The Northern California Volleyball Association reserves the right to make changes at any time to the Parent Division, its operation, and/or this Handbook for the betterment of membership participation.
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POLICIES
WELCOME

Welcome to the 2017-2018 Junior Club Volleyball season. We are constantly searching for ways to help our parents better understand what club volleyball is all about. Club Volleyball is a commitment from all parties. Everyone needs to be involved to have a successful club season.

TRYOUTS

One of the most important parts of your club season is making sure you know what information as a parent you are entitled to and what questions you should ask the Club Directors.

- What is your club’s philosophy?
- What is the cost of the tryout?
- How many positions are available on a team?
- What are my financial obligations?
- When are the practices? How many times a week and for how long?
- What types of tournaments/leagues will the team play in?
- What experience does the coach have in coaching volleyball?
- What is our travel commitment?
- How long is the season for this team and/or club?
- What is the Club’s Travel Policy?

Tryout Policies are designed to take the pressure off of you as a parent so you can make a good decision for your son or daughter for their club volleyball season.

At an NCVA sanctioned tryout you will have an option of purchasing a $20.00 tryout pass or a $70.00 full membership. You can purchase the $20.00 Tryout pass online through the NCVA Webpoint system. Please note the $20.00 tryout pass payment does not pay towards the $70.00 full season membership.

If you feel your son or daughter is going to make a club, but just not sure which one, it would be best to purchase the $70.00 full membership.

To register for a full membership or tryout pass, please follow these steps:

Renewing Player Membership

Please follow these steps:
1. Go to www.ncva.com
2. Info tab then registration tab
3. Select “Register as a Member”
4. Select “Renewing Member Registration”
5. Enter login or request a login.
6. Your temporary login information will be displayed for you to use.
New Player Membership

A new player is defined as a person that has never participated with the NCVA before.

Please follow these steps:
1. Go to www.ncva.com
2. Info tab then registration tab
3. Select “Register as a Member”
4. Select “New Member Registration”

We recommend that you review the Frequently Asked Questions page found at www.ncva.com before moving forward with your registration. Be sure to select “Undecided” as your club during registration. Once you have decided on a club, after tryouts, you can login and update this. All memberships are non-refundable, non-transferable.

RECRUITING POLICY

- The NCVA Girls Division sanctioned season begins on the first FULL weekend in November. The Boy’s Division is sanctioned season begins the First FULL weekend of August. Both seasons conclude the day after the last day of the USA Volleyball Junior National Championships. Regardless of either event, the conclusion of the Girls Division sanctioned season will not extend past July 31st.

- Once a player has committed to a team during the NCVA sanctioned season, club directors and coaches from other NCVA clubs must respect the player’s commitment and cease recruiting the player. If a recruiter contacts a player who has signed a commitment to another team, the player must notify the recruiter of the commitment. After notification, the recruiter shall not contact that player or the player’s family.

- A recruiting violation occurs when an NCVA registered club director and/or coach from one NCVA registered club makes initial verbal or written contact with an athlete, or the athlete’s parents, from another NCVA registered club with the intent to persuade the player to leave the present club and join another club.

- The suggested maximum penalty may include, but is not limited to, a monetary fine and/or a suspension of NCVA membership for a period of one year, beginning on the date of the final ruling.

- If a club director or coach is found guilty of committing a recruiting violation, the guilty party may make an appeal. A special Board of Inquiry Committee will hear the appeal and will make a ruling. The decision of this Committee will be final.

- If a player or parent makes the initial contact, a club director or coach may answer questions and inform the player or parent about the club’s specific program without fear of committing a recruiting violation. It is strongly recommended that all club directors and coaches refrain from making negative comments concerning other clubs or their staff.

- A player who has committed to a club and then wishes to transfer to another club must follow the NCVA’s Procedure for Player Transfer. This is irrespective of the length of a player’s membership with that club.
TRYOUT AND PLAYER COMMITMENT POLICIES

These are the NCVA Board of Directors policies concerning player tryouts:

Boy’s Tryouts

- First day of Tryouts: Saturday, August 5, 2017
- No club can sign a player before 6:00 PM Monday, August 14, 2017
- No club/team can collect money before 6:00 PM Monday, August 14, 2017
- For club/teams holding tryouts between Saturday, August 5, 2017 and Sunday, August 13, 2017 the first date/time to sign a player will be no sooner than 6:00 PM on Monday, August 14, 2017.
- The 48-hour waiting period to sign a player still applies to tryouts held after August 13, 2017. Example: if your tryouts are held on August 19, 2017 your 48 hours would begin at 12:01 AM August 20, 2017 and end 12:01 AM on August 22, 2017.

Girl’s Tryouts

- First Day of Tryouts: Saturday, November 4, 2017
- No club can sign a player before 6:00 PM Monday, November 13, 2017
- No club/team can collect money before 6:00 PM Monday, November 13, 2017
- For clubs/teams holding tryouts between Saturday, November 4, 2017 and Sunday, November 13, 2016, the first date/time to sign a player will be no sooner than 6:00 PM on Monday, November 13, 2017.
- The 48-hour waiting period to sign a player still applies to tryouts held after November 13, 2017. Example: if your tryouts are held on Sunday, November 13, 2016 your 48 hours would begin at 12:01 AM November 13, 2017 and end 12:01 AM on November 16, 2016.
- For clubs/teams holding tryouts after November 13, 2017, you will need to uphold the 48 hour window policy. A player may not sign a Letter of Commitment or pay a deposit to the club/team until 48 hours after the completion of their tryout.
- A junior player may not make a binding commitment to a team or club until the first day of the NCVA sanctioned season, which is November 13th. Any verbal commitment made prior to the signing date of November 13th is nonbinding.
- This rule is modeled after the NCAA’s signing date rule. As in the NCAA, a program may offer a player a position before the signing date of November 13th and a player may verbally accept the offer. However, there is no binding contract between the parties.
- A player who signs the NCVA Letter of Commitment prior to November 13th is subject to suspension for the entire season. Any club that allows a player to sign such a document before November 13th is subject to suspension for the entire season. Any club with a player who signs such a document before November 13th may be subject to suspension for the entire season.
USA VOLLEYBALL JUNIOR PLAYER AGE DEFINITION

For Use during the 2017-2018 Season

Once a player participates (including but not limited to practicing, training, attending workouts and/or competing) in a club or varsity program for any university, college, community college, or junior college, he/she is ineligible to take part in any regional and national programming, which includes but is not limited to national JNC qualifying and championship events.

18 and Under Division:
Players who were born on or after September 1, 1999
or
Players who were born on or after September 1, 1998 and a high school student in the twelfth (12th) grade or below during some part of the current academic year

17 and Under Division:
Players who were born on or after September 1, 2000

16 and Under Division:
Players who were born on or after September 1, 2001

15 and Under Division:
Players who were born on or after September 1, 2002

14 and Under Division:
Players who were born on or after September 1, 2003

13 and Under Division:
Players who were born on or after September 1, 2004

12 and Under Division:
Players who were born on or after September 1, 2005

11 and Under Division:
Players who were born on or after September 1, 2006

10 and Under Division:
Players who were born on or after September 1, 2007

9 and Under Division:
Players who were born on or after September 1, 2008

8 and Under Division:
Players who were born on or after September 1, 2009

Boys 14-and-Under Division:
Regionally waived boys teams in the 14 and under age group will be allowed to participate at the USA Junior National Championships using the following age/grade definition:
Players who were born on or after September 1, 2003
or
Players who were born on or after September 1, 2001 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth grade (8th) during the current academic year. (This exception is based on 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.)

Note: These age definitions are used by domestic club programs and are NOT the same as the age definitions for the International and Domestic High Performance programs for 2017.

The Age Definition Policy was most recently revised by the USA Volleyball Board of Directors on January 19, 2002. The classification cut-off date of September 1 was reviewed by the USAV Junior Assembly and the USA Regional Volleyball Association Assembly prior and during to the USAV 2013 Annual Meetings and research justified the continuation of the cut-off date of September 1.

Revised 07/16/2014

For more information on the USA Age Definition, please view the Parents Information link at www.ncva.com.
USA Volleyball Junior Player Age Definition
For Use during the 2017-2018 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.

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1Player who was born on or after September 1, 1998 and is a high school student during some part of the current academic year

2Male Only - Player who was born on or after September 1, 2002 (15 years or younger) who shall neither have completed nor are in a grade higher than the eighth (8th) grade during the current academic year are eligible to play in the 14 & Under division.

The Age Definition Policy was most recently revised by the USA Volleyball Board of Directors on January 19, 2002. The classification cut-off date of September 1 was reviewed by the USAV Junior Assembly and the USA Regional Volleyball Association Assembly prior to and during the USAV 2013 Annual Meetings and research justified the continuation of the cut-off date of September 1.
Regulations

- The NCVA Board of Directors also stipulates that the Letter of Commitment may not be pre-signed or post-dated and no deposit monies can be exchanged before these dates.
- If the coach or any players leave the club for which a player has signed a Letter of Commitment, the player’s commitment is still binding because the commitment was to the club and not to any individual(s). However, if a club makes dramatic material changes from what was promised, it may be grounds for a release from the commitment.
- Players are committed to the club that they sign a Letter of Commitment with until the end of the Girls Season which is at the conclusion of the USA Volleyball Junior National Championships.
- If you know of a club violating the recruiting policy, NCVA requests that you email vball@ncva.com with as much detail as possible.

