

# Rules, Regulations, & Policies

## The following actions are prohibited:

1. Possession, consumption or distribution of alcohol and/or tobacco and/or drugs.
2. Physical damage to a facility or theft of items from a room, dormitory, hotel room, residence or other person. (Restitution will be part of any penalty imposed)
3. Any action considered to be an offense under Federal, State or local law ordinances.
4. Violation of the specific policies, regulations, and/or procedures of Alpha Gamma Volleyball, or the facility used in conjunction with a sanctioned event/practice. (It is the responsibility of the individual to be familiar with specific policies, regulations and procedures)
5. Conduct which is inappropriate as determined by comparison to normally accepted behavior
6. Physical or verbal intimidation of any individual

## Rules, Regulations, & Policies: *(Player)*

- Take responsibility for your own development.
- Give 100% effort during games and practices.
- Be respectful of teammates, coaches, parents, referees, and opponents.
- Always be a good sport, observe the laws of the game.
- Be honest with yourself, your teammates, and your coaches.
- Observe the Coach and Club rules as playing time is based on overall participation, effort, and compliance during practices, games, and club functions.
- Wear appropriate attire to all games and practices; understand that when you are in Alpha Gamma Volleyball uniforms and gear that you are representing the entire GEVA Region & Alpha Gamma.
- If you are having problems, make your coach aware of them before they become bigger problems.
- Be responsible at home, in school, and with the team. Your team is counting on you to be able to participate in helping them achieve the team's goals. Understand that playing competitive volleyball is a privilege. Homework comes first. Use your downtime wisely.
- Missed practices, ongoing tardiness, and/or low effort during practices or games will result in reduced playing times. Injured players are expected to attend practices, games and club functions to continue the learning experience.
- You never have a guaranteed position on a team therefore, all players are expected to tryout every year if they wish to continue playing for Alpha Gamma Volleyball.
- Athletes should stay in groups at events and sightseeing. **DO NOT LEAVE YOUR GROUP!**
- Athletes should make sure both the coach and chaperone knows where you are and when you'll return.

## Rules, Regulations, & Policies: *(Parent)*

- Parents will treat all players, coaches, opponents, referees, and other parents with respect and dignity.
- Ensure your child arrives at practice and pre-game warm-ups on time, rested, and with proper nutrition.
- Be supportive and positive toward the team from the sidelines (i.e. Go AG, good hustle, great serve, nice pass, etc.).
- Please refrain from coaching your child or any other child on the court. Leave this to the coaches.
- Parents must refrain from making comments to the officials at all times. The Coach (s) and/or Team Captains are the only ones that will discuss game issues with officials.
- Players are expected to sit with the team during the game in order to be ready for play, please ensure your child is with the rest of the team and not visiting with family or friends.
- Parents will support the coaches and encourage their child to do the same.
- Parents will NOT address any player with team concerns. Go directly to the team parent/coaches.
- Parents will NOT address the coach regarding their daughter's playing time. If your daughter has concerns regarding her playing time, encourage and guide her to speak to the coach herself. If this still is not satisfying the next contact should be made to the team parent assigned. The final step, if still not satisfied, is an email to the directors with the problem. Please keep in mind that you are not paying for playing time, but for the training.
- Parents will support and assist their child in meeting her responsibilities as outlined in the Player Responsibilities section of this document.
- Parents are not allowed on the court or bench during practices and tournaments. (Club teams can be fined and banned from the tournament for this action).
- If your child gets hurt on the court please wait on the side until you are called over.

## Disciplinary Policy:

- 2 missed practices will result in being benched for the first match of the next tournament.
- 1 missed tournament will result in being benched the entire next tournament.
- 2 missed tournaments will result in dismissal from the team.
- Major misbehavior (e.g. verbal or physical) can result in penalties ranging from a warning, to suspension, or to dismissal from the team/club.