



Parent Information Packet

Midget/Junior Youth Volleyball

Includes:

1. Volleyball Timeline
2. Parent Information Sheet
3. Parent Code of Conduct
4. Athlete Code of Conduct
5. Thor Guard Information
6. Concussion Information
7. League Rules

Please read over the enclosed materials. If you have any questions, please contact the Recreation Department at 764-5637. Thank you for your cooperation.

www.bullochrec.com

Fall 2024 Youth Volleyball Timeline

- **Monday, September 16th: Volleyball Evaluations**
- **Friday, September 20th: Teams posted, after 5:00pm**
- **Monday, September 23rd: First Youth Volleyball Practice**
- **October 14th – 18th: BOE Fall Break**
- **Monday, November 11th: Veterans Day**
- **Wednesday, November 13th: Last Youth Volleyball Games**

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Fall 2024 Volleyball: Midget/Junior Evaluation Information

Midget/Junior Volleyball (11-14 years old)

▪ Monday, September 16th

Evaluation Location

Julia P. Bryant Elementary

Time

6:00pm

General Information

- **Meeting Days:** Mondays and Wednesdays
- **Age Control Date:** September 1st, 2024
- **Meetings Times:** 5:45pm, 6:00pm, 6:30pm or 6:45pm
- **Uniforms:** We provide jerseys
- We do keep score and standings are kept
- First and Second Place medals are provided
 - Participation trophies are **NOT** provided by the Recreation Department for these age groups
- Teams and preliminary practice schedules will be posted on Friday, September 20th after 5:00pm on our website at www.bullochrec.com

SPORT PARENT CODE OF CONDUCT

I therefore agree:

1. I will not force my child to participate in sports
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice, or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials, and spectators with respect regardless of race, creed, color, sex, or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices unless I am one of the official coaches of the team.

5 Ways to be a Successful Sideline Parent

1. **Resist Shouting out instructions.** That is the coach's job. When both coach and parents' yell. Kids get confused. Urgent advice hollered from the sidelines almost never improved performance. All you are doing is venting your own anxieties.
2. **Show appreciation for the play of the other team.** Every decent coach tries to instill this positive attitude, and it needs to be vigorously reinforced on and off the field. The last thing young athletes need is to cultivate hostility toward their opponents, who are often friends or acquaintances.
3. **Don't undermine the coach.** If you know more about the sport than they do, so what. The coach's mission is to create an optimal environment for the whole team.
4. **Leave the ref out of it.** Referees do not care what team wins. Their mistakes are honest ones, and your child needs to know that you believe this. Any criticism or questioning of the referees shows an exaggerated focus on winning and lack of respect for authority.
5. **Help kids cope with other parent's outbursts.** Point out that screaming Mr. Smith must have forgotten that sports are supposed to be fun. Tell them that you intend to speak with Mr. Smith about his attitude as soon as he's in a better mood.

Young Athlete Code of Conduct

National Alliance for Youth Sports

- ✓ To have sports be a safe experience, free from abuse and violence
- ✓ To have fun learning, trying new things and being able to practice and play
- ✓ To follow rules
- ✓ To tell parents (or other trusted adult) about any abuse
- ✓ To try our hardest and best
- ✓ To learn the values of teamwork – helping and supporting one another
- ✓ To learn ways to deal with pressure and frustrations
- ✓ To care about what happens to other
- ✓ To settle conflicts without saying or doing things that hurt others
- ✓ To treat coaches and officials with respect
- ✓ To treat others as you want to be treated
- ✓ To be a good sport (how you talk to others and how you behave)
- ✓ To let your parents and coaches know what you need

Concussion

INFORMATION SHEET



CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

► **Children and teens** who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to cdc.gov/HEADSUP



Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below.

Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed: _____ Date: _____

Athlete's Signature: _____

I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed: _____ Date: _____

Parent or Legal Guardian's Signature: _____

YOUTH VOLLEYBALL RULES

I. ADMINISTRATION

The Youth Volleyball Program is an integral part of the Bulloch County Recreation & Park Department's Athletic Program. It will be administered and controlled by the athletic supervisor through a well-organized volunteer coaching staff. The purpose of this program is to provide an enjoyable atmosphere that enhances the advancement of teamwork, sportsmanship, and development of the fundamental skills of basketball through ample opportunities of practice.

- A. The Bulloch County Recreation & Parks Department (BCRP) follows the Rules and Regulations of the Georgia Recreation and Parks Association (GRPA), with exception to the modifications found within the BCRP Rules and Regulations.