SELECTING A CLUB

Deciding which volleyball club is right for you can be difficult. It is our hope that this brief guide provided by NCVA will help your family make an informed decision.

At a minimal level, club volleyball provides the opportunity to learn and improve volleyball skills through hours of additional practice and competition. Club volleyball gives players the opportunity to enhance athletic, social, and leadership skills and make new friends from other schools and areas. In addition, since players regularly officiate matches when they are not playing, leadership skills, knowledge and understanding of the game is enhanced. The player also gets to see the game from the official’s point of view and gain that respect. Many players have gone on to be successful college players (at all levels); some are on partial to full athletic scholarships. Others have gone on to coach at the high school or college level or returned to coach at the club level, while others have made significant extra income by also being an official for Parks and Rec programs, YMCA leagues and many other organizations.

Some teams will only travel to tournaments in state, while others will also travel to other parts of the country. While there is no guarantee that you will be seen by a college coach, the chances are better if you play club ball. The high school season coincides with the college season, making it difficult for college coaches to get out to watch players very often. In many cases the high school matches start around five or six making it difficult for a coach to even get to local matches without having to miss their team’s practice. The heaviest recruiting time is during the club season. A majority of college coaches search for prospective players at USA Volleyball Junior National Championship Volleyball events. Larger tournaments involving teams from several states, national qualifiers and the USA Volleyball Junior National Championships attract the most college coaches. College coaches also attend most of the NCVA Special Tournaments such as California Kickoff, President’s Day, Golden State Qualifier, Golden State Classic, Spring Fling, Far Western National Qualifier, and the Bay View Classic.

You should also think about why you want to play club (recreation, more experience for high school play or possible college scholarship). No matter what your objective, you should be playing because
you have fun, love the game and want to play. You must be willing to work hard and take the responsibility for your improvement. Your coach is there to help you work toward your goals.

The most important factor is the kind of coaching you will receive. Coaches at each club have a wide range of coaching experiences, from very successful high school and college coaches (head and assistant) to those with little experience. Indeed, the relationship your athlete has with the coach is more important than the club itself. Having a chance to interact with the coach of your athlete’s age group is important. Go to pre-season skill training sessions, talk to players and parents from that coach’s previous season, check out the coach’s resume – do at least what you would do to gain background on a new babysitter for a child. In a related way, you need to find out the coach’s level of coaching education, as well as what ongoing coaching education the club provides. A club’s level of commitment to improving their coaches gives an example of the program’s commitment and passion for excellence.

Choosing a volleyball club is serious business. It is a commitment of time and money as well as an individual commitment to a club for the duration of the season. Spending a little time researching your options and opportunities may save you from a frustrating season. Be sure to ask lots of questions. If possible, talk with players and parents who have played in the club before. If a club is hesitant to answer those questions, it is probably best to move on. Remember, volleyball is a game, and should be played to have FUN.

REGISTRATION

In order to participate in an NCVA event, all individuals must be registered with the NCVA. This pertains to all on-court activities: shagging, calling lines, keeping score, etc.

Once you are registered online with the NCVA, members are covered by USA Volleyball’s sport accident policy, which is the best insurance coverage around. Please note that the insurance provided by the NCVA will not cover the club and/or its administrators during practice, tournaments, or tryouts unless you are registered and paid online as an NCVA member. Memberships are not refundable or transferable.

As a parent you can register to be a member of the NCVA. If you register under Adult registration and click on No Club Affiliation, you can also receive NCVA announcements, emails, etc. However, if you are registering as the following, you will be required to be a member and have a background check and SafeSport.

- Club Director – if you are running your own club
- Junior Coach – if you are coaching any team
- Chaperone - if you are attending a National Qualifier or helping the team at any NCVA events
- Team Parent - if you are involved with the team for any travel your team does
- Club Board Member – if you are the treasurer, paperwork coordinator, travel coordinator, etc.
Background Check

Also as a coach, chaperone or team parent you will be required to submit a background screen during the membership process. The Background Check is $25.00 and you can complete the background form and payment once you being your online membership registration. Background screening is good for two (2) years.

Here are some easy steps to follow when registering for your membership.

1. Go to www.ncva.com
2. Scroll down to the bottom of the home page, and click on Register as a Member
3. Select an option:
   a. Click on Renewing Member Registration if you have been a member of the NCVA, or any region of USA Volleyball, at any point
   b. Click New Member Registration if you have never been a member of the NCVA, or any region of USA Volleyball, at any point.
4. Follow the steps until complete. You will be required to pay for your membership online at the time of registration. You will be able to print your membership card at the end of registration. If at any time you would like another copy of your membership card, you just need to login to your account.

All memberships are non-refundable, non-transferable. If you are still unsure, please contact the NCVA via email at vball@ncva.com or phone.

 CLUB TRANSFERS

Junior athletes are eligible to play for any club or team until the start of the NCVA-sanctioned season, which begins on the first FULL weekend of November and the first FULL first weekend of August (for boys). During the sanctioned season, a player is to remain a registered member of that specific club throughout the season. However, during the sanctioned season, a player or parent may request a transfer in club affiliation. All parents have the option to request that their child be transferred to another club. There are certain guidelines that you will need to follow when considering transferring your child. For a player to transfer from one club to another:

How to begin the transfer process

Go to the NCVA website (www.ncva.com), go to the Forms header – select the Change of Club Request Form. Complete the form and submit to NCVA. This form is used to initiate the process. The player, parent, current club director and future club director must all sign the form in order for the transfer to occur.

Guidelines

- A player CANNOT participate in any practice or tournament until the NCVA has approved the transfer.
- A player can only transfer provided they remain in the same age definition or higher. Example: If you a 16 year old is playing in the 18’s division, you cannot transfer back to the 16’s Division. However, if you play on an 18’s team and need to transfer to a different club, you can play on a 17’s team provided the player is within the USA Age Definition.
- Once a team has qualified, or attempted to qualify, for a National Bid to the Junior National Championships, that team’s roster is frozen. See USAV website for Frozen Roster Verification Rules.
Following Power League #3, you cannot transfer a player from one club to another club.

If the current club director will not sign the form to release the player, the player or parent may appeal to the NCVA and the NCVA office will make the necessary contact(s).

**Outcome**

- The NCVA will grant the transfer only if all parties involved agree upon the transfer.
- The NCVA has the right to release the player whether or not the current club director responds.
- The NCVA also has the right to uphold the current club director’s decision to not grant the player release. In either case, each party has the right to appeal to the NCVA Board of Directors. The NCVA Board of Directors’ decision is final.

**TIME and TRAVEL COMMITMENT**

Club Volleyball is a huge time and travel commitment. The club season will begin in November for the Girls Tryouts and in August for the Boys Tryouts. Tournaments during league play do not necessarily run on back to back weekends. However, if your team decides to play in a Special Tournament, your child could be playing tournaments on multiple weekends during one (1) month. This idea is more centralized around girls because the girls have additional tournaments.

Each club/team varies on how they choose which tournaments they would like to play in. You as a parent can decide what level of commitment you want to give to your daughter and/or son to play club volleyball.

Teams generally practice around two (2) hours at a time and practice one (1) to three (3) times per week. Teams will generally play in at least four (4) to six (6) tournaments (some will play as many as a dozen in a season). Tournaments last from one (1) day up to four (4) days.

**FACILITIES**

Parents, we ask you to help keep our good relationships with our facilities by abiding by the facility rules and cleaning up after yourself when you leave the facility. Please remember that neither you nor the NCVA owns these facilities and in order for our organization to keep utilizing these facilities, we need to keep positive relationships with all of our sites. Spectators have been found at sites with alcohol in addition to leaving large messes for the janitors to clean up after. Many facilities are already starting to stop all 'camping' and limit use of the facilities surrounding the gym. In order to continue to camp/tailgate, all attendees must pitch in and keep each other accountable. This will be noted in the tournament director’s report, which will result in the club’s being fined a minimum of $200.00 and receive last place finish/points if they apply. Remember… Don’t blame the person enforcing the rule, blame the person violating it!
FOOD IN THE PLAYING FACILITY

Tournament directors may impose the “13-Point Rule” for teams who are violating the “No Food in Gym” policy. The “13-Point Rule” means that in the team’s next set, the score will begin at 0-13, with 13 points automatically awarded to the opposing team. This will be noted in the tournament director’s report, which will result in the club’s being fined a minimum of $200.00 and receive last place finish/points if they apply. During the tournaments located in Convention Centers, if your team is caught with food you may be removed from the tournament. This will be reported directly to the NCVA office and you will not be able to appeal this sanction. This rule is imposed whether it is a parent, players, coach, chaperone anyone associated with your club.
**What is SafeSport?**

SafeSport is the Olympic community’s initiative to recognize, reduce and respond to misconduct in sport

The six primary types of misconduct are:

- Bullying
- Harassment
- Hazing
- Emotional Misconduct
- Physical Misconduct, and
- Sexual Misconduct, including Child Sexual Abuse

**Who is affected by SafeSport?**

We all play a role in reducing misconduct and abuse in sport. SafeSport provides resources for all members of the sport community – organizations, coaches, parents and athletes – to identify misconduct, implement ways to reduce it and enact plans to respond to it.

