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## **Summerville Family YMCA**

# **Welcome to YMCA Youth Volleyball**

Dear Parents,

Thank you for choosing the YMCA as the organization for your child's sports experience. We hope that you and your child enjoy this season and the experience of YMCA sports. The YMCA is dedicated to providing a quality sports experience in a Christian atmosphere while focusing on the development of character in our youth. Our goal is not only to develop the player, but to also develop the person. We communicate and teach the values of caring, honesty, respect, and responsibility. We regard each player and team as winners despite skill level or winning percentage. We work to instill the values of sportsmanship and fair play. Our hope is that you and your team enjoy the fellowship of the game and take with you great memories from your experience with us.

The information contained in this packet is for your review. Please take the time to read through it carefully. If you have any questions, please call us or e-mail us at the contact information listed below.

Again, thank you for your participation in YMCA sports. We look forward to a great season!

Be sure to visit our website for youth sports at <https://pwvyv24.playerspace.com/>

Thank you,

Drew Heschmeyer  
Sports and Programs Director at the Ponds  
843-486-1626  
[DrewH@summervilleyymca.org](mailto:DrewH@summervilleyymca.org)



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## **Summerville Family YMCA**

# **YMCA Youth Co Ed Volleyball**

## **General Information for Parents/Coaches**

### **How and where do I register?**

You can register at any YMCA location or online at [www.summervilleyymca.org/programs/youth-sports/](http://www.summervilleyymca.org/programs/youth-sports/). Any registrations after registration ends (October 14th) will result in a \$15 late fee.

When you register, please indicate any days or times of the week that you CANNOT practice (see practice days/times below). Please make sure to include all phone numbers and email addresses for our office and your coach to call you. Please also make sure to indicate the division in which your child will be playing.

### **What does the Y provide and what do I need to provide?**

We will provide your child's jersey. Your child will need shorts and sneaker, knee pads are optional. Please ask to try on a jersey if you are unsure of the size your child needs. **Any additional jersey ordered will be associated with a \$20 fee.**

The Y does not provide trophies, medals, or team parties. We leave this decision of how to celebrate the season to the coaches and parents and suggest all the parents pitching in as a team to celebrate their child's success in an effort to make it more personable from the coaches!

### **When will we hear from our child's coach?**

You should hear from your child's coach no later than November 6th. If you have not heard from your child's coach by this date, please contact the YMCA Sports Director.

### **When are practices and games and when do they start?**

Practices will begin the week of **November 11th**. Your child will have two (2) hour-long practices per week. One practice will have the court to themselves, and one practice where the court is shared with another team. Practices are Monday through Friday, 5:00pm, 6:05pm, 7:10pm, or 8:15pm. Practices at our Oakbrook branch could be at 5:30p and 6:35pm. Please indicate on your registration form what days/times you **cannot** practice. **While we do try to meet your requests, not all request are guaranteed, please understand not every request can be met.**

Games will start November 23<sup>rd</sup> and end on February 1<sup>st</sup>.

Practice will continue as scheduled once the games begins. **There will be a break from games and practices the weeks of November 25<sup>th</sup>, December 23<sup>rd</sup>, and December 30<sup>th</sup>.**

**No team may practice before November 11th, without consent from the Sports Office.**

**Please note that any make up games take preference over practices.**

**Your Coach will be notified when this applies to your team.**



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**\*\*\*\*\*Refund Policy\*\*\*\*\***

A \$15 administration fee is deducted from program refunds, or full credit for another program. Any refunds given 10 days prior to season's start will be subject to a \$15 administration fee plus 50% of the fee paid. **No refunds will be issued once the program has started (first day of practices)**. A \$15 fee will be assessed for any registrations taken after the registration period for the program has ended.

**How can I help my child's team?**

The Y is always in need of three volunteers: Head Coaches, Assistant coaches and Team Parent. Assistant Coaches assist the Head Coach in coaching the team. Team Parents help the coach by garnering funds from the other parents of the team to purchase trophies and organize the end-of-the-season party. If you are interested in helping out, let your child's coach know that you are available.