II. COACHES

Section 1. Each team in the BCRP shall have a volunteer coaching staff assigned by BCRP Athletic staff. Coaches shall be limited to two (2) per team.

Section 2. Head Coach

- A. Must be 20 years of age by September 1 of the current year.
- B. Shall be totally responsible for his assigned team and all this implies, in any BCRP event.
- C. Must attend all clinics.

Section 3. Assistant Coach

- A. Must be 18 years of age by September 1 of the current year.
- B. Are directly responsible and accountable to their head coach in all BCRP activities.

III. ELIGIBILITY OF PLAYERS

All Junior league teams are composed of players 14 years of age and under. All Midget league teams are composed of players 12 years of age and under. All Mite league teams are composed of players 10 years of age and under. All Flea league teams are composed of players aged 7 and 8 years old. Age Control Date: September 1, 2024

IV. PLAYER ASSIGNMENTS AND TEAMS

- A. All players will be assigned a team by BCRP Staff.
- B. After teams are chosen, coaches must accept all players assigned to their teams. All players must accept their team assignment. No trading is allowed.

V. EQUIPMENT

- A. All players must wear the team jersey provided by the BCRP.
- B. Players must furnish their own pants and footwear.
- C. Shoes must be worn at all times and must be smooth and made of soft-soled material for athletic use.
- D. A guard, cast or brace made of hard unyielding leather, plaster, pliable (soft) plastic, metal, or any other hard substance – even though covered with soft padding – will not be permitted when worn on the elbow, hand, finger, wrist, or forearm.
- E. Any brace worn on the leg must be wrapped by an Ace bandage or taped to provide a soft padding.
- F. The referee shall not permit any player to wear equipment, which in his or her judgement is dangerous or confusing to the other players. I.e., no jewelry of any

kind. Soft leather or rubber (elastic) bands may be used to control hair. The BCRP will not be responsible for lost or stolen items, which must be left unattended while a person participates.

- G. No substance may be attached to a player's uniform unless authorized by the Athletic Superintendent.

VI. PRACTICE REQUIREMENTS

- A. A player is to attend all practices unless he/she has a legitimate excuse in writing from a parent or guardian. This excuse must be turned to the BCRP staff no later than 15 minutes prior to game time. Legitimate excuses include participants being ill and school field trips out of town, the BCRP Athletic Staff will consider all other excuses.
- B. Practice sessions will be limited in length to 1 hour.
- C. Practices will be limited to one per week if a team has two games that week, and twice per week if a team has only one game that week. (Maximum is 3 meetings/week)
- D. Failure to meet practice requirements will result in the player being allowed to play only in the second half of the next scheduled game, not to exceed 8 minutes of the game clock.

VII. PLAYING TIME

- A. It is recommended that each player play at least half of each half if practice requirements are met.
- B. It is recommended that each player starts at the beginning of the game or after the half time intermission.
- C. If any player does not play for disciplinary reasons or if she or he is unwilling or unable to play half of a match, it is the responsibility of the coach to notify the field supervisor. Coaches not playing their players the required time will receive:
 - 1st offense: Verbal warning
 - 2nd offense: Written warning
 - 3rd offense: Suspension of coaching duties

***Any confirmed violations may result in immediate dismissal.

VIII. GAMES

- A. Games are to be scheduled, published, and announced by BCRP
- B. Game management shall be provided by BCRP
- C. Player requirements for games:
 - 1. All players must report to their game sight at least 15 minutes prior to the designated game time.
 - 2. All players must be in approved uniforms.

IX. CONDUCT

- A. The Youth Volleyball Program is constantly in the public eye. Therefore, it is in the best interest that each participant adheres to a high standard of conduct and maintains an atmosphere of friendly competition.
- B. BCRP officials, coaches, players, spectators, and any other persons Administered hereunder, shall conduct themselves in a gentlemanly manner, exercising due restraint and acting responsibly under generally accepted principles of good conduct.

- C. BCRP coaches should stress hustle, self-discipline, and the will to give a good effort always. Coaches should promote respect for and pride in the BCRP sports programs and all of Bulloch County. Coaches should also promote the importance of good discipline and good academics in the respective classrooms of the players.
- D. Any coach, team member, scorekeeper, or fan who physically abuses in any way a game official, league supervisor, or employee of the BCRP will be automatically suspended from the activity in question.
- E. Fans, players, and coaches who verbally abuse other players, fans, officials will be asked to leave the facilities.
- F. All individuals not directly involved with the event in progress must remain off the playing surface and away from the team bench. Failure to do this could result in suspension for the remainder of the activity in question.
- G. No unnecessary roughness will be tolerated.
- H. If a player uses profanity or slams the ball to the floor because of a referee's call, a technical foul will be called. If flagrant, the player may be ejected.
- I. Repeated violations of any of the above policy statements may result in expulsion from any activities sponsored by the BCRP
- J. Any player ejected from a contest must contact the Youth Supervisor to set up a meeting before the player will be allowed to participate any further.