**Get Educated**

Education is the most important tool for combatting misconduct. Look for resources that can help you understand how abuse occurs and what you do about it. Be able to recognize signs of grooming behavior and boundary violations and know what to do when you suspect a child’s safety is at risk.

**Create Healthy Boundaries**

It’s important to establish healthy boundaries between athletes and coaches and have clear expectations about the coach’s role. A coach can often serve as a teacher, mentor or a role model for a young person. A coach is not an athlete’s friend, peer or romantic partner. Teams and youth sport organizations should spell out prohibited behaviors to ensure strong and safe boundaries between adults and athletes.

**Identify and Address High Risk Areas**

For misconduct to take place, an offender needs privacy, access and control. One way to reduce the risk for abuse is to include travel, locker rooms, and electronic communication guidelines. Teams should adopt policies that spell out expectations and create boundaries.

**Speak Up**

If you recognize questionable behaviors, say something! Your youth sports organization should designate someone – a coach, the team administrator or parent advocate – who is there to hear your concerns or take a report of inappropriate behavior. Make sure that everyone knows that person.

**Talk to Your Kids!**
Physical and sexual misconduct can be a hard topic for parents to talk about with their children. Having these conversations is extremely important in helping prevent your child from becoming a victim of abuse. Having ongoing and open conversations with children about their bodies and appropriate boundaries will make it easier for them to talk to you if anyone is making them feel uncomfortable.

Hazing

How to Recognize, Reduce and Respond to Hazing

What you need to know to protect athletes

Being a team member shouldn't come with additional requirements that get in the way of enjoying sport. Hazing often begins as seemingly benign behavior but can become an issue if allowed to continue. Since hazing often occurs among peers, coaches and staff can send a strong anti-hazing message by creating an environment that encourages individuals to raise concerns or share information. In addition, most states have enacted legislation to discourage hazing and hold those who participate accountable; and these laws can provide additional support for anti-hazing efforts.

Definition

Hazing involves coercing, requiring, forcing or willfully tolerating any humiliating, unwelcome or dangerous activity that serves as a condition for joining a group or being socially accepted by a group's members. It includes any act or conduct described as hazing under federal or state law. Activities that fit the definition of hazing are considered to be hazing regardless of an athlete's willingness to cooperate or participate.

Exceptions

Hazing does not include group or team activities that are meant to establish normative team behavior or promote team cohesion. Examples include:

- Allowing junior athletes to carry senior athletes' equipment into the locker room after practice
- Encouraging junior athletes to arrive early and set up training equipment
- Giving senior athletes first preference in team assignments, responsibilities, accommodations, facilities or equipment

Examples of Hazing

- Requiring, forcing or otherwise requiring the consumption of alcohol or illegal drugs
- Tying, taping or otherwise physically restraining an athlete
- Sexual simulations or sexual acts of any nature
- Sleep deprivation, unnecessary schedule disruption or the withholding of water and/or food
- Social actions (e.g. grossly inappropriate or provocative clothing) or public displays (e.g., public nudity) that are illegal or meant to draw ridicule
- Beating, paddling or other forms of physical assault
- Excessive training requirements that single out individuals on a team
Physical Misconduct

How to Recognize, Reduce and Respond to Physical Misconduct

What you need to know to protect athletes:

Almost all sport involves strenuous physical activity; in practices and competition, athletes regularly push themselves to the point of exhaustion. However, any activity that physically harms an athlete—such as direct contact with coaches or teammates, disciplinary actions, or punishment—is unacceptable. Physical misconduct can extend to seemingly unrelated areas including inadequate recovery times for injuries and diet. Two (2) of the best ways to promote safe conditions are to set clear boundaries and take a team approach to monitoring athletes.

Definition

Physical misconduct involves contact or non-contact behavior that can cause physical harm to an athlete or other sport participants. It also includes any act or conduct described as physical abuse or misconduct under federal or state law (e.g., child abuse, child neglect and assault).

Exceptions

Physical misconduct does not include professionally accepted coaching methods of skill enhancement, physical conditioning, team building, appropriate discipline or improving athlete performance.

Examples of Physical Misconduct

Contact offenses

- Punching, beating, biting, striking, choking or slapping an athlete
- Providing alcohol to an athlete under the legal drinking age (under U.S. law)
- Providing illegal drugs or non-prescribed medications to any athlete
- Encouraging or permitting an athlete to return to play prematurely or without the clearance of a medical professional, following a serious injury (e.g., a concussion)
- Prescribed dieting or other weight-control methods (e.g., weigh-ins, caliper tests) without regard for the nutritional well-being and health of athlete

Emotional Misconduct

How to Recognize, Reduce and Respond to Emotional Misconduct

What you need to know to protect athletes:

Sport can help individuals build skills, making them stronger and better able to deal with challenges. The wide range of emotions athletes experience in practice and competition are a normal, healthy component of sport. However, a repeated pattern of behavior by either coaches or teammates that can inflict psychological or emotional harm has no place in sport. By gaining a complete understanding of the actions that qualify as emotional misconduct, participants can be in a stronger position to take action.
Definition

Emotional misconduct involves a pattern of deliberate, non-contact behavior that has the potential to cause emotional or psychological harm to an athlete. Non-contact behavior includes verbal and physical acts, as well as actions that deny attention or support. It also includes any act or conduct (e.g., child abuse and child neglect) described as emotional abuse or misconduct under federal or state law.

Exceptions

Emotional misconduct does not include professionally accepted coaching methods of skill enhancement, physical conditioning, team building, discipline or improving athletic performance.

Examples of Emotional Misconduct

Verbal acts:

- Verbally attacking an athlete personally (e.g., calling them worthless, fat, or disgusting)
- Repeatedly and excessively yelling at participants in a manner that serves no productive training or motivational purpose

Physical acts:

- Throwing sport equipment, water bottles or chairs at, or in the presence of, participants
- Punching walls, windows, or other objects

Acts that deny attention and support:

- Ignoring an athlete for extended periods of time
- Routinely or arbitrarily excluding participants from practice

Bullying

How to Recognize, Reduce and Respond to Bullying

What you need to know to protect athletes

One of the greatest lessons athletes take away from sport is the experience of being on a team where coaches and individuals support one another. Actions that demean or intimidate athletes, either physically or emotionally, can affect performance and team cohesion. Since bullying often occurs among peers, coaches can set an example with a zero-tolerance policy and emphasize teamwork and mutual support. Giving athletes a way to report behavior without fear of reprisal is also important.

Definition

Bullying is an intentional, persistent and repeated pattern of committing or willfully tolerating physical and non-physical behavior that is intended, or has the reasonable potential, to cause fear, humiliation or physical harm in an attempt to socially exclude, diminish or isolate the targeted athlete(s) as a condition of membership. It includes any act or conduct described as bullying under federal or state law.
Exceptions

Bullying does not include group or team behavior designed to establish normative team behavior or promote team cohesion. For example, bullying does not include verbal admonitions to encourage team members to train harder and push through a difficult training regimen.

Examples of Bullying

Physical behavior:

- Hitting, pushing, punching, beating, biting, striking, kicking, choking or slapping an athlete
- Throwing at or hitting-an athlete with objects such as sporting equipment

Verbal and emotional behavior:

- Teasing, ridiculing, intimidating
- Spreading rumors or making false statements
- Using electronic communications, social media; or other technology to harass, frighten, intimidate or humiliate ("cyber bulling")

For More Information Please Visit:
https://www.volleyballreftraining.com/SafeSport/safesport_home.html
5 TIPS FOR PARENTS
KEEPING KIDS SAFE IN YOUTH SPORTS

• GET EDUCATED- Education is the most important tool for combating misconduct. Look for resources that can help you understand how abuse occurs and what you do about it. You should be able to recognize signs of grooming behavior and boundary violations and what to do when you suspect a child’s safety is at risk.

• CREATE HEALTHY BOUNDARIES- It’s important to establish healthy boundaries between athletes and coaches and have clear expectations about the coaches’ role. A coach can often serve as a teacher, mentor or a role model for a young person. A coach is not an athlete’s friend, peer, or romantic partner. Teams and youth sport organizations should spell out prohibited behaviors to ensure strong and safe boundaries between adults and athletes.

• IDENTIFY AND ADDRESS HIGH RISK AREAS- For misconduct to take place, and offender needs privacy, access, and control. One way to reduce the risk for abuse is to include travel, locker rooms, and electronic communications. Teams should adopt policies that spell out expectations and create boundaries.

• SPEAK UP- If you recognize questionable behaviors, say something! Your youth sport organization should designate someone- a coach, the team administrator, or parent advocate- who is there to hear your concerns or take a report of inappropriate behavior. Make sure that everyone knows that person.

• TALK TO YOUR KIDS!- Physical and sexual misconduct can be a hard topic for parents to talk about with their children. Having conversations is extremely important in helping your child from becoming a victim of abuse. Having ongoing and open conversations with children about their bodies and boundaries and appropriate boundaries will make it easier for them to talk to you if anyone is making them feel uncomfortable.
NCVA/USAV
BACKGROUND
SCREENINGS
What is the danger of utilizing a “low cost” database background check to screen volunteers?

2016 case study by: Randy Rodebaugh, President - SSCI

The Compelling Difference

USA Volleyball (USAV) selected and implemented their current background screening program in 2005 after an extensive and committed analysis of industry practices with the ultimate goal of protecting all participants. The desire to safeguard vulnerable populations is the catalyst for the thorough, due diligent background screening process still utilized today.

