

Loudoun Youth Volleyball Policies

Loudoun Youth Volleyball (LYV) has implemented the following policies which LYV Middle School Representatives should adhere to in setting up and managing the middle school girls teams in their middle schools.

Division Entry Requirements

A Middle School must have an Open 2 team if there are 30 - 39 players at the middle school. The LYV Middle School Representative must request and receive LYV Reps Council approval to not have an Open 2 team if there are 30 - 39 players and there are extenuating circumstances. A Middle School may have an Open 1 team rather than an Open 2 team if there are 30 - 39 players at the middle school.

A Middle School must have a Open 1 team if there are 40 - 49 players at the middle school. The LYV Middle School Representative must request and receive LYV Reps Council approval to not have a Open 1 team if there are 40 – 49 players and there are extenuating circumstances.

A Middle School must have a Open 1 and an Open 2 team if there are 50 or more players at the middle school. The LYV Middle School Representative must request and receive LYV Reps Council approval to not have a Open 1 and an Open 2 team if there are 50 or more players and there are extenuating circumstances.

The LYV Middle School Representative must request and receive LYV Reps Council approval to field two Open 1 teams. The LYV Middle School Representative must request and receive LYV Reps Council approval to field two Open 2 teams. If a Middle School has less than 40 players and decides to field two Open 2 teams, these teams must be drafted so that there are as equal as possible.

All other teams are House and 6th Grade Teams.

At least five LYV Reps Council members, not including the LYV Rep Council member requesting the exception, must vote for the exception for the exception to be approved. Without five Reps vote, the LYV Chairperson will decide to approve or disapprove the exception. LYV Reps Council includes the LYV Middle School Reps, LYV HSG Rep, LYV Boys Rep, and the LYV Chairperson. The vote must be completed five days after the vote is presented or by Sunday, August 13, 2017 at 11:59pm, whichever is sooner.

Team Size and Competitive Balance

Open 1 teams will have a minimum of 10 players. Open 2 teams will have a minimum of 10 players. LYV strongly recommends having nine or more players on House and 6th grade teams for practice and game play reasons. Teams of less than nine players and teams of more than 12 players are discouraged. The LYV Middle School Representative should employ every means possible to avoid teams with more than 12 players. This typically means adding an extra team, which has the benefits of higher coach to player ratios and more playing opportunity. For

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example, with 37 players in a Division, the preference would be for four teams of 9, 9, 9, and 10 rather than three teams of 12, 12, and 13.

House and 6th grade teams should be equally sized and talent should be equally distributed. Under no circumstances are schools allowed to create “A” and “B” teams in the House and 6th Grade divisions – multiple teams in House and 6th Grade divisions from the same school are to be competitively equal (see Team Selection Process section below).

Roster Changes

No roster changes are permitted after the second weekend of regular season game play. Exceptions due to unforeseen circumstances will be reviewed on a case-by-case basis by the LYV Reps Council.

At least five LYV Reps Council members, not including the LYV Rep Council member requesting the exception, must vote for the exception for the exception to be approved. Without five Reps vote, the LYV Chairperson will decide to approve or disapprove the exception. LYV Reps Council includes the LYV Middle School Reps, LYV HSG Rep, LYV Boys Rep, and the LYV Chairperson. The vote must be completed five days after the vote is presented.

Facebook and Friending

Coaches and LYV Middle School Representatives must copy all player communications to the player’s parents.

Clinics during the Season (After Assessments)

Player clinics can be held during the season and must be open to all players in your middle school. Holding a team practice as a player clinic is not allowed.

Team Practices

Each team is allocated a maximum of two 1.5 hour practice sessions per week. A team may have no more than the two practices per week. The normal times for practices are 6:00 pm – 9:00 pm.

A team should have exclusive use of one gym, either the main gym or the auxiliary gym, for the duration of their practice. However, there are no guarantees of that. If there are too many teams at a school or the schedule dictates otherwise, teams may be forced to practice with two teams in one gym at the same time.

All requests for gym use must go through the LYV League Administrator and PRCS. An individual coach or the LYV Middle School Representative should never attempt to schedule their own practice time with the school’s administration or the facility supervisor. Coaches must follow the practice schedule they choose in the beginning of the season for the entire season. If a team needs to alter a practice schedule, even just for one night, the head coach should make

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the practice change request to the LYV Middle School Representative – who will then notify the league administrator.

