

Pearland Juniors Volleyball Rules

2005-06 Season

The following guidelines and rules will be observed by all Pearland Juniors volleyball players.

I. PRACTICES

- A. Punctuality – All athletes need to be fully dressed and ready to workout 10 minutes prior to assigned start time.
- B. Tardies – Late to practice will result in 10 full court horses at the end of practice. The player is excused from arriving late if tardiness is due to a school-related function. In the event that this occurs, the player must notify her coach prior to practice, and the coach may request a note from school personnel.
- C. Equipment – All courts and ball carts must be set up and ready by the designated start time.

II. ABSENCES – PRACTICES/GAMES

- A. Absence Notification – Player must call the coach and inform them of the absence PRIOR to their practice date.
- B. The players will run 10 horses for each date of missed practice. Horses must be done at the next practice.
- C. Player is required to sit out one game for each practice missed.
- D. Practices missed without prior notification will result in sitting out an entire match. Player will be required to run 20 full court horses at the next practice.
- E. Player is allowed two (2) missed practices for the 05/06 season with prior notification to coach without penalty. Missed practice must be due to a significant event or extreme illness.

III. TOURNAMENTS

- A. Players that are late to a tournament will be disciplined at coaches discretion.
- B. Players must check with their coach before leaving the gym.
- C. All players are required to stay as a team until they finish working the last game.

IV. PRACTICE SHIRTS

- A. ONLY maroon PJVC practice shirts can be worn during club season workouts.
*Failure to comply with dress code will result in 5 full court horses at the end of practice.

V. CHAIN OF COMMAND

The following steps should be followed when any problem arises with the player and the coach.

1. The athlete talks to the immediate coach of the team.
2. The athlete and parent talk to the immediate coach of the team.
3. The athlete, parents, immediate coach and the director will meet.

Parents wishing to speak to a coach about their athlete must set up an appointment. No conference will take place after a game or practice. No walk-ups!

Athletes Signature

Parents Signature

