



## The 24 Hour Rule

### **What is the 24 Hour Rule?**

“The 24 Hour Rule” is a common policy implemented by junior volleyball clubs to prevent communication during a tournament between parents and coaches specific to the coaching decisions made during the tournament, more often related to playing time.

### **What is PVA’s take on this rule?**

Generally, if you are concerned about a volleyball related issue that requires you to speak directly with a coach, we ask that you wait at least 24 hours after the triggering event. Cooler heads are inevitably more productive. More specifically, do not approach a coach at a tournament to ask why your athlete is not playing or to voice your concerns with the coaching techniques. Wait 24 hours after a match to communicate your concerns, thoughts, or comments with the coach. Give them ample time to reflect and learn from the match and be more responsive to your communication. Volleyball is a sport with many rules. If you need help understanding them, please let us know as we have many resources at our disposal.