The LYV Middle School Representative is required to submit the specific nights and times each team wants to practice on at the beginning of the season. The league administrator will furnish a calendar indicating the days and times available at each school. Every middle school will have back-to-school nights on their calendar and other blackout dates. Practices may NOT be scheduled on those nights. Please note that PRCS will schedule other groups into the gyms in time slots LYV is not utilizing. Please note that additional blackout dates may be added at anytime during the season.

Gym Access

Loudoun Youth Volleyball is affiliated with Loudoun County Parks, Recreation, and Community Services (PRCS). LYV is NOT affiliated with Loudoun County Public Schools (LCPS) in any way. The schools have priority use of their own buildings.

PRCS offers an after school enrichment program called YAS (Youth-After-School) that uses the middle school gymnasiums and PRCS offices. The county guarantees LYV access to the gyms at 6:15 pm. The agreement between Loudoun County Public Schools and PRCS states that every PRCS program held inside their buildings must have a PRCS facility supervisor on site. The PRCS facility supervisor's scheduled start time for LYV is 15 minutes prior to our scheduled start time. Therefore, no coaches or players are allowed into the gyms before 6:00 pm.

In the event that the facility supervisor is not on time, it is up to the YAS supervisor who is on site whether or not to allow LYV access to the gym. If granted permission to enter the gym, all LYV players must sit and wait for the facility supervisor to arrive. NO activity is allowed!

If the facility supervisor has not arrived by the time the YAS supervisor is leaving, everyone will be asked to leave the building. PRCS does have a sports specialist on-call every day. The YAS supervisor or coach in charge can call the on-call person if the supervisor has not arrived on time (see PRCS On-Call for more detailed instructions). If the YAS supervisor agrees to stay and wait for the anticipated facility supervisor or the PRCS specialist "on-call" to arrive, then coaches and players will be allowed to stay inside and begin their activity. If the YAS supervisor cannot stay, and the facility supervisor/on-call person has not yet arrived, all LYV participants will be required to wait outside until the proper supervision arrives.

Regardless of what happens it is imperative for LYV coaches to remember their scheduled start time. Coaches should not allow parents to drop and run before they are guaranteed access to the gyms. LYV cannot be in a middle school gym without the proper PRCS supervision.

PRCS On-Call

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The PRCS On-Call number is 571-233-0424. Use this number to contact the PRCS employee who is “on-call”. Use it only in the event of a true emergency, such as a facility supervisor no-show, being asked to leave the building, or being locked out.

PRCS Sports Cancellation Line

The PRCS Sports Cancellation Line is 703-777-0456. In the event of inclement weather, please call the PRCS cancellation line. The cancellation line is mostly for outdoor venues but will list any cancelled indoor events.

Skills Assessment Session Overview and Schedule

Skills Assessments are conducted in sessions prior to the beginning of the season. These sessions are generally a weeknight and a weekend day before season begins.

All players are encouraged to attend at least one of the two sessions. “Walk-ins” (i.e., players who did not register and pay prior to the assessments) will be allowed to participate in assessments, but will not be guaranteed placement on a team. The LYV Middle School Representative has the final decision on the placement of “walk-ins”.

All players wishing to be considered for placement on the Open 1 and Open 2 teams are encouraged to attend both assessment sessions, if more than one is provided. A player may not be placed on the Open 1 team without being evaluated during at least one of the assessment sessions.

Players will be evaluated and scored in the skills of serving and passing/serve receive, and may be evaluated on hitting and setting.

At the conclusion of the first assessment session, the Open 1 and Open 2 coach in consultation with the LYV Middle School Representative and the other coaches will identify and invite a group of approximately 20 to 30 players to return for the next assessment, if an additional assessment is being held, for further evaluation and possible placement on the Open 1 and Open 2 team. The remaining players should be informed that they will be placed on a team and do not need to attend the second session but are welcome to return if they desire.

The second assessment session is conducted in the same manner as the first session for any players that were not able to attend the first session. The main goal of the second session will be to determine the placement of players on Open 1 and Open 2 teams.

