



FUQUAY-VARINA

# Volleyball Handbook

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Fuquay-Varina Parks, Recreation & Cultural  
Resources Department

[www.fvparks.org](http://www.fvparks.org)

2/18/2021

## Inclement Weather Information

[www.fvparks.org](http://www.fvparks.org)

*Select "Facility Status" under the sports icon*

*If your facility is CLOSED your activity is CANCELLED*

**Weather Hotline: 919-552-2698**

**Sign up to receive text alerts online!**

*Both the weather hotline and webpage are updated weekdays by 4pm and weekends  
by 8am*

## **I. General Information**

- a. The Town of Fuquay-Varina's volleyball league administered through Fuquay-Varina Parks, Recreation and Cultural Resources Department will focus on providing a recreational, fun, safe option for players to learn and enjoy the game of volleyball. Good sportsmanship and skill development should be the main goal of all coaches. Winning is secondary to having fun and learning the game.
- b. All rule interpretations will be administered by the Fuquay-Varina Parks, Recreation & Cultural Resources Department (FVPRCRD).
- c. All team activities must be supervised by an approved head or assistant coach.
- d. No unsanctioned activities are permitted. Unsanctioned activities include practices held away from town owned/leased property; practices/activities held outside of the team's schedule provided by FVPRCRD.
- e. All who wish to participate in Fuquay-Varina Parks, Recreation and Cultural Resources Athletic Programs must register and pay the registration fee prior to being assigned a team and participating in the program.

## **II. Coaches and Assistant Coaches**

- a. No team shall have more than two (2) coaches. They are designated as Head Coach and Assistant Coach.
- b. Head coach appointments are to be made by the Recreation Department for one (1) season. All coaches will be evaluated following each season. This evaluation will be used to determine whether or not he/she will be invited back to represent a team in the future.
- c. All coaches are required to submit a formal application and background check. The background checks are subject to approval of the Parks, Recreation & Cultural Resources Department.
- d. All Assistant Coaches may be selected by the Head Coach after the teams have been determined, pending approval of the Recreation Department. Assistant Coaches must submit a formal application and background check.
- e. All coaches must understand and agree to carry out the duties, responsibilities, policies, and philosophies as established by the Town of Fuquay-Varina Parks, Recreation & Cultural Resources Department. All coaches must be approved by the Recreation Department. Any coach not carrying out these duties and responsibilities will be subject to dismissal.
- f. Head Coaches are required to hold a preseason parent meeting to discuss rules, conduct, responsibilities, etc.
- g. Coaches should always keep in mind they are setting examples in sportsmanship and fair play and should always conduct themselves accordingly.

- h. Only the Head Coach and their Assistants will be allowed on the bench during the playing of an official game.
- i. Only the head coach may confer with officials during the play of a regulation game. Any assistant coaches who approach an official during play may be removed from the game.
- j. Coaches are responsible for reporting players who have dropped from their team. If a spot opens FVPRCRD will fill the opening with the next player available on the wait list. If no players are on the waitlist the roster spot will remain open.
- k. All coaches must wear their FVPRCRD issued coaches shirts and wristbands to all team activities. No coach will be permitted in the bench area that is not in uniform.
- l. Coaches are responsible for leaving the bench area clean after their game. Please pick up any trash, equipment or items before leaving.
- m. Coaches must remain in their teams designated area during play. Assistant coaches must remain on the bench during play.

### III. Communication

- a. **24 HOUR RULE:** Parents sometimes disagree with a coach’s decision or coaching style, especially when it involves their child. Parents must understand that the coach does not represent a player, but the entire team and must make decisions from the team perspective first and foremost. For parents, it is important to separate their child’s sports development from game emotions. For this reason, we have adopted the “24 HOUR RULE,” which simply states that the coach will not discuss game situations until at least 24 hours after the game. This rule helps to move the discussion away from the presence of the players and allows all parties to have time to put things in perspective and cool off if necessary. This rule also applies to coaches and parents contacting the recreation department.

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**Parks, Recreation and Cultural Resources Administration Offices**  
Office: 919-552-9140

#### IV. Weather Updates

- a. Decisions are made weekdays by 4pm and Weekends by 8am or as status changes. Once the decision is made, FVPRCRD will email coaches so that they can communicate with their parents any changes. You can also check for updates by visiting [www.fvparks.org](http://www.fvparks.org) and selecting 'Field Status' icon. If your facility is listed as "CLOSED" then your activity is cancelled. Coaches and families may also check the town's **weather hotline by dialing 919-552-2698**.
- b. An attempt will be made to reschedule all games that are cancelled due to inclement weather. If space/time allows, rained out practices may be rescheduled at the discretion of the FVPRCRD. Coaches may not request to change game times once schedule has been posted.

