



Charles County

Department of Recreation, Parks, and Tourism

Youth Volleyball

I. THE LEAGUE:

- A. **Mission:** To enhance the quality of life of our residents and visitors by providing well rounded recreational and competitive sports programs focusing on building a sense of community and improving the overall quality of life for current and future generations.
- B. **Philosophy:** The Charles County Youth Volleyball League is first and foremost a recreational sports league. The purpose of this league is to provide an opportunity for Charles County residents to participate in an organized sanctioned volleyball league.
- C. **Administration:** The league will operate under the jurisdiction of Charles County Department of Recreation, Parks, and Tourism (all guidelines are subject to review and changes may be made at the discretion of the League Coordinator.) Any questions and concerns should be brought to the League Coordinator's attention for review. The league coordinator for the indoor youth program is Austin Flowers, Recreation Program Supervisor. Mr. Flowers can be reached at 301-932-3470 ext.5123 or Flowersa@charlescountymd.gov.
- D. **League Format:** The program is designed for boys and girls to participate in the following CO-ED age divisions:
 - 1. 5th & 6th grade
 - 2. 7th & 8th grade
 - 3. 9th-12th grade
 - 4. If there are insufficient registrations, locations, or age groups may be combined
 - 5. Games will be played on various weeknights
 - 6. League standings will not be kept for the volleyball league
- E. **Out of County Players:** Non-residents of Charles County are welcome to participate, however, in the circumstance where a division reaches a full capacity of teams, rosters with Charles County citizens may be given priority.

II. COACHES/MANAGERS:

- A. Prior to the season, all coaches (head coaches and assistant coaches) must:
 - 1. Submit a coaching application with contact information
 - 2. Submit to a mandatory Criminal Background Investigation
 - 3. Pass a mandatory NYSCA Certification
 - 4. Sign and adhere to the Recreation Division Coaches Code of Conduct
- B. The coach will be the team representative and will be responsible for the following:
 - 1. Be the liaison between League Coordinator and team
 - 2. Attend all coaches/managers meetings
 - 3. Inform team members and parents all information pertaining to the league (rules, regulations, schedules, etc.)
 - 4. The conduct of team players, assistant coach, player's parents and team spectators

5. Obtain and submit all league information required such as registrations, rosters, etc.
6. Reinforce the recreation philosophy to all players
7. Responsible for keeping the team bench and surrounding area free of trash resulting from team members and team spectators.
8. Ensure team members clear the bench area, including behind the bench area, in a timely manner, no more than 15 minutes, after the game has concluded.

III. VOLUNTEER COACHES:

A. The coach will be the team representative and will be responsible for the following:

1. Head coach is only allowed one (1) assistant coach per team.
2. Coaches are responsible for ensuring that roster information including assistant coach's name and current phone number is always correct.
3. Reinforce the recreation philosophy to all players.
4. Keep team bench and surrounding area free of trash.
5. Drugs should never be administered to players, other coaches or spectators. Any coach or player in violation of this rule will be suspended from coaching and/or participation in Recreation division sponsored programs.
6. Adhere to the Charles County Public School no smoking policy while on school grounds.
7. Not allow food or drinks or personal volleyballs to be permitted in the gymnasium.

IV. CODE OF CONDUCT:

A. Consequences for suspensions/ejections will be decided by the Recreation, Parks, and Tourism office based upon a 3 Tier system. Anyone suspended may not attend any game sites until their suspension have been fulfilled.

1. Tier One: 2 game Suspension

- a) A tier one offense may be issued to any player, parent, coach, or spectator based on the following criteria, which includes but is not limited to:
 1. Is ejected from a game or asked to leave a game or practice site by an official or Department of Recreation, Parks and Tourism staff member for harassment, obscene gestures or language, or any other unsportsmanlike behavior. The result of these actions may result in a 2-game suspension, effective immediately, starting with your teams next scheduled game.
2. Any further ejections may result in suspension from the league.

2. Tier Two: Suspension for remainder of season

- a) Players may be suspended from the league and all Department of Recreation, Parks, and Tourism programs for the remainder of the season.
- b) A tier two offense may be issued, at the discretion of the League Director to any player, coach, or spectator based on the following criteria, which includes but is not limited to:
 1. Committing multiple tier one offenses within the same season.
 2. Strike, shove, bump, trip, or threaten an official, player, coach, spectator, Recreation, Parks, and Tourism staff member or league official during or after a game, on Charles County Community Center, Public School, or Park property.