While many other youth oriented organizations choose cost as the primary factor for conducting background screenings, USAV has always strived to apply the highest level of standards through the most comprehensive and cost effective background screening program available.

As a result of volunteer driven organizations seeking low cost solutions, many background screening companies began offering database only criminal searches while marketing that they consist of criminal records from all 50 states in the U.S. This advertising may be true, but what they do not reveal is that the data is only partial information from a particular state, may be outdated, or does not contain the crimes that are of utmost concern. Even if they share the database sources, the fact is, no database should replace the county court house search where the applicant has resided. The county court house will be the origin of a criminal case and will have the most up-to-date information available.

A comprehensive background screening program will always include the county court house search and/or statewide search where available. The national database is a vital supplemental tool; however, it should not be used as a standalone search for the background screening.

The Study

USAV members are located throughout the United States and consequently all 50 states are represented in this analysis for the 2015 – 2016 season. In order to determine the direct impact of running a “database only” background check, SSCI analyzed each and every disqualified applicant to determine if the disqualifying crime would have been captured using the “database only” approach, without any county court house and/or statewide search. As a note, the following services are included on every applicant screened through the USAV program:

- social security verification
- address search
- county court house and/or statewide search
- national database and sex offender registry search
Alarming Findings
Of the 56 individuals disqualified throughout the 2015 – 2016 screening period, 23 individuals or 41% of the disqualified applicants would have slipped through the cracks using a database search only.

Below are just a few of the crimes that were missed using only the national database search:

- Sexual assault of a child by person who works or volunteers with children
- Sexual Battery with a student
- Willful cruelty to a child
- First degree sexual assault
- Cause child to be endangered
- Attempted enticement of a child less than 15 years of age
- Knowingly receive child pornography

The 41% that would have been missed are based on the policy that disqualifies a coach who has been found guilty of sex offenses, violence, felony drugs, multiple drug and alcohol offenses, or crimes against children*. As an important note, various aforementioned cases are currently pending at the court house level. Pending cases will not appear on a national database which is another reason court house investigations are imperative.

*Please refer to the USAV Background Screening Policy for specific disqualification criteria

Conclusion
The risk of utilizing a national database as the only source of criminal record checks is extremely high as the organization is missing just below 50% of serious criminal records. This leaves an organization and more importantly, the child, at great risk! The possibility that an adult with heinous criminal records, such as those mentioned above, could be in a position of authority and have direct involvement with a child is completely unacceptable.

In order to meet standards that have been well established and court tested, an organization must ensure that their background screening program includes due diligent court house searches as part of each applicant screening.
### SSCI Background Check vs. Database Only Background Check

Reputable companies, following industry standards, will add the national database as the supplemental tool and not as a standalone search in the screening program.

<table>
<thead>
<tr>
<th>Task</th>
<th>USAV/NCVA SSCI</th>
<th>AAU / JVA</th>
<th>SSCI Program Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hands on identity verification</td>
<td>✔️</td>
<td>✗</td>
<td>SSCI investigators follow up when discrepancies are found in the data provided by the client.</td>
</tr>
<tr>
<td>Hands on Address Trace to determine depth of investigation</td>
<td>✔️</td>
<td>✗</td>
<td>Our investigators use address trace data to select jurisdictions where in person investigations are performed.</td>
</tr>
<tr>
<td><strong>Local Search</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>County: Hands on County Criminal Records Search</td>
<td>✔️</td>
<td>✗</td>
<td>In person county courthouse investigations are conducted for misdemeanor and felony cases based on address trace.</td>
</tr>
<tr>
<td>Statewide: In Depth Statewide search using official State Repository</td>
<td>✔️</td>
<td>✗</td>
<td>Hands on statewide investigations conducted in lieu of county courthouse investigations for the following states: Colorado, New Mexico, Maryland, Georgia, DC, Hawaii, Wisconsin.</td>
</tr>
<tr>
<td><strong>National Search</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>National Criminal Database Search Over 800 million records</td>
<td></td>
<td>Average 200-400 million records</td>
<td>SSCI provides a national DB search as a supplemental tool to the investigation. SSCI will never rely on a standalone national DB search.</td>
</tr>
<tr>
<td>National Sex Offender Search</td>
<td>✔️</td>
<td>✔️</td>
<td>SSCI performs a national search as a supplemental tool although the majority of offenders are consistently found during our local level investigations.</td>
</tr>
<tr>
<td>Re-Verification of Criminal Records</td>
<td>✔️</td>
<td>✔️</td>
<td>SSCI rechecks all national and sex offender criminal records per FCRA compliance.</td>
</tr>
<tr>
<td>Results Report</td>
<td></td>
<td>✗</td>
<td>SSCI provides customized notification process. Final report follows FCRA regulations.</td>
</tr>
<tr>
<td>Live Customer Service</td>
<td>✔️</td>
<td>Switchboard or Voicemail</td>
<td>SSCI provides a dedicated account representative to every client. Our customers will always get a live person when calling our offices.</td>
</tr>
<tr>
<td>Turn Around Time</td>
<td>2-3 Days (including in-person investigations)</td>
<td>Instant</td>
<td>SSCI is committed to expediency throughout the screening process.</td>
</tr>
</tbody>
</table>

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**“We are hands on because we care!”**

Northern California Volleyball Assoc.
72 Dorman Avenue | San Francisco CA 94124

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BACKGROUND SCREENING POLICY OF USA VOLLEYBALL AND ITS REGIONAL VOLLEYBALL ASSOCIATIONS
Last revised May 2017

POLICY:
It is the policy of USA Volleyball (USAV) and its Regional Volleyball Associations (RVAs) that any club/entity intending to hire or use registered individuals in any sanctioned junior volleyball events and/or activities (some examples of events or activities that can be sanctioned with regional approval are: tournaments, practices, clinics, tryouts, and fundraisers) will accept and abide by this background screening policy. The following individuals, 18 years of age or older, will be screened: Club directors, club administrators, team reps, coaches, chaperones, and trainers who intend to register, affiliate and/or participate with a USAV/RVA junior volleyball club or team. Any Junior Tournament Director/Site Director/On-site Tournament Administrator/Manager and official 18 or older who intends to work a junior sanctioned event will also be screened with the exception of a junior player. Each RVA may also choose to require other members of their organization to submit to and pass a background screen in order to affiliate with their organization. Additionally, the club/entity will enforce the penalties resulting from a negative background screening report. Failure to do so is grounds for automatic suspension of membership privileges to participate in USAV/RVA sanctioned junior events and/or activities. All disqualified individuals have the right to dispute the findings of the background screening directly with the RVA’s approved Background Screen Vendor. All non-USA citizens will require an international criminal background screening when applying for any position stated above. This screening may require additional fees as determined by the RVA.

The RVAs and/or USAV will not register, or allow to be registered, any individual who refuses to consent to a background screen if he/she intends to affiliate and/or participate with a junior club/team, in the RVA or any other regional or national junior level programming. Junior members are any members under the age of 18. A background screen will not be required for those individuals who will be classified only as junior players or those individuals not registered, affiliated and/or participating with a junior volleyball club or team in a RVA (other than those categories listed above). For those regions that allow individuals under 18 to be an assistant coach, any individual who is not yet 18 years old and who is in a non-player role affiliated with a junior club must be background screened immediately upon reaching 18 years of age. A 30-day grace period shall apply from the date of the 18th birthday in order to allow time for the background screening to be processed. During the 30-day grace period, the same restrictions apply to the individual and should be enforced as are in place for junior coaches regarding supervision by a qualified adult. It is the responsibility of the individual, club and region to identify the individuals in this situation and to meet the background screening requirement. Upon the conclusion of the 30-day grace period, the individual may not participate in a non-player role affiliated with a junior club unless the background screening requirement is met.

All screens will be good for two membership seasons (maximum of 26 months) unless required more frequently by state law. Anyone that fails a background screen cannot reapply for another screen until the following season.

USAV and the RVAs retain the right to require additional background screens at any time.

PROCESS:
Every individual required to submit Background Screening must complete, sign and date the Consent and Waiver Release Form. Electronic signatures are only accepted on the USAV Online Registration System. The Background Screen Consent and Waiver Release form will be submitted and the applicant cleared before the applicant may participate in RVA/USAV sanctioned junior events and/or activities.

Upon receipt of the above described documents, the USAV/RVA will request that the USAV/RVA approved Background Screen Vendor perform the background screen. All information received as a result of a background check will be strictly confidential. Notice of clearance or disqualification for all applicants will be provided to:
1. The designated contact of the RVA that submitted the application.
2. USA Volleyball National Office

A notice of automatic disqualification will be sent by email by the USAV/RVA approved Background Screen Vendor to the RVA office. The RVA will provide the approved Background Screen Vendor a contact e-mail for the Club Director or highest staff member
for the hiring entity. The approved Background Screen vendor will then contact the Club/entity to provide notice of the automatic disqualification and request additional contact information for the disqualified individual.

The complete profile will be sent by the USAV/RVA approved Background Screen Vendor directly to an automatically disqualified individual using the agreed upon method of delivery, along with a copy of the “Summary of Your Rights under the Fair Credit Reporting Act” (FCRA), and a notification that the individual is prohibited from participating in USAV/RVA sanctioned junior events and/or activities.