X. IN SERVICE TRAINING AND EVALUATION WITH COACHES

Each coach and assistant coach will be required to attend service training sessions provided by BCRP for their league.

XI. PLAYING RULES

- A. National Federation Volleyball rules will prevail along with the local playing
- B. A match will consist of two out of three games. All games are to 15 points. A coin toss will determine the choice of end of court or first serve. Teams change ends after each game unless the next game is the decider; then there is a fresh toss to decide ends or serve. The second game will begin with the receiving teams of the first game serving. The first team to 15 points wins. All games must be won by 2 (two) points
- C. International or rally scoring will be used. This means that a team earns a point regardless as to whether they are serving or not.
- D. Teams may begin play with a minimum of 4 players. If a team had fewer than 4 players, they forfeit the match.
- E. Two one-minute time outs will be allowed to each team in a game. There will be a two-minute rest between games. These time outs may be taken consecutively. Coaches should make it clear whether he or she wants a time out.
- F. A team will consist of six people, but if only 4 are present, the match will start. Players arriving after the start of the game must enter the game as though they were rotating in.
- G. Players rotate before each new server on their team. The right-handed back player has the first serve. After the initial serve the right front person serves next. The serve will automatically move to the next server in the rotation after 6 points by the current server.
- H. A serve must be made from the serving area and can be underhand or overhand
- I. Before the start of the game each team must give their starting order to the official. A player arriving late may rotate in during his or her team's next rotation without

penalty or may enter the game before the next serve with his or her team being charged a timeout. Teams will rotate players into the front left position.

XII. LOCAL EXCEPTIONS

- A. Serving rule does not apply. After the ball is tossed in the air it may be caught and re-tossed. Flea/Mite players have one re-toss per point served. Midget/Junior players have one re-toss per three-point rotation.
- B. In Flea/Mite play only: Coaches (Head and 2 Assistants) will be allowed to stand during play around the court to coach their team. All coaching and movement by coaches must end by the referee's whistle to serve. During play all coaches will be restricted to actions that are the same as if they were on the bench. The coaches must make every effort to avoid becoming involved in the play.

XIII. PLAYING THE BALL

- A. Each team may touch the ball up to three times (four in Flea/Mite) before sending it over the net. Contact is allowed with any part of the body above the waist, if the hits are clean and the ball is not held, scooped, or carried in any way.
- B. If two or more teammates play the ball at the same moment, it counts as one touch and any players may make the next legal touch. The ball may be played while the player is in contact with a teammate if the other player is not being used as a prop.
- C. If two players go for the ball but only one touches it, only one touch is counted
- D. When two opponents simultaneously commit a foul, a double fault results and the point is replayed. A hit is good if the ball touches the net between the side-markers (except Serve) and drops in the court. The ball is out of play if it touches the ground or any object outside the court. If a player intentionally grasps or uses the official's stands or post for support, it will result in a point.
- E. Any part of the hand or fist may be used to strike the ball as long as it is not HELD or DIRECTED. The ball may be hit by any part of the body above the waist. Bumping is encouraged on all hits, but not required.

XIV. FOULS

A team loses a point if:

1. A player crosses the vertical plane of the net and touches the court or an opponent
2. A player interferes with an opponent's play
3. The ball touches the ground
4. A team plays the ball more than 3 times in succession (4 times in U8)
5. The ball touches the players below the waist
6. A team is out of position at the serve
7. The ball is held or pushed
8. A player touches the net or vertical aerials (unless the ball knocks the net against them)
9. A player crosses the center line when play is in progress
10. The ball does not pass over the net between the vertical rods
11. The ball touches the ground outside the court
12. The ball is returned with the use of a teammate as a support
13. A player reaches under the net and touches the ball or an opponent
14. A player serves from outside the serving area, crosses the serving line on a serve

XV. GAME TIME

- A. Game time is forfeit time and both teams must be ready to play when called by the referee.
- B. A match will consist of the best out of three games.
- C. Game time is 45 minutes
- D. A regulation game will be to 15 points, and the winning team must win by 2