3. Tier Three: 2 Year Suspension

a) Anyone involved in a tier 3 offense may be suspended from the league and all Department of Recreation, Parks, and Tourism programs for a minimum of two years.

b) A tier three offense may be issued, with discretion from the League Director, to any player, parent, coach, or spectator based on the following criteria, which includes but is not limited to:

1. Committing multiple tier one or tier two offenses with a year of previous offenses.
2. Is involved in a severe incident that displays excessive or relentless disobedience of our mission, including but not limited to; harassment, fighting, or conduct with intent to harm an official, player, coach, spectator, Recreation, Parks, and Tourism staff member or league official during or after a game, on Charles County Community Center, Public School, or Park Property.

V. GAME RULES:

The league will play by USAV Rules and Regulations with the following modifications:

1. Net Height & Volleyball Size:
 - 5th & 6th Grade
 - Net height 7'0"
 - Volley-Lite Volleyball
 - 7th – 12th Grade
 - Net Height 7'4"
 - Regulation Volleyball
2. The ceiling is in play. (Exception: The ball becomes dead if it contacts above the opponents playing area or if it contacts above the playing team's area and then falls into the opponents playing area.)
3. **The Rally system of scoring will be implemented. A point will be scored on each serve.**
 - 5th-6th Grade - Three (3) games up to 15 points with a cap of 17.
 - 7th-8th Grade - Three (3) games. First Two to 25 points with a cap of 27. Third game to 15 points with a cap of 17.
 - 9th-12th Grade - Three (3) games up to 25 points with a cap of 27.
4. The **“LET SERVE”** will be in effect. The Let Serve will allow a served ball that contacts the net and continues into the opponent's court to remain in play. If the served ball does not enter the opponent's court after hitting the net, then the service attempt will be declared a fault.
5. Players in the 5th & 6th Grade division are allowed to move up to the 10 foot line to serve at the coaches discretion. This rule should not be abused to gain an unfair advantage; it is in place to promote skill development and to help with the overall pace of play.
 - Players should gradually move back towards the regulation service line after every successful serve.
6. All matches have a time limit
 - 5th-6th Grade – Forty-Five (45) minute time limit. 5-minute warm-up, 40-minute playing time.
 - 7th-8th Grade – Forty-Five (45) minute time limit. 5-minute warm-up, 40-minute playing time.
 - 9th-12th Grade – Fifty-Five (55) minute time limit. 5-minute warm-up, 50 Minute playing time.
7. Each team will be allowed one (1) 30-second timeout per game. Teams are not allowed to call a timeout within the last five (5) minutes of a match. This rule will be enforced at the discretion of the referee.
8. A team may start and play a match with five (5) players. (When only five (5) players are used to play

a game of a match, the hole where the sixth player should be will rotate, and the serve is lost in the sixth player's serving position.)

9. When more than six players are present for the game, all players will sub in and out during the full length of the game. Players will substitute every side out. The person playing in the #2 (front right) position or the #5 (back left) at the time of the side out may sub out and one of the subs will become the #1 (server) or #4 (front left) position.
10. No players will be designated as the Libero.
11. League coordinator has final say on all discrepancies.

VI. MANDATORY PLAY RULE:

- A. All youth leagues will have an established minimum play rule per game for all children regardless of ability.
- B. Purpose of rule: The purpose of the Mandatory Play Rule is to ensure that every participant is given the opportunity to play and to develop skills during an organized volleyball game regardless of ability.
- C. Implementation of the rule: Coaches may reserve the right to restrict play of individuals who require special health precautions. **(This must immediately be brought to the attention of the Site Attendant for review prior to any scheduled game or upon discovery)**. It is also the coach's responsibility to notify the opposing team's coach of any health problems. If by chance a situation cannot be clarified by the Site Attendant, a written protest may be made.
- D. If a player is removed from the game due to injury or blood, the coach and site attendant will use their judgment and discretion on the completion of any remaining mandatory play.
- E. Coaches are reminded that this league is dedicated to instructing youth in becoming better volleyball players. Abuse or violating the Mandatory Play Rule could result in suspension or expulsion of the coach.
- F. When more than six players are present for the game, all players will sub in and out during the full length of the game. Players will substitute every side out. The person playing in the #2 (front right) position or the #5 (back left) at the time of the side out may sub out and one of the subs will become the #1 (server) or #4 (front left) position.
- G. The Mandatory Play Rule may be waived if any of the following occurs:
 1. A player who has not fulfilled the requirements of the playing rule is injured and unable to return to the game.
 2. A player who has not fulfilled the conditions of the playing rule is ejected from the game.