**Interested in becoming a Head Coach or Referee?**

Please contact the Sports Director at 843-486-1626, or by e-mail at [DrewH@summervilleymca.org](mailto:DrewH@summervilleymca.org) for more information.

- **Coaches Meeting:** October 15th 6:00pm at the Ponds YMCA. For anyone who signed up to coach or would be interested in helping a team.

**League Structure**

- The league is structured according to the following age divisions:
  - 9-11 years old
  - 12-14 years old
  - 15-17 years old
- **Age Restrictions** - Please be advised that age divisions are set up to accommodate players of that particular age. If you wish to move your child up to an older division, we will allow it. However, keeping an older child back in a younger age division is not permitted unless mental or physical limitations preclude a child from participating at their age level with a doctor's note. The age cut off for Winter Volleyball is November 1st.

**Prayer**

Before the start of each game, both teams will gather around the center circle for a prayer. The prayer can be lead by a coach, a player, a parent, or the referee. We encourage you to take part in the prayer by volunteering to lead it, having your child volunteer to lead it, or by taking part in it from the sideline.



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### **Ponds YMCA – Property Rules**

Property rules are put in place in order to ensure a safe, clean, and enjoyable atmosphere for all spectators and players. Please follow these rules and be considerate of the YMCA property and the people around you.

- **NO SMOKING** anywhere on YMCA property- nowhere, PLEASE.
- **NO PETS** are permitted on YMCA property
- **NO ALCOHOL** is permitted on YMCA property
- **NO WEAPONS** are permitted on YMCA property
- **NO SOLICITING** is permitted on YMCA property unless given permission by the Ponds Branch Director.
- **NO SPEEDING** is permitted on YMCA property.
  - Adhere to all STOP signs located on the property.
- Please dispose of all TRASH in the cans provided throughout the property.
- Please park in designated parking areas and park in such a manner as to be considerate of others' need to enter and leave parking areas without being encumbered.
- Please report any restroom problems to the staff at the front desk

***We appreciate your SUPPORT of our referees on and off the court.***

If you have any concerns, please report them to a YMCA staff member or to the Sports Director at 843-486-1626, or by e-mail at [DrewH@summervilleymca.org](mailto:DrewH@summervilleymca.org)



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**\*\*\*Rules for Parents to Follow at Games and Practices\*\*\***

It is important for us, as adults, to conduct ourselves in a positive manner in order to create an atmosphere for our children that is conducive to learning, sportsmanship, and development. The YMCA has a **Zero Tolerance Policy** for parents throughout the season. If any of these rules are broken, you will be asked to leave the property immediately. Please follow these rules throughout the season in order to provide the best experience possible for you and your child.

- Spectators/Parents are not permitted to *talk* to or yell at referees or scorekeepers.
- Spectators/Parents are not permitted to stand or congregate behind goal lines or goals or by the team's benches.
- Spectators/Parents are not permitted on the field of play at any time, unless instructed to by the referee or coach in the case of an injured player.
- Spectators/Parents should stay a minimum of 3 feet from the sideline at all times.
- Spectators/Parents are not permitted to use foul language, taunt, or make inappropriate comments about, or gestures toward, other parents, spectators, players, coaches, or referees.
- Spectators/Parents should only use language that is supportive of the children on the field of play.
- Spectators/Parents should be supportive of both teams and lend encouragement at all times.
- **Spectators/Parents are not permitted to engage in any form of physical or verbal confrontation on YMCA property.**
- Spectators/Parents should approach the coach in a professional and respectful manner with questions or concerns regarding their child or the team.

As with any rule, there are of course consequences for actions that are deemed infractions of the rules. Any spectator/parent infringing upon the above stated rules will be subject to the following consequences:

- First Offense – Warning by the referee, coach, or Director. Depending on the severity of the infraction, the spectator/parent may be subject to a ban from the YMCA property.
- Second Offense – Spectator/Parent will be required to leave the YMCA property. Depending on the severity of the infraction, the spectator/parent may be subject to a ban from the YMCA property.
- Third Offense – Spectator/Parent will be banned from YMCA property.

