

BYC Volleyball 2022 Fall Co-ed Coach's Handbook

**Thank you for volunteering your time to be a BYC Volleyball coach,
this program would not be possible without YOU!**

General

- Each team will have a head coach, some will also have an assistant coach
- All coaches must clear a BYC Background check and complete the Concussion Training Module prior to the start of the season
- Head coaches are expected to be at every practice and every game to lead their teams.
- If the head coach is not able to make it to a practice or game, the assistant coach can lead in their absence, or if there is no assistant coach on the team, the head coach can ask another coach to step in. If no other coaches can cover, the commissioner can step in.
- Please notify the commissioner as soon as possible if you are not able to attend a practice or game.
- Please communicate to the parents of the kids on your team about the season as soon as the schedule is released. Include: your contact info, your coaching experience (and/or your why!), practice times, game times, expectations and game rules – most of this info will be on the website so feel free to point them there.

Practice Expectations

- Practice start times for each team will be decided no later than 1 week prior to the first practice.
- Practices should begin promptly at the assigned start time
- Coaches assigned to begin at 5:00pm or 5:30pm should arrive early, allowing ample time to set up the net for their own court prior to the start of practice.
- It is recommended that your players arrive 5-10 minutes before their scheduled practice time so you can start promptly at your start time.
- Coaches assigned to begin at 7:00pm must break down and put away the net on their court when practice is over, unless instructed otherwise by the BYC volleyball commissioner.
- Please take a moment to plan your practice in advance each week. If you need help planning a practice please ask!
- It is recommended to spend most of your practice time focused on teaching and allowing the kids to practice their skills.
- The remaining time can be game simulation. It's important the kids understand the game rules and what to expect.
- The goal is 3 touches on the ball (pass, set, hit) before it goes back over the net, please stress that in your practice!
- If on your practice night there is another team in your same age bracket and you agree to scrimmage during practice, feel free but use the time to stop and talk about how the game works as they are playing.
- Don't forget to include a warm-up and water breaks!

Game Expectations

- Game jerseys will be handed out prior to the first game.
- Game start times will vary week to week depending on the schedule – check the website for the most up to date schedule.
- Games will begin promptly at 8:30am, 9:30am, 10:30am and 11:30am, captains will be called 5 minutes before the start of the game for the coin toss (or as soon as the prior game ends).

- If you are the first game of the night, please ask that your players arrive 10-15 minutes before their schedule game time to begin warming up
- Choose a side and ask your players to stay on that side for your warm up time. Warm up should be passing and setting on your same side of the net as not to interfere with the other teams warm up and to reduce the risk of injuries to players
- If you are the second game of the night, please begin your warmup on an open court, or in the multipurpose room if it's open, but be mindful of balls going into the courts with games in progress - have a controlled warm up, if possible. (ie. passing lines, all american, etc) ask for parent volunteers to help keep balls off courts with games in progress
- Teams will have an opportunity to practice hitting and serving over the net prior to the start of the game, if both coaches agree, this time will start when the ref calls for captains. At the same time, both teams will hit from the outside (2 minutes) and serve (2 minutes), or whatever is agreed to. Teams should stay on their side of the court for warmup.
- When the ball changes sides during a game it should be ROLLED UNDER the net, not kicked or thrown.
- Coaches are allowed one time out per game (1 minute)
- Games will have young referees (9th - 12th grade) that will be enforcing the rules of the game and may also be keeping score, please respect the refs and their calls - they are learning, too!
- The goal is to have volunteer line judges and score keepers for all games. If we do not have anyone signed up to do lines prior to the match, we will ask for parent volunteers. Refs will keep score.
- 5 minutes prior to the start of the match, when the refs call for captains, the volunteers should also come to the ref stand. The ref will do the coin toss, then review the line call signals with volunteers
- Pre-game play-by-play (5 minutes prior to the start of each game):
 - Ref blows whistle, calls for captains, teams start hitting from the outside, 2 minutes
 - Captains and volunteers go to ref stand
 - Ref does Coin Toss w/ captains
 - Ref reviews hand signals with volunteers doing lines: In, Out, Touch
 - Ref blows whistle and calls for teams to serve, 2 minutes
 - Ref blows whistle and calls for balls in
 - Teams have a minute or two in huddle to discuss lineup/pep-talks
 - Ref blows whistle and calls for teams to line up on end line to high five/good luck at the net
 - Ref blows whistle to begin game
- Blatant net touches will be called this year (ref's discretion), please teach your players to NOT touch the net.
- Call BALL ON! And stop play immediately if a ball rolls onto the court to avoid injuries to the players
- Coaches will NOT be expected to set up or break down nets on game days

Respect & Sportsmanship

- Respect & sportsmanship are key skills for players at this age to learn. Take the opportunities in practice and at games to point out good (and bad) sportsmanship
- Coaches AND parents must act as role models during practices and games
- Please remind parents to be respectful of the players and to remember they are young kids, some playing volleyball for the first time, they are not college kids in the state finals. Ask that they refrain from distracting kids who are serving or from being disruptive in the stands.
- PLEASE BE RESPECTFUL of the referees and the calls they make - good or bad. They are young and still learning, too!
- A questionable call can be a great learning opportunity for the kids. If the players seem upset over a call, steal a line from Ted Lasso and tell them to "be a goldfish"!