All disqualified individuals have the right to review and dispute the accuracy of the background screening findings directly with the USAV/RVA approved Background Screen Vendor. A disqualified individual MAY NOT appeal an automatic disqualification or the results of the findings of the background screen vendor to the RVA and/or USAV. USAV and each RVA is required by the policy to accept the findings of the approved background screen vendor.

Individuals automatically disqualified are excluded from participation in any USAV/RVA sanctioned junior events and/or activities.

**EFFECTIVE SEPTEMBER 1, 2013, AUTOMATIC DISQUALIFIERS FOR PARTICIPATION IN SANCTIONED JUNIOR EVENTS AND/OR ACTIVITIES:**

Anyone found guilty, entering a plea of guilty, or a plea of nolo contendere (no contest) regardless of adjudication or received court directed programs and/or other sentencing directives in lieu of a finding of guilt, for the following criminal offenses; All Sex offenses, Murder, and Homicide regardless of time limit; Felony Violence and Felony Drug offenses in the past 10 years; any misdemeanor violence offenses in the past 7 years; any other crimes (not listed) against children in the past 7 years (the time frames associated with the categories of crime listed above are calculated based on the date of the offense).

Individuals found to have pending court cases for any of the disqualifying offenses will be disqualified. If the disposition of the pending case does not meet the criteria for disqualification as listed above, the individual would then be cleared and reinstated.

Falsification of information on any membership application or the consent/release form is grounds for membership revocation or restriction of membership.

Individuals that are automatically disqualified must wait one season before reapplying for affiliation and/or participation with a junior club or team.

**ENFORCEMENT:**

The hiring entity is responsible for ensuring adherence to this policy, and ensuring that those individuals who are disqualified do not participate in USAV/RVA sanctioned junior events and/or activities.

**PENALTY:**

Failure of a club/entity to request background screening or enforce disqualification is cause for the RVA or USAV to impose penalties. The minimum penalty shall be suspension of all members of the offending club/entity until background screening and enforcement requirements are met. Additional measures may include financial penalties and/or extended suspensions against disqualified individuals and/or the club/entity.
COMMUNICATION
Contact NCVA

Telephone Number: (415) 550-7582
Fax Number: (415) 550-7762
Email Address: vball@ncva.com
Website Address: www.ncva.com

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Leslie@ncva.com

Dorsey “Doc” Rowlands
Warehouse/Equipment Manager
doc@ncva.com

Adults Division
Boys Indoor Division
Girls Indoor Division
Hotel Reservations
Indoor and Beach High Performance
Membership Registration
Outdoor Divisions
Player/Club Transfers
Sanctioning Information
Social Media
Special Tournaments
Vendor Information
Youth League and Fall Competition
LEAGUES

Junior Girls’ Leagues
Each Junior Girl player has the opportunity to play in either the Power or Premier League. Players cannot play in both leagues nor can they play in multiple age divisions at the same time. Once the player is on a roster, they are committed to that one (1) team only. Both leagues are competitive, but they do have some variations between them.

**Power League** is a traveling league. Many teams opt to play Power League for the opportunity to play teams from all over Northern California. By playing Power League, these teams also have the opportunity to earn a Region Bid to the USA Volleyball Junior National Championships. Power League consists of seven (7) one (1) and two (2) day tournaments over the span of three (3) or four (4) months. All Power League Tournaments are mandatory. The league begins with a two (2) day qualifier (held in Convention Centers) followed by three (3) one (1) day leagues tournaments and then a two (2) day Region Championship (also held in Convention Centers).

**Premier League** involves some travel. However, the NCVA tries to keep each team within a 90 minute radius. Premier League means you play teams that live in your general area. You are more likely to play the same teams during the course of the season because Premier League does not have divisions that change. These tournaments are one (1) day only and are not required. The Region Championship is two (2) days and your team must have played in two (2) out of the four (4) one (1) day League Tournaments to qualify.

**Non-League** involves some travel. Teams from all over Northern California from the Power and Premier Leagues will play in Non-League Tournaments. These tournaments are not required for any team to play in. They are great additional tournaments for any team that would like to give their team more play for the season. These tournaments are not required and are one day only.

**Youth League** is a developmental league that involves a little travel. However, NCVA makes every effort to assign teams to the closest venues possible. Youth League will play teams in their local area. Each Youth League session offers five (5) tournaments over 12 (fall session) or 16 weeks (spring session). As a developmental league, many rules are modified to allow players to learn without being stopped by the officiating crew all the time. For more information on Youth League, see the Youth League section of the Girls’ or Boys’ Handbooks.

**Fall Competition Tournaments**

- Fall Competition Tournaments will be offered in the following age groups: 9th grade, 8th/7th, 6th/5th grades and 4th/3rd grades. The concept of this league is to introduce athletes to competitive volleyball and provide competitive volleyball for those athletes that do not have a middle school program to participate in.
- The cost for this league is $750.00 per team.
- All players must be registered as full members ($70.00) to participate.
- The deadline to enter teams into events online/submit payment for the League is 14 days prior to the event. In order for your Fall Competition registration to be complete, you must register online and submit payment either online or by submitting a check or credit card to the NCVA Office. Please also note there are required club forms to be submitted to the NCVA Office.
- Play will begin at 9:00 a.m.
- Each match is the best two-out-of-three sets to 25 points in the first two (2) sets and to 15 points in the third set switching sides at eight (8) points, if necessary. All sets will use rally scoring with no cap. Some pools may be all three (3) sets to 25 points based on format.
Tournaments will consist of pool play only. If three (3) team pools are used, cross over matches will follow pool play. All Fall Competition Tournaments are scheduled to end by 3:00 PM. If play cannot be completed by 3:00 PM, the tournament director may change the scoring method from best two-out-of-three sets to one set to 25 points. Teams will switch sides when one team scores 13 points. The decision will be based on the need to leave the site by 3:00 PM per facility rules.

Each team will have the option to play as close to home as possible or to travel; typical travel time is 90 minutes. However, sites and travel times are subject to change.

Points will not be given for Fall Competition tournaments. Tournament formats may change from tournament to tournament due to the number of entries received.

For Fall Competition events, clubs may set team roster(s) on a per-tournament basis.

Simple, low cost uniforms are recommended – a simple t-shirt with number.

The teams in this league are eligible to participate in Premier League, Power League and Special Tournaments.

Junior Boys’ Leagues

Junior Boy’s players have two (2) leagues they can play in. Players cannot play in multiple age divisions at the same time. Once the player is on a roster, they are committed to that one (1) team only. Both leagues are competitive, but they do have some variations between them.

Power League is offered to our Boys Division. This league is a traveling league. Power League consists of eight (8) one (1) and two (2) day tournaments over the span of three (3) months. All Power League Tournaments are mandatory. The league begins with a two-day qualifier (held in a Convention Center) followed by four (4) one (1) day leagues tournaments and then a two (2) day Region Championship (also held in a Convention Center).

Non-League is offered to the Boy’s teams prior to the season to help them gear up for their power league season. Non-League tournaments will be offered following the Power League season to allow teams to continue to play. These tournaments are one-day tournaments that will also help teams warm up for the Boy’s National Qualifiers. Travel will be required for these tournaments.

Youth League is a developmental league that involves a little travel. However, NCVA makes every effort to assign teams to the closest venues possible. Youth League will play teams in their local area. Each Youth League session offers five (5) tournaments over 12 (fall session) or 16 weeks (spring session). As a developmental league, many rules are modified to allow players to learn without being stopped by the officiating crew all the time. For more information on Youth League, see the Youth League section of the Girls’ or Boys’ Handbooks.
HIGH PERFORMANCE

Girls’ and Boys’ Division
In conjunction with USA Volleyball, the NCVA supports and runs a Regional High Performance program. Participating athletes will represent the region in the inter-regional USA Volleyball High Performance Championship tournament in July. The goal of the High Performance Program is to provide volleyball athletes with the best coaching and competition available in Northern California.

Members of NCVA High Performance teams will have the opportunity to:

- Compete with the best athletes in the country within their age groups both in the USA.
- Play with some of the best athletes in Northern California.
- Receive top quality coaching and instruction.
- Increase individual visibility, particularly for those from club teams with low exposure.

USA Volleyball Girls’ and Boys’ Indoor High Performance Championships (HPC)

The NCVA would like to send two (2) girls and two (2) boy’s teams to represent Northern California in the 2017 HPC held in Ft. Lauderdale, FL!

Girls’ and Boys’ Beach Championships and Events

Please visit www.ncva.com for more information and schedule.

For more information on High Performance, please visit our website www.ncva.com or email vball@ncva.com.

**OUTDOOR DIVISION**

Tournaments

The NCVA Outdoor Division offers Sand Volleyball, May through August. Players have the opportunity to accumulate points during the season for both junior boy’s and girl’s, based on tournament results. These points will be used to seed teams into the No Dinx / NCVA Open Championships, held in August. You can view all Outdoor information by going to the Outdoor dropdown tab at www.ncva.com.

Age

The Beach League, and individual Beach tournaments will be offered in the following age groups: 18,17,16,14,13 and 12.
FEES

The financial commitment to club volleyball is probably one of the biggest factors in choosing what club your child should play for. We have brought into consideration the payments that are given to the NCVA from you.
The costs below are based on the 2017-2018 season fees. The special tournament fees will vary depending on which special tournaments your team will play in.