### **Pictures**

The photographers will be at the YMCA at the Ponds at a date that is **TBD**. The Sports Director or your child's coach will inform you of the photographers' location. You will need to have your child at the photographers' location or the location designated by your child's coach one (1) hour before game time on that particular weekend.

We ask that NO parents are allowed behind the photographer's tent and no one should take pictures with phones or cameras. If you do not have a game either weekend, please contact the Sports Office.

### **Contact Information**

If you have any questions or concerns, please call the Sports Director at 843-486-1626 or by e-mail at [DrewH@summervilleymca.org](mailto:DrewH@summervilleymca.org)



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## **Character Development**

### **The YMCA Challenge**

At the YMCA, we are committed to quality programs that enhance the spirit, mind and body of all. Through the delivery of these programs we strive to incorporate and enhance the character values of caring, honesty, responsibility and respect. YMCA coaches must be willing to take the YMCA challenge to accept and demonstrate these character values.

This can be partially accomplished by providing an environment in which the four character values are fostered. Coaches, parents and officials are all role models and their behavior should be conducive to character development. The four values should be demonstrated by all at each game and practice.

**CARING** is demonstrated throughout the youth sports program. A coach's attitude and the way he/she communicates with his/her players helps demonstrate this value. Remember to treat the players the way you would like to be treated if you were learning a new skill or task. Players can exemplify caring by applauding for players injured during a game or by being supportive of teammates during games and practices.

**HONESTY** is an important component of our programs. For the youth sports coach and his/her players, honesty and integrity should be put before winning and performance. Once again, this concept is best demonstrated by your example to your team. It should be maintained in all interaction with parents, players, and officials. The same should be true for your players in their interaction with teammates, opponents, coaches, and officials. An example of this would be admitting to a foul or penalty rather than attempting to "get away with one".

**RESPECT** is shown by both players and coaches during a season. First and foremost is to show respect for the officials and for the calls he/she makes. To dispute, mock or second guess calls does not show respect for their position of controlling the game. Respect can also be shown during interaction between players and coaches. An example of this is the ability of both players and coaches to listen to one another.

**RESPONSIBILITY** as a YMCA youth sports coach includes areas such as being on time, personal appearance, teaching basic skills, and overall leadership in the program. The participants should also be aware of the responsibilities of being on a team. These include paying attention at practice, working with others as a team, and most of all, treating others the way they would like to be treated.

## **Coaches Teaching Values to Players**

A Values Coach provides the leadership needed to promote sportsmanship, fair play, and the four character values (caring, honesty, responsibility, and respect) to the players, parents and spectators. The Values Coach can be the person who is constantly on the lookout for players demonstrating the four values and recognize them for doing so. There are a few important things to remember when teaching values to children:

1. Ask open ended questions rather than giving the answers.
2. BE YOURSELF. Children respect an adult who listens and speaks honestly.
3. Demonstrate caring, honesty, respect, and responsibility in your actions during all interactions with your team.
4. Hold a team discussion at the end of every practice. This is the time for players and coaches to get together to talk.
5. Give each person the chance to respond or "pass". Don't feel you need to comment on their responses. You can reinforce participation with nods, smiles, and short words like "yes", "thank you" etc.
6. When the discussion comes back to you, summarize the responses to show that you were listening. Add your own feelings if it's appropriate.



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### Strategies to Prevent Child Abuse

1. The YMCA has, in place, a comprehensive pre-employment screening procedure to screen out staff and volunteers not suited for working with children. All of our volunteers go through a criminal background check.
2. The YMCA will take any allegation or suspicion of child abuse seriously.
3. Staff and Volunteers understand their legal obligation to report suspected abuse.
4. Staff and Volunteers understand what practices may be considered abusive and the difference between what may be considered appropriate and inappropriate touch.
5. Staff and Volunteers protect themselves and the YMCA by agreeing not to be alone with YMCA youth or program participants outside of YMCA programs or facilities (ie: babysitting, take children on trips, etc.) Players may not go to coaches homes, unless their parents are with them.
6. Coaches should monitor the release of participants on their teams to ensure a child is never left alone or picked up by a stranger.
7. Profanity, inappropriate jokes and any other type of harassment is prohibited.
8. Coaches will respect children's rights not to be touched in ways that make them feel uncomfortable. Side hugs, pats on the back and high fives are appropriate contact for coaches to have with their players.
9. Coaches must use positive techniques of guidance including positive reinforcement and encouragement rather than competition, comparison, and criticism.