#### Text Message Alert Sign-up Instructions

1. Go to FVPARKS.ORG
2. Either:
  - Hover your mouse over the "Sports" tab, which will bring down a list of links. From there, you will find the "Alerts from PRCR" link on the left-hand side; click the link to go to the Alerts page.
  - Or click the "Sports" tab, which will take you to the main sports page. From there, you will find and click the link labeled "Alerts from PRCR".
3. You will then be directed to the Fuquay-Varina Alert Center. Find the link in the grey box labeled **"Notify Me ®"**
4. Click the "Notify Me" link. (To subscribe to text and/or email alerts.)
5. Type your email address in the box labeled "Email Address" and click the button labeled "Sign In".
6. For text message alerts, check the 2<sup>nd</sup> box that reads **"I would like to be able to receive text messages on my mobile phone"** and type your desired phone number in the box provided. Click save before continuing.
7. Underneath the Alert Center there are two icons beside PRCR Alerts:  & 
  - To subscribe or unsubscribe, you must click the Mobile phone icon,  beside PRCR Alerts. Once completed there will be a green check mark on the icon, which will look like: 

You will receive a text message asking to receive text alerts from PRCR. Reply **"Y"** to opt into the service. Once you reply **"Y"** you will receive a text confirming that you are signed up to receive text alerts.

## **V. Uniforms and Equipment**

- a. Shirts will be provided by the FVPRCRD. Parents may be required to purchase additional equipment.
- b. Teams shall NOT alter the uniforms that are distributed to players in any manner (including adding names to shirts, cutting sleeves, changing colors). Parents will be responsible for the cost of replacing a modified uniform.
- c. No jewelry, including earrings, shall be worn by any player. Hair clips must be soft, elastic ties and may not be metal/plastic.
- d. All players are required to wear protective knee pads during all practices and games.
- e. Coaches will be issued a shirt and wristband that must be worn to all practices and games. Once a coach has been approved (both assistant and head) they may come by the Community Center and pick up their shirt and wristband.
- f. All volleyball equipment will be kept onsite and set up by FVPRCRD staff for each practice and game.
- g. All players are required to wear solid black shorts and closed toe athletic shoes.
- h. Uniforms must be the outermost garment worn during play. Uniforms must be tucked in.

## **VI. Playing Rules**

- a. All rules are governed by NC High School Rules unless otherwise specified in the local league rules listed herein.
- b. There will be a five (5) minute grace period for the first game. Teams may start a game with five (5) players. Opposing teams are not required to play with less than six (6) players should a team need to start with five (5) players. If less than 5 players are present the game will be considered a forfeit, but teams may play an unofficial match using a combination of players from both teams.
- c. All other games will start at the regular scheduled game time or immediately following the previous game.
- d. Matches consist of the best two out of three sets.
- e. The first two sets are 25 points. The third set (if necessary) will be 15 points. Teams must win a set by two (2) points.
- f. Scoring is done by rally/point system: if the serving team scores a point it continues to serve; if the receiving team scores a point it gains the serve.
- g. When a team gains the serve it must rotate one position clockwise before serving.
- h. Play begins with a serve. A serve contacting and crossing the net will remain in play. Serves that do not cross the line, or land out of bounds, will result in the receiving team being awarded a point and the ball to serve. A reserve is awarded when a player releases the ball for service, then catches it or drops it on the floor.

- i. Teams are not allowed more than three (3) touches before sending the ball over the net. The ball must go over the net on the 3<sup>rd</sup> contact.
- j. Players may not contact the net. Net contact will result in a point awarded to the opposite team.
- k. If the ball strikes the roof it will remain in-play as long as teams are within their allotted 3 touches and the ball does not cross the net. If the ball strikes the roof on a serve, the ball is out of bounds.
- l. Each team will have two (2) time-outs of 60 seconds per set.
- m. Substitutions may occur after a dead ball.
- n. There shall be a 5 consecutive serve maximum for each team. Once a player has achieved 5 consecutive points while serving, the serve will move to the other team.
- o. Player Positioning
  - i. Teams will have six (6) players located in the following manner: right back, right front, center front, left front, left back, and center back.
  - ii. Serving is done from the right back position.
    - 1. **11U Division:** Serves must be made behind the black line (approximately four feet closer to the net).
    - 2. **14U and 17U Divisions:** All players must serve behind the grey line.
    - 3. **11U Division:** Player rotation occurs after the team transitions from receiving to serving role. Rotation pattern will be as follows: right back (serve) → center back → left back → left front → center front → right front → bench → right back (serve) . Players sub in at the right back position and follow the rotation. Players will sub out at the right front position.
    - 4. **14U and 17U Divisions** –Coaches have the option to rotate players (as in 9-10; 11-12-year-old divisions), or request for substitutions. Coaches need to signal the officials for substitutions and the officials must acknowledge the subs before the players enter the game. Whichever option a team chooses to begin a match, it must stay with that option for the entire match.
  - iii. Players must play half of the match and must serve at least one (1) time during the match. If a coach intentionally does not use a player half of the match or intentionally does not allow them to serve, then the match will be a forfeit.
- p. All games will have one (1) official and no line judges.

