3<sup>rd</sup> grade and older) make playoffs/post-season play for the fall season
- Games can be played on Friday evenings, All day Saturday, or Sunday afternoons.
  - Friday – earliest start 6:00pm – 10:00pm
  - Saturday – earliest start 8:00am – 9:00pm
  - Sunday – earliest start 12:00pm – 8:00pm



## **6. Ball Size:**

- Game ball will be provided by the home team
  - 1<sup>st</sup> grade thru 5<sup>th</sup> grade will play with a Volley Lite ball
  - 6<sup>th</sup> grade thru 8<sup>th</sup> grade will play with a regulation leather volleyball

## **7. Net Heights**

- 1/2<sup>nd</sup> Grade – 6 Foot
- 3/4<sup>th</sup> Grade - 6 Foot 6 Inches
- 5/6<sup>th</sup> Grade - 7 Foot
- 7/8<sup>th</sup> Grade – 7 Foot 4 Inches

## **8. Service Lines**

- 1/2<sup>nd</sup> Grade – 10 Feet from net (The End line will be 20 feet from the net)
- 3/4<sup>th</sup> Grade – 15 Feet from the Net (Regulation End Line)
- 5/6<sup>th</sup> Grade Rec – 20 Feet from Net (Regulation End Line)
- 5/6<sup>th</sup> Competitive – Regulation Serve Line
- 7<sup>th</sup>/8<sup>th</sup> Grade – Regulation Serve Line

## **9. Rotations/Substitutions**

- 1<sup>st</sup> grade – 6<sup>th</sup> grade Recreation Volleyball – Use continuous clockwise rotation into the back middle position after a serve. Rotations do not reset between games.
- 7/8<sup>th</sup> Grade will use regulation volleyball rules. We allow teams to have 18 subs per game and can use liberos. Liberos must have a shirt that is a different color than the rest of the team.
- 1 Time out per match (3 timeouts total for the full game)

## **10. Uniforms: (Appearances)**

- Jerseys will be provided for the fall season
- Jerseys must be same color
- Only a unique, permanent number on the back is required (00 – 99)
- If there are duplicate numbers on the same team, game will start with a bench technical (Shoot 2 FT, and the ball)
- Preferred reversible jerseys (light & dark)

## **11. Posted Scores**

- Scores will be posted online at the end of every night
- It is the responsibility of each coach to check the scores online and notify the director if a score is not correct



- At the conclusion of the season, all scores will stand that were not reported to be incorrect by the last game of the season.

## **12. Referees:**

- They will make mistakes. We are providing training to help educate and make them better referees.
- Approach referees and timekeepers with respect at all times
- Issues - ask front desk for an incident report; if serious ask for site coordinator
- Each team must provide a line judge for the game (16 or older)

## **13. General FieldhouseUSA Facility Rules:**

- No outside food or drink in the facility (sport drinks/waters ok for players to bring in)
- No outside coolers
- Please hold ALL basketballs, volleyballs, soccer balls, footballs, etc. in the lobby and do not bounce or throw them against the wall while inside the facility.
- Clean up team benches after each game and practice.

## **14. Coaches & Parent Conduct**

- Each team will provide 1 table worker for the game. Home team will provide the score keeper and the visiting team will provide the clock worker.
- Coaches will be held responsible for the actions of their parents
- Spectators are NOT ALLOWED to enter the court of play for any reason. This includes before the game, during the game or after the game has concluded.
- If FieldhouseUSA has any issue with a parent, fan or spectator on your team, the team will be given 2 options:
  - Team will be required to present an incident report with that fan's information. FHUSA will investigate the situation and the fan will be banned indefinitely
  - If the team does not provide the fan's information and an incident report, the team will be handed sanctions including team suspensions, team expulsions and permanent removal from all FHUSA facilities.