Club volleyball also requires a FINANCIAL commitment. The costs can run as low as $500.00 to over $5,000.00 per player depending on the level of competition, number of tournaments, practice facility costs, coaches education costs, coaches’ travel costs, coaching expenses (some receive expenses, some get a salary), supplies, equipment, balls, printing, postage, etc. and sponsorship. Costs should be compared between clubs to make sure you know what is and is not covered in their fees.

**Hotel, food, and transportation costs are generally the responsibility of the player/parents, and can be significant for “national” level teams, more than doubling the overall costs of a club.**

**NCVA Boys’ Fee Analysis 2017-2018**

- Days of competition: Eight (8)
- Days in Convention Centers: Four (4)
- Entry fee = $1,400.00 per team
- Cost breakdown:

<table>
<thead>
<tr>
<th>No. of Players</th>
<th>Event Cost Per Player</th>
<th>Player Fee</th>
<th>Total Cost Per Player</th>
</tr>
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<tbody>
<tr>
<td>10</td>
<td>$140.00</td>
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<tr>
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<td>$93.33</td>
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</table>

**No Dinx / NCVA Far Westerns Bid Tournament**

- Days of competition: Two (2)
- Entry fee: $950.00
- Cost breakdown:

<table>
<thead>
<tr>
<th>No. of Players</th>
<th>Event Cost Per Player</th>
<th>Player Fee</th>
<th>Event Cost Per Day</th>
</tr>
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</table>

**NCVA Girls’ Fee Analysis 2017-2018**

**Power League**

- Days of competition: Seven (7)
- Days in Convention Centers: Four (4)
- Entry fee = $1,600.00 per team
- Cost breakdown:

<table>
<thead>
<tr>
<th>No. of Players</th>
<th>Event Cost Per Player</th>
<th>Player Fee</th>
<th>Total Cost Per Player</th>
<th>Cost Per Player Per Day</th>
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<td>10</td>
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<td>15</td>
<td>$106.66</td>
<td>$70.00</td>
<td>$176.66</td>
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**Premier League**
- Days of competition: Seven (7)
- Entry fee = $1,200.00 per team
- Cost breakdown:

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<th>No. of Players</th>
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<tr>
<td>15</td>
<td>$80.00</td>
<td>$70.00</td>
<td>$150.00</td>
<td>$21.43</td>
</tr>
</tbody>
</table>

**No Dinx / NCVA Far Western National Qualifier**
- Days of competition: Three (3)
- Guaranteed Matches: Seven (7)
- Entry fee = $950.00
- Cost breakdown:

<table>
<thead>
<tr>
<th>No. of Players</th>
<th>Event Cost Per Player</th>
<th>Cost Per Player Per Match</th>
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</tr>
</thead>
<tbody>
<tr>
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<td>$95.00</td>
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<tr>
<td>12</td>
<td>$79.17</td>
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</tr>
<tr>
<td>15</td>
<td>$63.33</td>
<td>$9.05</td>
<td>$21.11</td>
</tr>
</tbody>
</table>

**All Events Combined**

If you play in the Power League ($1,600.00), President’s Day ($850.00), Golden State Classic ($600.00) and Far Westerns ($950.00) for a total of 15 tournament days, the cost breakdown is: $4,000.00

<table>
<thead>
<tr>
<th>No. of Players</th>
<th>Cost Per Player</th>
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</thead>
<tbody>
<tr>
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<tr>
<td>15</td>
<td>$266.66</td>
<td>$17.77</td>
</tr>
</tbody>
</table>

We understand that there are additional costs… i.e. hotel, gas, food, etc. This is why we encourage all event attendees to book their hotel rooms in NCVA room blocks. When our attendees book outside our block, the tournament cost goes up. By booking in the block, we are able to negotiate for lower rates in addition to more amenities like breakfast, internet access and parking.
CODE OF CONDUCT
It is important for Parents and/or Spectators to understand this section. Everyone must remember that you are there to support your child and their team. Parents of a volleyball player have a shared responsibility with the player. A few of the biggest responsibilities are encouraging good sportsmanship and responsible behavior, support and encourage your child win or lose, providing support financially and assist with transportation. Parents also have the responsibility to conduct themselves in a reasonable, responsible manner. Parents must be aware that they have as much, if not more, influence on the chemistry of their team than the coach. How can a player be a good team member when they have to listen to a parents bad mouth their teammates or coach? How can the team have good chemistry when parents sit in the stands and make disparaging comments about players or coaches to other parents?

The following Codes of Conduct will be enforced for each NCVA Sanctioned Event:

**Volleyball Spectator Code of Conduct**

- Remain in the spectator area during matches.
- Do not make derogatory comments to coaches, officials, tournament directors or players of any team.
- Do not drink alcohol at tournaments or come to a tournament having consumed too much alcohol.
- Respect the integrity and judgment of the officials without taunting or approaching them at any time.
- Be in control of your emotions.
- Respect the rights of others and treat the visiting team and their spectators courteously.
- Abide by all applicable federal, state, and local laws while attending any match.
- Cheer positively for your team, using socially acceptable language.
- Follow the rules of the event
- Follow the rules of the facility, such as NO FOOD IN GYM, no beach chairs, etc.
- Use litter receptacles to properly dispose of trash.
- Use only designated smoking areas that are clearly posted.
- Applaud good performances by both teams. Excessive noise during such as pounding on bleachers or use of artificial noise makers is not permitted.
- Discourage all forms of violent behavior.
- I will direct all questions at an event to the Head Coach or Club Director for my team/club as opposed to contacting the Tournament Director directly.
- I will not contact any site used by NCVA directly
- I understand that there are consequences for my behavior that may include removal from the event in addition to potential penalties against the team I am affiliated with including, but not limited to removing the team from the event and awarding last place points.

**Volleyball Parent Code of Conduct**

- Remain in the spectator area during matches.
- Do not advise the coach on how to coach.
- Do not make derogatory comments to coaches, officials, tournament directors or players of either team.
- Do not try to coach your child during the match.
- Do not drink alcohol at tournaments or come to a tournament having consumed too much alcohol.
- Cheer for your child’s team.
- Show interest, enthusiasm, and support for your child.
- Be in control of your emotions.
- Help when asked by coaches or officials.
- Thank coaches, officials, tournament directors, and other volunteers who conducted the event.
- Know the rules.
Avoid conduct that is inappropriate as determined by comparison to normally accepted behavior.
Physical or verbal intimidation of any individual is unacceptable.
Follow the rules of the tournament, such as NO FOOD IN GYM, no beach chairs, etc.

SPECTATOR/ PARENT CODE OF CONDUCT

IMPORTANT NOTICE – ENTRY TO THIS PRIVATELY SANCTIONED EVENT IS GRANTED AS A COURTESY. IF YOU ENTER/ATTEND THIS, OR ANY REGION SANCTIONED EVENT, YOU AGREE TO ABIDE BY THE FOLLOWING CODE OF CONDUCT GUIDELINES:

I WILL:

1. I WILL abide by the official rules of USA Volleyball.
2. I WILL display good sportsmanship at all times.
3. I WILL encourage my child and his/her team, regardless of the outcome on the court.
4. I WILL educate myself on the unique rules of this facility.
5. I WILL honor the rules of the host and the host facility.
6. I WILL generate goodwill by being polite and respectful to those around me at this event.
7. I WILL direct my child to speak directly with his/her coach when coaching decisions are made that may be confusing or unclear.
8. I WILL redirect any negative comments from others to the respective Event Director or Program Administrator.
9. I WILL direct all concerns regarding officials to the Head Coach or Club Director for my team/club as opposed to contacting the Head Official directly.
10. I WILL direct all questions at an event to the Head Coach or Club Director for my team/club as opposed to contacting the Tournament Director directly.
11. I WILL immediately notify the Event Director and/or Program Administrator in the event that I witness any illegal activity.
12. I WILL support the policies and guidelines of the team/club that I represent.
13. I WILL acknowledge effort and good performance, remembering that all of the players in this event are amateur athletes.
14. I WILL model exemplary spectator behavior while attending this event.
15. I WILL respect the history and tradition of the sport of volleyball by being a good ambassador.

I WILL NOT:

1. I WILL NOT harass or intimidate the officials.
2. I WILL NOT coach my child from the bleachers and/or sidelines.
3. I WILL NOT criticize my child’s coach or his/her teammates.
4. I WILL NOT participate in any game or game-like activities unless I have a current membership card with the Region.
5. I WILL NOT bring and/or carry any firearms at any Region event.
6. I WILL NOT bring, purchase, or consume alcohol at any Youth/Junior volleyball event.

Note: Any violation of this Code of Conduct will result in you being asked to leave the site/facility, and may result in you possibly being banned from attending future Region sanctioned events. The Event Director has the final say regarding their individual event. Local law enforcement will be contacted if necessary to resolve any disputes or altercations. Questions or concerns may be directed to the Region office.
SPECTATOR/PARENT
CODE OF CONDUCT

All persons entering this USA Volleyball event understand and agree to the following Code of Conduct as a condition of attendance:

I WILL:

1. I WILL abide by the official rules of USA Volleyball.
2. I WILL display good sportsmanship at all times.
3. I WILL educate myself on the unique rules of this facility and abide by them.
4. I WILL generate goodwill by being polite and respectful to those around me at this event.
5. I WILL immediately notify the Event Director and/or Program Administrator in the event that I witness any illegal activity.
6. I WILL acknowledge that the spectator seating around the courts is for the primary use of those watching the match in progress.
7. I WILL acknowledge that spectators may rightfully choose to remain in a seat for an entire match without switching sides of the court when the teams switch.