## VII. Protest Procedure

- a. The only legal protest is one involving the use of an ineligible player.
- b. Player eligibility protests must be submitted in writing by the head coach and must be filed within 24 hours of the game in question. All decisions about protests will be determined by the Parks and Recreation staff.

- c. No head coach or assistant coach may leave the bench during a game to protest a call made by an official.

## **VIII. Schedules**

- a. Practices will be held during the week and on weekends until games begin. After the start of the game season, practices will be scheduled during the week with games being held on the weekend.
- b. The Town of Fuquay-Varina Parks, Recreation and Cultural Resources Department reserves the right to make changes to activity schedules when necessary.

## **IX. Awards**

- a. FVPRCRD provides individual awards for all players. Coaches are responsible for passing out individual awards to each player. If an award cannot be given to a player, please return it to the Fuquay-Varina Community Center and notify the parent that they may pick up their award there. Divisions 10U and older will receive individual achievement certificates.

## **X. COVID Rules**

- a. Parents are required to self-assess their children and additional persons they are bringing before attending each activity. If symptoms are present or attendees have recently been exposed to someone with COVID-19, please do not attend the activity and notify our designated COVID-19 Full-Time Staff contact.
- b. All spectators, coaches, and participants must wear a mask at all times, including while actively participating.
  - i. Any player, coach or spectator that wishes to be granted an exemption to the Mask Mandate as outlined in the Governor's current Executive Order (181) must provide a Doctor's note from his/her primary care physician that states he/she (the person applying for the exemption) is currently under their medical care and is not required to wear a mask during physical activity.
- c. All attendees are encouraged to stay in their vehicles until 10 minutes before their scheduled activity start time. This will allow the attendees in the prior event time to make their way out of the park.

## **XI. Code of Conduct**

- a. Any coach, player or spectator that is ejected by an official or town staff member will be suspended for the team's next scheduled game. Suspensions may be

longer depending upon the severity of the offense. All suspensions are at the discretion of the Athletic Program Administrator.

- b. No coach, player or parent shall berate, belittle or taunt opposing team player, parents or coaches. Any unsportsmanlike conduct will not be tolerated. Offenders may be warned or immediately ejected if the behavior is particularly inappropriate. If ejected the offender must leave the premises immediately. All judgement calls are final.
- c. No coach, player or parent may harass or continually argue with officials, scorekeepers or FVPRCRD Staff. Offenders may be warned or immediately ejected if the behavior is particularly inappropriate. All judgment calls are final.
- d. Coaches, players or parents that have been ejected from an official game will be required to vacate the premises and escorted out by a staff member immediately. Failure to abide by this will result in forfeiture of the game.
- e. Drugs, alcohol and tobacco products are prohibited at all games and practices. Violations will result in a minimum one (1) game suspension.
- f. Only licensed service animals are allowed inside of the community center.
- g. No spectator (non-coach) should approach an official or coach on the court to argue or discuss an on-court issue. Violations will result in an immediate ejection.
- h. No coach or player may deliberately or intentionally try to injure or harm another player or coach. No player, coach or spectator shall be guilty of physical attack as an aggressor upon any players, official or spectator.
- i. Coaches who do not meet their minimum playing time requirements will receive a warning for the 1<sup>st</sup> offense and suspended for three (3) games for any subsequent offenses. More than 2 violations of playing time minimums may result in expulsion from the program. Protests for not meeting minimum playing time requirements will be considered on a case by case basis. The intent of the protesting coach will be considered when ruling on playing time cases.
- j. The Fuquay-Varina Parks, Recreation and Cultural Resources Department reserves the right to suspend any coach, parent or player found to be violating the mission, vision or philosophy of the department.