### Reporting Child Abuse

- When you suspect that a child has been abused, whether at, or outside of the YMCA, you must report the information immediately to the Sports Director.
- It may be necessary to remove the child out of an activity if they appear to be in pain or are withdrawing from the group. In this case, make sure the child is with an adult that they trust.
- Do not discuss the situation with anyone except the Director.
- You will be asked to write down the facts or assumptions that you have made.
- The Director will make the appropriate phone calls.

Remember, you are not making the determination that child abuse has actually occurred. You are reporting that you suspect child abuse.

### Injury Prevention

Know the risk factors of the sport specific physical activity that your child is participating in. Make sure that the athlete has the appropriate protective equipment to prevent injury. Help your athlete develop strength, flexibility, and endurance. *Encourage your child to report pain and injury.*

**Warm Up:** Warm up activities are slow sustained stretching exercises, calisthenics and slowly increasing the intensity of motion. A good warm up should increase your body temperature, respiration, and heart rate, followed by stretching muscles with a slow static stretching.

**Cool Down:** Gradually reduces workout intensity. Have athletes walk at a slow rate until their heart rates get near normal. Follow up with light stretching.

**Over Use Injuries:** It is very important that coaches and parents are proactive and ask pointed questions if they suspect an athlete is injured or overly fatigued. Athletes commonly continue to play when fatigued or injured and may not report an injury to their coach.

**Dehydration Prevention:** Make sure your athlete has the proper amount of liquids and is staying properly hydrated. Fluid should be caffeine free. Athletes should have water breaks every 10-20 minutes and more often when exercising in extreme heat.

**Heat Related Injuries:** Know the signs and symptoms of heat exhaustion and heat stroke. Make sure athletes are in appropriate clothing and receiving fluids & rest periods during high heat conditions



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**Concussions:** Athletes need to be in proper protective gear for their sport. In the event of a head injury athletes need to be cleared by a medical professional before returning to play.

**Injury and Risk Prevention Guidelines**

**DONT'S**

To further protect the youth, the YMCA, and yourself, avoid these things:

1. Don't administer medications. This includes aspirin and sun screen.
2. Don't transport the injured child/youth yourself. If you feel the youth needs medical attention notify the parents or call 911.
3. Don't give a diagnosis of injury unless you are a physician. Just state the symptoms and what happened.
4. Don't leave any youth unattended without adult supervision.
5. Don't give a statement to the media concerning an incident. Direct them to the Athletic Director.

**DO'S**

1. Regularly inspect your playing area and equipment for hazards. Report dangerous conditions right away and do not let your athletes play until it is safe.
2. Warn your players of potential injuries which can occur in sports and point out their responsibility for the health of teammates and opponents. List common injuries and how to prevent them.
3. Make sure that players do not participate in physical activities when hurt.
4. Make sure that players warm up/cool down before all practices and games.
5. Supervise all activities and teach strict observance of game rules. "Horsing around" is a common cause of injuries.
6. Prevent heat injuries by encouraging regular water breaks and including brief rest periods.
7. Advise players about proper playing equipment. For example, teach players how to prevent blisters by wearing footwear that fits correctly.
8. **Never be the only adult on site.** An accident requires a lot of attention. Always take a first aid kit if you have one. There is one located at the front desk.