VI. EQUIPMENT:

- A. All players must wear athletic wear (t-shirts, shorts, sweat pants, and sneakers, etc.). Boots or hard-soled shoes of any kind are not allowed.
- B. The only uniform provided is a T-shirt, which must be tucked in, and must be worn for each scheduled game. Not having a game shirt may result in a player not being able to participate in the game. No alteration of the league T-shirt is permitted. If a T-shirt is determined to be altered, the player will not be permitted to play until a new shirt is ordered, paid for, and received by the participant.
- C. Player blood rule is in effect. A player who is bleeding or has blood on their uniform must leave the

court for immediate medical attention. Bleeding must be stopped, the wound dressed, and no fresh blood is to be on the uniform before the player is allowed to return.

- D. Jewelry and earrings are prohibited.
- E. Due to safety concerns, Charles County Recreation, Parks, & Tourism does not recommend wearing beads in the hair, however, if beads are to be worn, at the discretion of the referee, Department of Recreation, Parks, & Tourism staff, or league representative they must be securely fastened close to the head and covered with a soft covering so as to not increase the risk to athletes, teammates or opponents.
- F. Sweat bands for wrist and head are allowed if worn appropriately.
- G. Items worn for religious reasons must be brought to the attention of the Site Attendant.
- H. No metal belt buckles allowed.
- I. Eyeglasses should be secured with a strap.
- J. Casts of any kind, even if padded, are not allowed.
- K. Food, Gum, Drinks will not be allowed in the gymnasiums.

VII. LEAGUE REGULATIONS:

- A. Protests: Rule interpretations and player eligibility are the only grounds for protest and must be protested at the time of the incident, and before play resumes. Official judgment calls are not grounds for any protest! The coach must immediately notify the Site Attendant of their intent to protest. The protest will be logged in the score book.
- B. If by chance a situation cannot be clarified by the Site Attendant, a written protest may be made to the League Coordinator. If the coach has not addressed with the site attendant for an on-the-spot clarification, the league coordinator will not accept a protest on the matter.
- C. Formal protests must be submitted in writing to the League Coordinator within two (2) business days of the incident. The cost of the protest is \$100.00. If it is determined that the protest is valid and upheld then the \$100.00 will be returned.
- D. The League Coordinator has final say in all league decisions.
- E. The league coordinator for the indoor youth program is Austin Flowers, Recreation Program Supervisor. Mr. Flowers can be reached at 301-932-3470 ext.5123 or Flowersa@charlescountymd.gov.

VIII. INCLEMENT WEATHER POLICY:

In the event of inclement weather, Charles County Recreation, Parks, and Tourism will communicate to coaches and participants via email. The coach is responsible to follow up with assistant coaches and players to ensure closure and cancellation information has been communicated.

CONCUSSION FACT SHEET

WHAT IS A CONCUSSION?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding”, “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious.

Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost, even if they do not directly hit their head.

The potential for concussions is the greatest in athletic environments where collisions are common.

Concussions can occur, however, in any organized or unorganized sport or recreational activity. As many as 3.8 million sports and recreation-related concussions occur in the United States each year.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

Signs Observed by Parents or Guardians

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

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from concussion

- Ensure that they follow their coach’s rules for safety and the rules of the sport
- Encourage them to practice good sportsmanship at all times

- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly, be well maintained, and be worn consistently and correctly
- Learn the signs and symptoms of concussion.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

- **Seek medical attention right away**
 - A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports
- **Keep your child out of play**
 - Concussions take time to heal. Don't let your child return to play until a health care professional says it's ok. Children who return to play too soon – while the brain is still healing – risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
- **Tell your child's coach about any recent concussion**
 - Coaches should know if your child had a recent concussion in ANY sport. Your child's coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

Remember, you can't always see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. It's better to miss one game than the whole season.

For more detailed information on concussion and traumatic brain injury, visit: <http://www.cdc.gov/injury>