I WILL NOT

1. I WILL NOT harass or intimidate the officials, including line judges and scorers.
2. I WILL NOT participate in any game or game-like activities unless I have a current membership with USA Volleyball.
3. I WILL NOT bring and/or carry any firearms at any USA Volleyball event.
4. I WILL NOT use tobacco products or illegal drugs on the premises.
5. I WILL NOT bring, purchase, or consume alcohol at any Youth/ Junior volleyball event.

WARNING!

Injury from flying objects incidental to the sport of volleyball may occur at this event. Attend at your own risk. Please pay close attention to your surroundings and be alert at all times, especially during active play.
Bill of Rights for Parents when joining a club:

I have the right to:

- be treated with dignity and respect
- share in the leadership and decision making of your athlete
- approach the leadership of the club organization with which you are involved
- cheer for your child in a positive manner
- verify your coaches/team qualifications
- ask questions and receive answers
- ensure that the adults involved with your child are positive role models
- talk to parents, other players and/or other clubs
- have your child tryout without discrimination
- request a clear disclosure of financial obligations
- clubs statement of philosophy
- be informed about your child’s role on the team
- have your child tryout out for more than one club and be allowed time to make a decision as specified by the tryout policy
- the knowledge of the time, travel and financial commitment of your involvement with the club/team.
- knowledge of how many spots are available before tryouts begin
- remove your child from an event/practice if you feel it is unsafe for your child to continue without repercussions
- know that all club affiliated staff are members of the NCVA and background checked.
- Ask your club director if they adhere to all State and Federal business requirements and laws
- Ask to see a club’s travel policy

P is for praising, which your child needs often.
A is for accepting, so hard edges will soften.
R is for recognizing your child’s many talents.
E is for encouraging a good healthy balance.
N is for nurturing, to help your child grow.
T is for teaching, then letting go.
S is for smiling at the growth and the glow.

The NCVA promotes participation in a quality program that provides a positive and safe athletic environment through a variety of developmental and competitive opportunities for junior teams of all ages, skills levels, and diverse groups. It is important to us to maintain our professional demeanor and serve our customers with the highest level of service.

The NCVA offers:

- Background screenings for all NCVA member adult affiliates with our Junior Teams (club directors, coaches, officials, tournament directors, chaperones, NCVA tournament staff, etc.)
- Tournaments in Convention Centers around the Northern California and Nevada areas to accommodate all teams
- Supply each club with Facilities Insurance Certificates with the highest level of Sports Insurance in Northern California at no charge.
- Present opportunities for teams to play in the highest level tournaments – USA Junior National Championships and offer a variety of league tournaments for all diverse teams.
Provide training clinics for our officials and tournament directors each year.

A NCVA Tournament Supply Store with all your volleyball needs at cheaper prices to accommodate any NCVA member.

We also have a staff that is in the office from 9:00 AM to 5:00 PM to help you with all your questions and needs and have on call staff members on the weekends to help any tournament director with their questions. These are the items that will all keep the quality of your playing experience of the highest possible level. We encourage you to make sure you research any organization and what they have to offer you, so that it will ensure you will receive the utmost quality and you will get what you expect and are promised for our youth of volleyball.

**Fifteen important points about volleyball coaching ethics**

1. **V**olleyball belongs to the players. Always put the welfare of the players and the game ahead of your personal gain.

2. **O**ur conduct and remarks, by both coach and player, must never be unsportsmanlike.

3. **L**earn about your players and their individual needs.

4. **L**ive up to both the letter and the intent, and know, the rules of the game and of eligibility.

5. **E**mphasize performance and the process over the outcome.

6. **Y**our players’ academic progress is more important than the demands made for the their sport progress.

7. **B**e consistent.

8. **A**thletes first, winning second.

9. **L**et booster organizations be for program support and important parental involvement, not rule violations.

10. **L**ook for ways to work with the officials and their organization, including attendance at the rules clinics.

11. **C**ommunicate, both when talking and listening to your players, as you would want them to communicate with you.

12. **O**fficials must be treated with respect by coaches, their players, and the fans.

13. **A**ny injury must be directed to the appropriate medical authority; you are not a doctor.

14. **C**ontribute to and support your national organizations and their decisions in policies, action, and Rules.

15. **H**elp the media learn about and share in the game’s countless stories and unique aspects.
Coach-Parent Partnership

Following are guidelines for how sports parents can contribute to a Coach-Parent Partnership that benefits youth athletes.

**Recognize the Coaches’ Commitment.** Your child’s coaches have made a commitment that involves many hours of preparation beyond the time spent at practices and games. Quite likely in youth sports they are volunteers. Respect their commitment and imagine yourself in their place before approaching them to discuss any issues you may perceive.

**Make Early, Positive Contact with the Coach.** As soon as you know who will coach your child, contact those coaches to introduce yourself and offer any assistance you may provide. Establishing a positive relationship with the coaches will help you proactively shape a positive experience for your child and will lay the foundation for respectful, productive conversations with coaches should a conflict arise later.

**Fill the Coach’s Emotional Tank.** Too often, coaches hear only from parents who have complaints. Filling the coaches’ Emotional Tanks with specific, truthful praise positively reinforces them to continue doing the things you see as benefiting the youth athletes.

**Don’t Put the Player in the Middle.** You wouldn’t complain to your children about how poorly their math teacher explains fractions. Don’t share your disapproval of a coach with your children. Doing so may force the child to take sides, and not necessarily your side! If your child has an issue with the coach and can maturely articulate it, encourage your child to approach the coach and at the very least learn some life lessons in selfadvocacy with an authority figure. Otherwise, if you disapprove of how the coach handles a situation, seek a private meeting to discuss the matter.

**Let Coaches Coach.** It can confuse players to hear someone other than the coach yelling out instructions. Also, your instructions may counter the coaches’ strategy and tactics, undermining team performance.

**Fill Your Child’s Emotional Tank.** Competitive sports can be stressful to players. The last thing they need is your critiquing their performance…on top of what the coach may deliver and what they already are telling themselves. Let your children know you love and support them regardless of their performance.

**Contribute to a Positive Environment.** Fill all the players’ Emotional Tanks when you see them doing something well. Honor the Game as a spectator, respecting ROOTS (Rules, Opponents, Officials, Teammates and Self), and encourage others around you to Honor the Game.
PCA’s mission is to make high school and youth sports a Development Zone® to develop Better Athletes, Better People. Parents have an especially important role to play as a Second-Goal Parent® who helps their child become a Triple-Impact Competitor® who makes self, teammates and the game better.

The Second-Goal Parent

PCA’s mission is to make high school and youth sports a Development Zone® to develop Better Athletes, Better People. Parents have an especially important role to play as a Second-Goal Parent® who helps their child become a Triple-Impact Competitor® who makes self, teammates and the game better.

The Big Picture in Youth Sports

A Second-Goal Parent recognizes that there is a Little Picture and a Big Picture in youth sports. The Little Picture concerns things like whether the child is playing the right position, the team is winning, etc. The Big Picture, which often gets drowned out by the Little Pictures, is about what the child is learning from youth sports.

There are two broad goals in youth sports: striving to win and building character so kids develop into successful, contributing members of society. As important as winning may seem, Second-Goal Parents let coaches and athletes worry about the first goal of scoreboard results. Second-Goal Parents have a much more important role to play: ensuring their children take away from sports lessons that will help them be successful in life. That is the Big Picture.

Keeping your focus on the Big Picture is much more vital than being an extraneous back-seat coach. The lifelong impact you can have – that no one else can in quite the way you can – is with the life lessons your child takes away from their sports experience. No one can be there for your child in this way better than you. No one.

Endless Procession of Teachable Moments

If you embrace your role as a Second-Goal Parent, it will transform the way you see youth sports. It will help you seize the endless procession of teachable moments that will come your way again and again when you are looking for them.

What might have seemed like a disappointing loss or a failure by your child becomes an opportunity to reinforce resiliency. A tough competition in forbiddingly hot, cold, or nasty weather can prompt a conversation with your child about learning to enjoy challenges. Whether your child succeeds or fails on the playing field, you will be able to use the experiences to reinforce the kind of person you want him or her to be.

A Second-Goal Parent focuses relentlessly on the Big Picture – helping their child take away the lessons that will help them be successful, contributing members of society. And, in the process a Second-Goal Parent is able to better enjoy their child’s youth sports experience, which will end all too quickly.
Ten Tips For First-Time Sports Parents

Rather than concern with scoreboard wins and losses, PCA hopes that you, as a sports parent, keep your eye on the Big Picture – the life lessons in teamwork, resilience, overcoming adversity, communication skills, etc., that sports can uniquely teach.

Here are 10 tips for parents of kids new to organized sports.

1. It’s easy to get wrapped up in the excitement of youth sports – we all want our children to succeed. But before your child’s season starts and emotions run high, write down your goals for your child in sports. Keep this list close by and refer back to it throughout the season to help maintain your focus on the bigger picture.

