

Club Rules and Policies

General Policies for ALL Associated with CPVC (Players, Parents, Coaches, Staff, Etc.):

- Treat others with respect. No bullying, harassing, use of foul language, etc. We want to maintain a positive environment with no drama. This applies to tournament play as well.
- All incidents, problems, or concerns should be reported within proper chain of command after 24 hours has passed, unless it is a situation requiring urgent attention. Proper chain of command is player -> coach -> head of coaches and/or business director depending upon the situation. This rule is in place because the conversation does not need to be emotionally charged by either party.
- All trash should be placed in trashcans prior to leaving the gym.
- Drug, alcohol, and/or nicotine use is prohibited inside the building by anyone. Adults may smoke/vape outside, but please do not leave any trash such as cigarette butts on our property.
- Team practices should be reserved for only the team members scheduled. We cannot allow outsiders playing in our club during team specific practices. This rule does not apply to special events such as open gym and clinics. Occasionally scrimmages may be arranged by our coaches that include other players either associated with our club, or not.
- Help us keep our court CLEAN!! Please wear your court shoes only inside and not outside.

Players:

- Please be as committed to the team as much as you possibly can. Attend as many practices as you possibly can and other team events such as team meals/outings.
- Academics are a priority; however, school work should not be an excuse for missing practice. Learn to manage your time so you can be successful at both. Alert coach(es) as far in advance as possible if you will be late or absent for a practice or a tournament.
- Required apparel: Remember to bring all needed items to tournaments and practice.
 - Jerseys/uniforms, practice shirts, bag ordered on signing day and worn per your coach's instructions to tournaments and practices.
 - Also required, but to be purchased independently:
 - Boys and girls: WHITE socks and kneepads (Required tournament color is white. Any color is acceptable at practice, but still required.)
 - Boys and girls: Court shoes (any color) and should only be worn on a court, not outside!
 - Girls only - BLACK spandex, that fit properly and have about a 4" or more inseam- (Required tournament color is black. Any color is acceptable at practice, but still needs to be a modest fit.)
 - Girls only – Ankle braces are highly recommended at tournaments and practices! We recommend Ultra Ankle (www.ultraankle.com) or Med Spec ASO (available at multiple retailers, including Amazon)
- Long hair should be tied back/up while playing.
- Be on time!!! – Which means you should be here 10 mins prior to the start of practice in order to have time to prepare yourself (kneepads and shoes on, warmed up if space is available)
- Bring water or another hydrating beverage to practice in a container with a closing lid.

- Bags and personal items should be left NEATLY in the loading dock area. Personal items of value should be put away out of plain sight.
- Jewelry during practice needs to be minimal and not pose a significant risk of injury.
- If you get injured during play, please let a coach know immediately. This is especially true with a head injury. Your safety is of utmost importance.
 - Head injuries can be much more severe than they first appear to be. If you experience any type of blow to the head, please let your coach know and stop play for a few minutes. If you experience any dizziness, confusion, headache, pupil dilation, etc. immediately or after you leave practice you should see a doctor and do not return to play unless you are cleared by your physician.
 - You and the coach will complete an incident report for any head injuries in which you experience the symptoms listed above, as well as any other moderate to severe injuries to other parts of the body.
- The gym should be left in clean and orderly fashion after each practice.
 - The coaches may assign tasks including, but not limited to the following, to players at the end of practice.
 - Shag all balls
 - Collect trash throughout the club and place in trashcan
 - Be sure barrier nets are in place
 - Dust mop floor if necessary
 - Boys only – adjust net to women’s height.
- No foul language, no negative talk, good sportsmanship, respectful to ALL. Any violations of this rule will have consequences as determined by the coaches/directors and can include loss of playing time at tournaments or in extreme cases, we will remove you from the team.
 - As an extension of the above statement...We expect your social media and group communication(texts/chats) to be positive and respectful of all players, parents, officials, coaches and directors of CPVC or any other clubs we encounter. Your coaches, teammates, recruiting coaches can see what you post. You want it to be a positive reflection of yourself and we expect a positive representation of our club. Unfortunately, it seems to be a new trend to bash teammates, coaches, etc. at all levels/types of volleyball; middle school age to college age, and school, rec or club teams either publicly or privately on social media or group chats. These actions help nobody, including yourself! If you have a grievance follow the 24 hour rule and handle it maturely and respectfully.
- A coach may invoke a reinforcement/consequence for any absence/tardiness, lack of effort, poor attitude or disrespect towards anyone at their discretion. This reinforcement will NOT be extreme, but will be stern enough to serve as a correction or reminder. If a player/parent believe a coach’s reinforcement or consequences are too extreme, they should have a discussion with the coach within the bounds of the 24 hour rule, then if necessary, they may contact a CPVC director to investigate the situation further.
 - Examples of appropriate reinforcements/consequences follow:
 - A player misses the previous practice and the coach has them run 2 laps.


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- A player talks disrespectfully about a teammate and the coach hears the comments; the player is reminded to be respectful and ordered to sit out the remainder of the practice.
- A player arrives at a tournament 20 minutes later than the time requested by their coach; the coach does not allow the player to play in the first match of the day.