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**Appropriate Behaviors**

Appropriate Verbal Interactions:

- Positive reinforcement
- Appropriate jokes
- Encouragement
- Praise

Inappropriate Verbal Interactions:

- Name-calling
- Secrets
- Cursing
- Off-color or sexual jokes
- Shaming
- Belittling
- Derogatory remarks
- Discussing sexual encounters or in any way involving youths in the personal problems or issues of staff and volunteers
- Harsh language that may frighten, threaten or humiliate youths
- Derogatory remarks about the youths or his/her family

Appropriate physical contact:

- Side hugs
- Shoulder-to-shoulder or "temple" hugs
- Pats on the shoulder or back
- Handshakes
- High-fives and hand slapping
- Verbal praise
- Pats on the head when culturally appropriate
- Touching hands, shoulders, and arms
- Arms around shoulders
- Holding hands (with young children in escorting situations)

Inappropriate physical contact:

- Full-frontal hugs
- Kisses
- Showing affection in isolated areas
- Lap sitting
- Wrestling
- Piggyback rides
- Tickling
- Allowing a youth to cling to an employee's or volunteer's leg
- Any type of massage given by or to a youth
- Any form of affection that is unwanted by the youth or the staff or volunteer
- Compliments relating to physique or body development
- Touching bottom, chest, or genital areas

Appropriate Communication:

- Sending and replying to emails and text messages from youths ONLY when copying in a supervisor or the youth's parent
- Communicating through "organization group pages" on Facebook or other approved public forums
- "Private" profiles for staff and volunteers that youths cannot access

Inappropriate Communication:

- Harsh, coercive, threatening, intimidating, shaming, derogatory, demeaning or humiliating comments
- Sexually oriented conversations
- Private messages between staff or volunteers and youths
- Posting pictures of organization participants on social media sites
- Posting inappropriate comments on pictures
- "Friending" participants on social networking sites



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## THE YMCA PHILOSOPHY OF YOUTH SPORTS

### **Seven Pillars of YMCA Youth Sports**

What we want youth sports to be in the YMCA is stated in our Seven Pillars of YMCA Youth Sports.

**Pillar One** - Everyone Plays. We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Super Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays at least half of every game.

**Pillar Two** - Safety First. Although some children may get hurt playing sports, we do all we can to prevent injuries. We ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.

**Pillar Three** - Fair Play. Fair play is about playing by the rules - and more. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.

**Pillar Four** - Positive Competition. We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective is when adults make decisions that put the best interests of the children above winning the contest. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. Through YMCA Youth Sports we want to help children learn these lessons.

**Pillar Five** - Family Involvement. YMCA Youth Sports encourages parents to be involved appropriately along with their child's participation in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

**Pillar Six** - Sport for All, YMCA Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical ability, financial circumstances, and years of experience. We offer programs to all children regardless of their race, gender, religious belief, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the children and their parents to do the same.

**Pillar Seven** - Sport for Fun. Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, of playing with their friends, and of competing with their peers. Sometimes when adults become involved in children's sport, they over organize and dominate the activity to the point of destroying children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember that these sports are for the kids; let them have fun!



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## Volleyball League Rules

### YMCA Core Beliefs

- **Every child has the potential for growth and development.**

Coaches should do their very best to evenly spread out playing time amongst players regardless of abilities. Coaches should also encourage players to try new positions periodically through the season.

- **Every child should have the opportunity to play in a safe and positive environment.**

All staff and volunteer coaches will be knowledgeable of rules and subject to a thorough background check. Additionally, a parent or guardian must remain on premises during the time which their child is participating in a YMCA program.

- **Every child will be encouraged to grow in spirit, mind, and body.**

Since some competitive aspects exist in all forms of sport, we encourage and expect parents and spectators to always model the YMCA core values caring, honesty, respect, and responsibility.