Skills Assessment Session Details

The skill assessment sessions will involve drill selection, station setup, personnel to run each drill, and the coaches to assess players. Parents and/or high school players should be asked to help runs drills so that coaches can focus on evaluating the players. If this is not possible, construct the drills so that players toss the ball to each other. The LYV Middle School

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Representative should work with the coaches to provide sheets with the players' assessment numbers and the skills being rated.

Players should be rated on passing, serve receive if possible, serving, hitting if applicable, setting if applicable, and game play. A three point scale (1-3) can be used for these skills:

1. Cannot execute skill
2. Can execute skill but is inconsistent
3. Can execute skills consistently

The rating should not be made on the result of the skills but how the skill was executed (e.g., the rating should not be on whether the ball went over the net and inbounds on a serve, but on how the player executed the serving skill regardless of the result).

Team Selection Process

At the conclusion of the second assessment session all of the coaches and the LYV Middle School Representative will assemble to assess the evaluations.

Open 1 Division

The Open 1 coach, in consultation with the LYV Middle School Representative and other coaches will select the 10-12 players that they deem to possess the best skills and attributes regardless of age or grade. However, if all things are equal between two players of differing grades, the priority should be given to any eighth grade player to afford them the opportunity to prepare for playing in high school.

In the event that a school will field two Open 1 teams, the coach of the 'A' team shall have the opportunity to select first and then the 'B' team shall select the next 10-12 players based on the best skills and attributes regardless of age or grade. Likewise the 'B' team should give consideration to eighth grade players if all other skills are considered equal to a younger player. At the discretion of the LYV Middle School Representative and both of the Open 1 coaches, the 'B' team may be allowed to pick certain key players such as setter or hitter after the 'A' team has made their pick for the #1 player in that position. This would be done to help make the 'B' team competitive.

Open 2 Division

After the Open 1 team(s) has been chosen, the Open 2 team will be selected in a manner similar to the Open 1 team as described above. If the school will field a second Open 2 team, the process would be the same as the process described above for selecting a 'B' Open 1 team.

House and 6th Grade Divisions

Once the Open 1 and Open 2 teams have been chosen, the LYV Middle School Representative should assess the number of players remaining (including possible late registrations) and determine the number of teams for each of the House and Sixth Grade divisions. House and 6th

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Grade Teams will be selected using a DRAFT format. It may be necessary to place some of the sixth grade players on a house team in order to make the numbers work. Teams should have 9 - 12 players. Teams smaller than nine may have problems both in running effective practices and participating in matches if one or more players are absent. Teams with more than 12 players may face issues with playing time.

The coaches within a given division should pick players for their teams in a draft fashion to allow each coach the opportunity to pick a player that they feel is the most skilled of the candidate players still available. Although a coach who has coached in a prior season should be afforded the opportunity to identify players that they would like to have return to their team, it should not be done to the detriment of any of the other teams. Likewise, although LYV tries to honor all manner of carpool and other special requests, it should not be done if one team is favored with a disproportionate number of players of greater skill.

Concussions

A concussion is a brain injury that is characterized by an onset of impairment of cognitive and/or physical functioning, and is caused by a blow to the head, face or neck, or a blow to the body that causes a sudden jarring of the head (i.e., a helmet to the head, being knocked to the ground). A concussion can occur with or without a loss of consciousness, and proper management is essential to the immediate safety and long-term future of the injured individual. A concussion can be difficult to diagnose, and failing to recognize the signs and symptoms in a timely fashion can have dire consequences.

Most athletes who experience a concussion can recover completely as long as they do not return to play prematurely. The effects of repeated concussions can be cumulative, and after a concussion, there is a period in which the brain is particularly vulnerable to further injury. If an athlete sustains a second concussion during this period, the risk of permanent brain injury increases significantly and the consequences of a seemingly mild second concussion can be very severe, and even result in death (i.e., "second impact syndrome").

An athlete suspected by that athlete's coach or assistant coach of sustaining a concussion or brain injury in a practice or game shall be removed from the activity at that time. An athlete who has been removed from play, evaluated, and suspected to have a concussion or brain injury shall not return to play that same day nor until evaluated by an appropriate licensed health care provider as defined below and the coach or assistant coach receives a written clearance to return to play from such licensed health care provider. The licensed health care provider evaluating athletes suspected of having a concussion or brain injury may be a volunteer.