- PLEASE BE RESPECTFUL of the other coaches. Games can get heated at times, but please address the ref with concerns or questions you have in the moment and let the ref address the other coach, if necessary.
- At the start and end of the game, all players will line up on the 10-foot line, when the ref signals they can run along the net and slap hands, wishing the other team good luck/good game.
- All players, parents and coaches are required to abide by the BYC Code of Conduct.

COVID Guidelines

- Masks are optional
- Remind parents to keep their child home if he/she is sick
- Recommend reminding your kids at the start/end of practice or games to use the hand sanitizer in the gym, or bring your own
- If you discover that a player on your team tests positive for COVID, please let the commissioner know immediately!

Equipment

- Volleyball net equipment is located in the closet in the back right corner of the gym (next to wrestling room) - pole pads must always be used
- Volleyball ball cages are typically in the wrestling room and contain First Touch, Lite and Regular balls. We'll be using the First Touch (Beginner), Lite (Intermediate) and Regular (Advanced) balls this season. Volleyball ball carts (x5) are typically in the wrestling room and can be used for practices. At the end of your practice, please return the balls to the cages (separated) and carts to the wrestling room for the next group.
- Serving spot marking line tape and sharpie are in the black volleyball cinch sac in the closet. If you need to replace a mark, please use the tape sparingly and let the commissioner know if it's running low.
- At the end of practice, please be sure to return all equipment to the proper storage location.
- If there are any issues with the equipment, please let the commissioner know as soon as possible so it can be addressed.

Facilities

- Fieldhouse Front Door – the lockbox code is 1831#.
- Multipurpose room (to get to Equipment Closet) – the code is 1986*
- Ball cages – the code is XXXX
- First Aid kits are in the closet next to the snack bar (including ice packs!), please do NOT lock the door.
- PLEASE DO NOT SHARE CODES WITH ANYONE ELSE!

BYC Volleyball 2022 Fall Co-ed Rules

- **All matches are 3 games to 25 points, regardless of wins/losses**
Refs will record wins/losses, but it is recommended you also keep track in the event of a discrepancy - game records (just wins/losses, no need to track points) will be used to determine seeding for playoffs
- **All kids should get equal playing time.**
Teams with more than 6 kids will substitute every rotation.
- **No need to do official substitutions like in school or club**
If you have more than 6 kids, all kids will rotate on/off/around the court into the serving position, into the front row or both depending on the side they are on
- **One time out per team, per game**
A coach can call time out once per game. Time outs are 1 minute long
- **Minimum of 5 kids need to be present for a game to count**
*Opposing team should still play with 6 if they have 6.
If only 4 kids, a game can still be played but that team will forfeit wins. Recommendation would be to combine teams and play for fun.*
- **Players must rotate (clockwise) after Serve/Receive**
To start a game, if your team is not the first team to serve, you must rotate when your team gets the ball, before your team can serve.
- **The player in the back right position on the court is the one who serves**
The server can serve from anywhere along the endline, there are no foot faults
- **All Players must serve overhand**
We no longer teach underhand serving in our program
- **Players get ONE DROPPED toss per serve, the ball MUST drop**
The ball MUST drop to the floor to get a second toss, the second toss MUST be hit or the serve will go to the other team
- **Players do not have to begin serving at the end line**
They can move up to wherever they can serve from, even if it's the 10 foot line. If they move up and their first serve is over the net, they need to step back to the next serving mark (will be marked on the court). The last mark where they had a successful serve from is where they will start in the next serving rotation. The goal is to have all players start serving behind the end line by the end of the season.
- **Players get one serving do-over on the first serve per serving rotation**
If the first serve doesn't go over the net on the first try, they can try one more time. This only applies to serves into the net, serves that go over and out do not get a do-over. If the first serve is over, then the second is in the net, no do-over.
- **5 Serve limit per serving rotation**
One player can serve only 5 points at a time. Your team will get all 5 points, but the ball will go to the other team after the 5th serve. No points will be awarded to the other team as it is not a true side out.
- **Blocking/Attacking a serve is NOT allowed**
Players must receive a ball either on their forearms or with a setting motion, blocking or attacking a serve will result in a point for the serving team
- **Players will be called if they are in the net (ref's discretion)**
The refs will call players who blatantly touch the net "fish", minor brushes will not be called
- **Balls that touch the ceiling and go over are "out"**
A ball can still be played if it touches the ceiling but comes down on the same side of the team that caused the ceiling ball
- **Jewelry will be permitted in a game, within reason (ref's discretion)**
Prefer no long necklaces or earrings