Parents/Spectators:

- Payments should be made on time per the dues schedule. Families with accounts in arrears more than 15 days will result in player suspension until the account is paid up to date.
- Parents and spectators are welcome and encouraged at all CPVC events, unless otherwise told, such as tryouts.
- The number of spectators should be kept at a reasonable number of people.
- All parents/spectators should remain behind barrier nets during practices/scrimmages. This is for your safety and keeps our insurance company happy. The only exception is if a coach specifically requests a spectator's help.
- Parents are not coaches...at least not at CPVC. Please leave the coaching to us.
- Parents should feel free to speak to the coaches about any questions or concerns they have. However, they should do so in a calm, respectful matter. They should also follow our 24 hour rule after any specific incident that has occurred.
- Parents/spectators will follow the USAV and Carolina Region Code of Conduct, which they have signed and received a copy of, while attending tournaments.
- Spectators/parents should be aware that a "purple card" can be issued for disrespectful behavior. Points can be awarded to the opposing team, a spectator can be forced to leave the venue or other repercussions as determined by the match's R1 or head official of the tournament.
- Coaches/directors will always discuss any concerns from parents/spectators, as outlined by the 24 hour rule previously explained. However, coaches and directors will NOT engage in discussion prior to 24 hours after the incident, no matter the "tone" of the conversation. Coaches/directors also reserve the right to decline to have an emotionally charged conversation with a parent/spectator at anytime, even if it is past the 24 hour time period. All conversations about complaints, grievances, etc. will be conducted in a calm manner.

Coaches:

- All CPVC coaches will treat others respectfully. A coach will never speak negatively, belittle, embarrass, etc. a player, parent, referee, etc.
-  Head coaches should make their team rules clear to all players/parents at the beginning of the season, especially any specific rules that when broken would result in a consequence.
- Coaches may raise their voice from the sidelines, but should only do so in a positive manner or when it is difficult for players to hear them because of the noise level in the environment.
- Constructive criticism and correction are encouraged, but positive comments should outweigh the criticism.

- A coach shall never show favoritism of one player over another for personal reasons. Decisions such as playing time and position will be based on rational, fact based reasons to back up their decisions.
- Coaches should be prepared to explain/discuss their decisions and actions to players or parents when asked.
- Coaches will always discuss any concerns from parents/spectators, as outlined by the 24 hour rule previously explained. However, coaches and directors will NOT engage in discussion prior to 24 hours after the incident, no matter the “tone” of the conversation. Coaches/directors also reserve the right to decline to have an emotionally charged conversation with a parent/spectator at anytime, even if it is past the 24 hour time period. All conversations about complaints, grievances, etc. will be conducted in a calm manner.
- Coaches may decline to have any emotionally charged discussion with players and/or parents, but should always be willing to continue the conversation at a later time in a calm manner.
- Coaches will attempt to use the same volleyball philosophy throughout the club as established by the volleyball director. This allows for quicker player improvement and less confusion from season to season.

Tournament/Travel Rules: Travel policy (summary and supplement, for the full policy please read the official Travel Policy you have been provided on signing day)

- Players should refer to packing list to bring everything they need to tournaments.
- Be on time to all matches!! And let your coach know if you can't be for any reason.
- Parents are responsible for getting girls to tournaments. Girls are allowed to ride with other player's families, but please notify the coach. Coaches are not responsible for getting girls to/from tournaments.
- Players are only the responsibility of coaches during game times.
- Children left unattended/without an adult is at the parent/chaperone's discretion unless otherwise directed by coach. No children under the age of 12 should be unaccompanied at any time.
- Players, try to look mature/professional. Appropriate attire should be worn at all times – spandex should be covered in all areas except the court. Minimal makeup should be worn.
- We would prefer you wear at least one item on an outside layer indicating you are with CPVC at all times. Coaches may request that you wear a certain color practice t-shirt.
- The same rule applies to court shoes, put them on after you have entered the tournament venue and you are about to play.
- No jewelry at all during play.
- Drug, alcohol, NICOTINE use is prohibited for players during any type of team travel.
- No foul language, no negative talk, good sportsmanship, respectful to everyone and all property.
- Playing policy:
 - There is no guaranteed amount of playing time for any player! Volleyball is a team sport and coaches have to make decisions that provide the best chance for the team to be successful. Coaches have a planned rotation, which may or may not include all players on the team, but will hopefully be able to substitute all players in at some point.

Coaches are bound by substitution rules and also have to consider players' abilities and the level of competition. The best chance a player has to receive more playing time is putting in hard work at practice to become a better player.

- If you would like to discuss your/your child's playing time it should be done with the head coach directly and at a time other than a tournament. It should also be done in a calm, non-confrontational manner.
- Parents are expected to contribute/participate in team meals, whether camping style at regional tournaments or a meal out at tournaments when such is arranged.
- Hotel policies:
 - Families are required to stay at the assigned hotel for all "Stay to Play" tournaments. (No regional team tournaments on our schedule this year have that requirement. Also, tournaments in Rocky Mount/Raleigh do not have assigned hotels because our club is considered local.)
 - Players in rooms by 11pm, lights out by 11:30pm.
 - No loud noises/talking.
 - Players should stay in their assigned rooms each night.
 - Coaches will never be in a private hotel room alone with an under-age player unless it is absolutely required and there is another adult present, preferably of the same gender and preferably a chaperone/parent.