Appropriate licensed health care provider means a physician, physician assistant, osteopath or athletic trainer licensed by the Virginia Board of Medicine; a neuropsychologist licensed by the Board of Psychology; or a nurse practitioner licensed by the Virginia State Board of Nursing.

Return to play means participate in a non-medically supervised practice or athletic competition.

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Net Set Up and Take Down

LYV volunteers and coaches should be prepared to fully handle set-up and take down of our nets by themselves. PRCS Facility Supervisors are not responsible for helping and may not have know how to set up and take down nets..

Please note that players are NOT allowed in the PRCS office without permission or adult supervision. Players are not allowed to help with the net set-up or take-down unless under the direct supervision of their coach or other adult volunteer.

Net Set Up Instructions

1. Open the hinged floor sleeve covers. If you are in a gym where the floors have shifted and the sleeve is out-of-alignment, the cover will be unscrewed and you can remove the entire assembly.
2. Insert volleyball poles into the floor sleeves. If you are physically unable to lift, carry, or put the poles in the floor sleeves, you may request assistance from the PRCS facility supervisor.
3. Hang the net between the poles. Winch end: attach loop in top cable/rope to spring link at the end of the cable/strap. Non-winch end: insert the pin through the loop in the top cable/rope.
4. Make sure the net is hung properly before extending the poles to the desired height. Older nets have a vinyl-coated steel top cable, newer nets use Kevlar rope. If your net is the vinyl-coated steel cable, you must pay attention to the two ends of the cable. One end has a short lead and the other a long lead. The short lead always gets hooked to the spring link on the cable coming from the strap attached to the crank. The long lead is secured with the pin in top of the other pole. If you fail to do this, the net will be tight to the pole on one side and fail to cover the court on the other side. Nets with the top rope can be slid freely from side-to-side.
5. Extend the poles to the desired height. Use extreme caution when loosening the spin-lock at the top part of the poles. The top portions of the poles are spring-loaded. They will shoot out of the pole when the spin-lock is loosened. Hold onto the top portion of the pole while extending it. There is a "W" engraved above a line on the extendable portion of the pole which indicates women's height. Since most floor sleeves are not flush with the wooden floor, we must raise above the "W" mark approximately 4 fingers width.
6. Turn the crank to raise the net until the top cable is pulled tight. Do NOT over-crank the nets. The aluminum poles will bend.
7. Attach the bottom ropes/ratcheters to the poles. Insert the small spring links on the ratcheters into the hooks on the sliding collars. If the collar is too low or too high, move it by loosening the thumb screw and sliding it up or down. The initial tensioning should not be tight. Make sure the proper balance is achieved before pulling tight. Nets must be properly centered over the court. Nets should never hang crooked or be "racked".
8. Attach velcro straps. Increased net tension is achieved not by cranking the crank more, but by pulling the velcro straps tight.
9. Pads and antenna must be properly secured.

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Net Take Down Instructions

The net take down is essentially the opposite of the set up:

1. Take the pads off of the poles. Leave antennas attached to the net.
2. Detach velcro straps; leave straps looped through net
3. Loosen bottom rope ratchets; unclip hooks
4. Loosen the top cable crank; unclip the net
5. Fold the nets over themselves like folding sheets for a bed; place each net inside a pad and close the pad over them like a clam
6. Lower the pole height by holding the extending portion with one hand and loosening the stay screw with the other hand; pull the extending portion all the way down and tighten the stay screw.
7. Take the poles out of the floor, close the hinged floor sleeve covers, and take into the PRCS Office. Secure the poles to wall bracket using the bungee cords attached to the wall bracket.
8. Place the pads with the nets net to the poles.
9. The poles, pads, nets, and balls and carts should be stored as they were found in the PRCS office.

LYV players are allowed to assist with take-down under the direct supervision of an LYV adult. Typically, players will fold the nets, put them in the pads, and take them into the PRCS Office. Players will also take the ball cart into the office. Players should not take down poles.