2. There are a lot of youth sports organizations out there. Take the time to evaluate options for where your child may play. Look at various organizations’ websites to understand their mission statements and what kind of training they offer their coaches. Talk to other parents whose kids have played in those organizations to learn what kind of experience they had. You may want to take as much care in this matter as you would in selecting the school your child should attend.

3. Learn the names of the other kids on the team, and during a game cheer positively for all the players…even the other team! You can try “no-verbs cheering” or otherwise limit yourself to shouts of encouragement. Either way, let coaches coach, and don’t confuse or overwhelm your child by shouting instruction from the sidelines or stands.

4. Sometimes, parents or other spectators behave in a way that feels out of place or just too intense for the situation – berating officials or screaming at their children or other players. You may be unsure how to respond. One key is to consistently model the appropriate behavior. Then, if you want to help an over-exuberant spectator, sometimes all it takes is a glance or a gesture, such as lowering your palms to indicate “calm down.” You might choose to distract them with conversation about another aspect of the game, or if you feel comfortable, you can remind them about the role of parents in upholding a positive sports culture.

5. After the game, resist the temptation to critique. Ask open-ended questions that elicit longer responses, “What was your favorite part of today’s practice?” Kids love sports so much they will even talk to their parents about it! When they do, listen. Put the phones away. Maintain eye contact. Nod and interject and smile so your child knows you’re engaged.

6. When you do have that conversation with your child about their teams or games, focus on the life lessons available from the experience. If your child seems discouraged by his or her performance, reinforce a sense of self-worth with “You’re the kind of person who…” statements: “I know you are disappointed with the loss, but one thing I like about you is you’re the type of person who bounces back and tries hard the next time.”
7. Coaches put a lot of time into planning practices and ensuring a successful season, so be sure to acknowledge their efforts often! Encourage your child to thank the coach after each game or practice. Offer to help the coaches however you can. That may mean anything from occasionally helping out at practice to creating the snack schedule or coordinating carpools. Coaches need parents’ support, and your children may appreciate seeing how enthusiastically you support their team.

8. One key to a positive relationship with your child’s coach is a pre-season parent meeting, where the coach explains his or her philosophy and goals for the season to the parents or guardians of all the players on the team. If any of your children’s coaches do not call such a meeting, be sure to ask about their goals so that you know what to expect.

9. If you’re asked to coach, or to be an assistant, strongly consider accepting! You do NOT need to be a sport-specific expert to provide a fun environment for kids to participate. Good organizations provide training and resources to coaches to help them do great work with their players. Remember, the top goal of a coach at this age is to be positive and create a fun and safe place for kids to play!

10. At every possible turn, let your children know that you love them unconditionally (by saying it!), regardless of their athletic performance.

Enjoy your child’s time in youth sports. It is fleeting, and you will want to look back, in conversation with your grown children, on the good old days. For more insight on sports parenting, subscribe to PCA’s *Sports Parent Conversation Starters*, a weekly e-mail series with advice on talking to your children about their youth sports experiences.
Tips for Honoring the Game
Here are ways that parents can contribute to a positive youth sports culture so that children will have fun and learn positive character traits to last a lifetime.

**Before the Game**
Commit to Honoring the Game in action and language no matter what others may do.
Tell your children before each game that you will be proud of them regardless of how well they perform.

**During the Game**
Fill your children’s “Emotional Tanks” through praise and positive recognition to help them lay their best.
Fill their teammates’ tanks, too!
Do not instruct your child during game action or at breaks; let the coaches coach.
Cheer good plays by both teams.
Mention good calls by the official to other parents.
If you disagree with an official’s call, Honor the Game – BE SILENT!
If other spectators yell at officials, gently remind them to Honor the Game.
Don’t do anything in the heat of the moment that you will regret after the game. Ask yourself, “What do I want to model right now for my child?”
Remember to have fun and enjoy the game.

**After the Game**
Thank the officials for doing a difficult job for little or no pay.
Thank the coaches for their commitment and effort.
When reviewing the game with your children, ask rather than tell. Instead of immediately sharing your opinions or telling them how they can improve, ask questions such as “What did you learn from that game?” or “What was your favorite play?” or “What was the most fun part of that game?”
Remember to give your children truthful and specific praise…not just the typical “good game” but, for example, “I saw how well you moved your feet on defense.”
Tell your children again that you are proud of them whether the team won or lost.
USA Volleyball headquarters is in Colorado Springs, Colorado, home of the U.S. Olympic Committee (USOC). USAV had three branch offices: Anaheim, California, is the official host city of the U.S. Men's and Women's National Teams; Torrance, California, is home to the USAV Beach Programs and the University of Central Oklahoma in Edmond hosts the U.S. Women's and Men's Sitting Teams.

The 40 Regional Volleyball Associations (RVAs) of USA Volleyball are responsible for programming at the local level. They register members, conduct coaches and officials training, and administer competitions within their geographical areas.

**Key USAV/NCVA Member Benefits**

- The opportunity to play in high-quality, exciting USAV-sanctioned competitions — both indoor and outdoor — open only to USAV members.
- The chance to become a USAV-accredited coach or official. USAV is the only volleyball organization to accredit these positions. Since 1977, more than 100,000 coaches have received training at the varying levels of accreditation.
- Eligibility to try out for and participate on regional and national high performance teams including Team USA squads that compete internationally in zonal and world championship events.
- Participation in an extensive recognition program that presents awards in categories for male and female individual athletes, teams, coaches, officials/scorers, junior representatives, sports medicine and leaders of the sport.
# 50 Reasons Why Parents Should Encourage Their Children to Play Sport

<table>
<thead>
<tr>
<th>Reason</th>
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<tr>
<td>Increases Confidence</td>
<td>Builds Friendships</td>
<td>Builds Character</td>
<td>Improves Self Esteem</td>
<td>Improves Memory</td>
<td>Reduces Obesity</td>
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<td>Develops Resilience</td>
<td>Teaches Respect</td>
<td>Improves Mood</td>
<td>Develops Creativity</td>
<td>Reduces Anxiety</td>
<td>Reduces Stress</td>
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<td>Reduces Depression</td>
<td>Teaches Life Lessons</td>
<td>Promotes Fair Play</td>
<td>Improves Academic Performance</td>
<td>Promotes Social Interaction</td>
<td>Improves Body Image</td>
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<td>Boosts Brain Power</td>
<td>Develops Focus</td>
<td>Improves Decision Making</td>
<td>Develops Autonomy</td>
<td>Increases Energy Levels</td>
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<td>Teaches Life Lessons</td>
<td>Improves Brain Functioning</td>
<td>Improves Sleep</td>
<td>Improves Posture</td>
<td>Builds Strength</td>
<td>Improves Quality of Life</td>
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<td>Teaches Children About Values</td>
<td>Improves Cognitive Functioning</td>
<td>Improves Learning</td>
<td>Reduces Fatigue</td>
<td>Improves Blood Flow</td>
<td>Improves Fitness</td>
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<tr>
<td>Teaches Teamwork</td>
<td>Improves Reflexes</td>
<td>Helps Children to Achieve Goals</td>
<td>Helps to Develop Coping Skills</td>
<td>Helps Children to Learn From Failure</td>
<td>Helps Children to Learn from Loss</td>
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<tr>
<td>Teaches Children About Winning</td>
<td>Teaches Children About Losing</td>
<td>Helps Children to Experience Success</td>
<td>Improves Immune System</td>
<td>Children Have Fun</td>
<td></td>
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</tbody>
</table>
RULES OF THE GAME
Rules of the Game

Q: What is a net violation? It seems like some net contacts are not whistled.
A: Net contact by a player is called a fault when a player contacts the net between the antennas in the action of playing the ball. This is a recent USA Volleyball rule.

Q: Why does one player on the court have a different-colored jersey?
A: The libero is a special defensive player. There are actions not permitted by this player according to the rules of the game. The contrasting color jersey makes this player distinctly different from all other players on the court, making him/her instantly recognizable to the referee so all playing actions can be judged according to the rules for the libero.

Q: How does a referee decide when to whistle a lift?
A: In the rules of the game, the "lift" is defined as a caught or thrown ball. So the referee will whistle a fault when a player catches and/or throws the ball. The referee does not judge body position, or portion of the body that contacts the ball, only whether the ball was actually caught or thrown.

Q: How can the refs tell when it's a double touch on a set?
A: Clearly, this is a difficult call to make. The referee does not judge spin or how the ball is released by the player. The referee must only judge what is seen. So if he/she sees two contacts, the whistle will be blown. Each referee strives for consistency in whistling this fault from the first contact of the match through the final contact of the match.

Q: What is the difference between the terms game/set/match?
A: Basically, it is the game of volleyball. Teams compete in a match, usually the best of five or the best of three. The match consists of sets. So to win a match that is the best of three, a team must win two sets.

Q: Why doesn't the referee whistle a fault when a player clearly has a double hit on the first contact for a team?
A: Remember, a double hit is allowed by the rules on a team's first contact, no matter if off a serve, hard-driven spike, or a free ball, as long as the player does not make two attempts to play the ball.

Q: What is a block and does it count as a contact for that team?
A: A block is an action by a player to intercept an attacked ball from the opponent. A block does not constitute a contact, so when the ball is contacted by a block, and continues on to the player's side of the court, the team has all three contacts remaining.

Q: What is rally scoring?
A: Rally scoring means that whenever a ball is served, a point will always be scored — unless of course, there is a replay. So if the receiving team wins the rally, it will also score a point.
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