Division	Game Length	Score	Time Outs (30 sec)	Serving Line	Net Height	Ball
9-11	3 Set Match	First to 25 Win by 2 points (3 <sup>rd</sup> set to 15, win by 2)	2/set	25 Feet From Center	7ft	Regular Volleyball
12-14	3 Set Match	First to 25 Win by 2 points (3 <sup>rd</sup> set to 15, win by 2)	2/Set	30 Feet From Center	7ft 4	Regular Volleyball
15-17	3 Set Match	First to 25 Win by 2 points (3 <sup>rd</sup> set to 15, win by 2)	2/set	30 Feet From Center	7ft 4	Regular Volleyball

### **TEAM PLAYERS**

1. Gender: male or female
2. All teams must have at least 4 players present to play a game
3. Additional players may enter the game at the next rotation

### **VOLLEYBALL NET**

- A. Height of the net will be (7) 7 feet four (4) inches for 12-14 & 15-17 y/o
- B. Height of the net will be (7) 7 feet for 9-11 y/o.

### **Rally Scoring Rules**

1. Each team will play a 3 set match. Should the match end after 2 sets, with time permitting a third set will be played.
2. Each of the first two sets will be complete with the first team to reach 25 points. A third set will be played to 15. Each set must be won by at least **2 points**.

### **Serving Line & Serves**

1. The serving line for 9-11 will be (25) twenty five feet from the center line.
  - a. Kids will be allowed to move up to serve the ball over the net, if necessary, but with each subsequent successful serve, the child move back a step until they are at the service line.
  - b. By game 7, all children must be serving from the service line.
  - c. All over hand serving in the 9-11 division must be done from their service line.
2. The serving line for 12-14 & 15-17 will be (30) thirty feet from the center line.
3. On the serve, the opposing team may not block or set the serve back over the net. They may either bump the ball back over the net or set the ball to another player before it is returned over the net.
4. The serve may be over hand or under hand.



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5. The server may not cross the serving foul line until the ball has been released.
6. The game will begin when the first serving team is determined. This will be determined by a coin flip or rock paper scissors.
7. The serve may contact the net as it enters the opponent's court.
8. The serve may not hit the ceiling
9. After 6 consecutive serves score, that team must rotate to next server.

### **Overhand Hitting & Blocks**

1. Only front row players can block or spike the ball over the net.
2. A backrow player may attack a ball as long as they start their attack behind the 10 foot line

### **Lines**

1. Center Line: no player may cross over the centerline of the court.
2. Outside Lines: the ball is out of play if it hits completely outside of the line. If the ball touches the line, it will be considered in play.

### **Substitution**

1. The team must stay in the same rotation order during each set. The team will rotate clockwise. There is no libero in any age group.
2. Teams will serve in order of the rotation.
3. Substitutes must enter the game in the server's position, to serve for the next point. The player being substituted must exit from the front right position.

### **The Ball**

1. The ball must be returned with a maximum of three hits.
2. The ball can hit the ceiling or basketball hoops and still be played if it does not cross over the net.
3. The ball may not be played off the walls.
4. There are no carries or lifts.
- 4a. A carry is defined as a lifting motion, usually flat handed, with prolonged contact of the ball.
5. Spiking the ball is permitted.

### **Player / Coach Expectations**

1. Players may only play on one team.
2. Positive behavior is expected from the players at all times. Coaches are responsible for the behavior of your players and fans.
3. Players need to roll the ball under the net between serves.
- 4. Rules will be reviewed by referee before the game begins.**
5. Each game will begin with a brief introduction of players and coaches accompanied by a handshake.
6. The team will exchange handshakes following each match.
7. Remember the YMCA philosophy "EVERYONE PLAYS and EVERYONE WINS" and our four core values "CARING, RESPECT, RESPONSIBILITY, and HONESTY".

A point system will be used to keep play clean and fair. The points will be assigned to players and coaches in the league. Points can be assigned for any actions that go against the YMCA values including fighting, swearing, disruptive behavior, etc.

A player or coach whom receives three points will serve a week suspension from the league and will be required to meet personally with a representative from the YMCA. Any player who receives, in any combination, five or more points will be removed from the league without refund and serve a one year suspension from all YMCA sports programs effective the day the fifth point is incurred. Note: all YMCA staff have the authority to issue points to players or coaches who curse before, during or after the game.



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***The Summerville YMCA reserves the right at any time to modify or adjust rules to address any safety or development needs of participants in this program.***