

# Volleyball Rules/Participation Requirements



1. All athletes must have physical and insurance forms on record before participation.
2. Always be ON TIME and prepared for practices/games.
3. Athletes must report injuries and/or illnesses immediately.
4. LISTEN to coaches and players when they are talking. COMMUNICATE and ASK QUESTIONS if you don't understand.
5. Keep a positive ATTITUDE – SUPPORT your teammates! Together the JV and Varsity make a TEAM. The TEAM must work together and support each other. Athletes are required to attend games they are not playing in and support their teammates unless arrangements have been made in advance with a COACH.
6. All athletes must assist team managers in maintaining and transporting team equipment (i.e. medicine kit, balls, and water bottles). Coaching staff may make weekly assignments.
7. Dress code: All athletes and manager will dress modestly in clean attire for all home games (i.e.: dress pants, shirts, dress capris, dresses, sweaters or blouses) unless directed otherwise by coaching staff. Teams shall wear uniforms and warm-ups for away games, unless directed otherwise by coaching staff. **NOTE:** Absolutely no tank tops or shorts.
8. Cell phones will be turned off during games and practices and during other team events as instructed by coaching staff.
9. Grades must be maintained at or above a passing level. Students failing classes may practice, but will not be able to play in the weeks games. Students with an eligibility warning may practice and play in the weeks games. However, any student on the academic eligibility list must attend a coach designated study hall for no less than one hour every day they remain on the eligibility list. (See specific eligibility requirements in the school student handbook.)
10. All volleyball athletes will be role models in classroom and in the community, as well as the volleyball court. When traveling, athletes will conduct themselves in a manner that represents the school and program with honor and pride.
11. SPORTSMANSHIP is crucial for all athletes/coaches/fans. If good sportsmanship is not maintained at all times the athlete will not be allowed to participate.
12. All athletes are expected to attend all practices and games. If an athlete must miss practice, it is their responsibility to inform the coaching staff. If the coach cannot be reached in person the athlete is responsible for leaving a message for them. Failure to contact the coaches when missing practice will result in an unexcused absence. All absences require a signed note from a parent/legal guardian to be considered excused. Unexcused absences are any missed game or practice not approved by the coaching staff prior to the absence and in which a signed note from a parent/legal guardian was not provided to the coaching staff. Unexcused absences the night prior to a game could influence the amount of playing time the athlete has in the game. The penalties for unexcused absences are as follows: 1<sup>st</sup> unexcused absence: the athlete receives a warning and must make up any missed conditioning; 2<sup>nd</sup> unexcused absence: the athlete will be responsible for managing game equipment, must make up any missed conditioning, and will miss the next game; and 3<sup>rd</sup> unexcused absence: the athlete is excused from the team.
13. Drug, alcohol, and tobacco use is strictly prohibited. Athletes who participate in use of the aforementioned substances during the season will be excused from the team. (Please refer to the school policy regarding this rule.)
14. Letter requirements: In order to receive a varsity letter, players must represent themselves at all times as upstanding student athletes, participate in no less than 16 games of regularly scheduled season matches, and have contributed wholly to the team both during games and practices. Ultimately, the coaching staff has the authority to determine who receives a varsity letter.

NOTE: Coaching staff may determine penalties for rule violations if they are not already set forth in these guidelines. See the school student handbook for other rules regarding athletics.

**I have read and agree to follow the rules listed above in order to participate in the Badger Volleyball Program.**

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_