



Travel Rules

Revised and Adopted 9/16/2018

1. Objective

Central Virginia Volleyball, Inc. shall operate a travel volleyball program for boys' and girls' teams. The program is hereafter referred to as Heart of Virginia (HOV) Juniors. HOV Juniors shall form teams to help develop each player's skills.

2. Direction

The program is directed by the Central Virginia Volleyball, Inc. (CVV) Board of Directors, and the HOV Juniors Volleyball Committee. The HOV Juniors Volleyball Committee is a standing committee that was formed to oversee and administer the HOV travel volleyball program. Revisions to the HOV Juniors Division Rules may be made by the HOV Juniors Volleyball Committee with approval from the CVV Board of Directors.

3. Eligibility

- A. Central Virginia Volleyball, Inc. provides Boys' Travel Teams and Girls' Travel Teams.
- B. CVV may authorize one or more teams in each age group, U-12 through U-18, depending on the number of skilled players and coaches available per age group. Conversely, age groups may be combined if there are not enough skilled players and coaches in an age group. Teams shall be formed from the oldest to youngest.
- C. Players are assigned to age groups (U12-U18) based on their date of birth, with each age group conforming to the age groups defined by USA Volleyball national age guidelines.
- D. HOV Juniors will offer a developmental program for youths in the U8 through U14 age groups. The Director of Coaches and Player Development shall oversee the developmental program.

4. Fees

- A. The HOV Juniors Volleyball Committee, with CVV Board approval, shall establish the fees for each season that include: tryout and/or acceptance fee, travel tournaments, liability insurance, equipment, supplies, referees, uniforms, coaches' compensation, etc. and is non-negotiable. Each player is required to have current, valid USA Volleyball membership. National team members will also be required to obtain an AAU membership. Membership fees are the responsibility of the player/parent.
- B. CVV has available a limited amount of financial assistance for players who have financial need. Any parent/guardian who is seeking financial assistance should request and submit a Financial Assistance Request Form to the CVV Administrator. This request will remain confidential. The CVV Executive Committee, using guidelines will determine on a case by case basis the amount of financial assistance each player will receive. See Financial Assistance Request Form for further guidelines and expectations.
- C. Any parent/guardian who is seeking to pay Acceptance Fees in installment payments, should submit written request for consideration to the CVV Administrator, which shall remain confidential. The CVV Administrator will determine an acceptable payment schedule.

D. Try Out Fee and Acceptance Fee are non-refundable. However, due to certain circumstances, refunds may be requested and submitted in writing. The board reserves the right to decline or approved the request.

5. Procedures and Method of Player Selection

A. The most skilled and competent players in each age group are chosen for each HOV Juniors Team. Travel Team tryouts are open to all players in the region who are in good standing with the club. Tryouts will be conducted in the fall of each year.

B. Tryout schedules will be set at least 30 days in advance, communicated to all HOV Travel Team Divisions and Recreation Teams Division players and promoted by way of the news and social media.

C. Tryouts will be organized by gender and age groups and will extend over a period of one or two days. If a tryout session is canceled due to inclement weather, it will be rescheduled and communicated broadly. Players must tryout in their age group. The Director of HOV Juniors may invite players to tryout for older age group teams based on their performance in the age appropriate tryout.

D. The tryout and selection process is directed by the Director of HOV Juniors. All interested players are expected to participate in both days of tryouts.

E. If a player is injured or has a conflict and cannot attend the tryout schedule for his/her age group, he/she should contact the Director of HOV Juniors prior to his/her assigned tryout date. The Director may excuse the player or make arrangements for the player to attend another session in a comparable age group.

F. The registration process for Travel Team volleyball tryouts requires that registration forms be completed and each player must hold a current USAV Membership.

G. The selection process involves a tryout during which all players will have an opportunity to demonstrate their skills and abilities in game-simulated assessment activities. The Director of HOV Juniors will assure that each player receives equal opportunity and a fair assessment. Consideration is also given to the player's previous HOV/ CVV experience, performance level and contributions under game conditions, which are documented in confidential player evaluations that have been submitted by the previous coach(es).

H. If, in the opinion of the Director of the HOV Juniors and the Director of Coaching and Player Development, there are enough additional players in an age group who would gain from the competition that travel volleyball provides, they may recommend the formation of additional teams. The formation of additional teams must be approved by the Director of HOV Juniors.

I. Where multiple teams exist in an age group, it is anticipated that there will be movement of players from one team to another each year, due to varying rates of growth and development of players, as well as the introduction of new players into the program.

J. Evaluators include the Director of HOV Juniors, the Director of Coaching, and Player Development and the assigned coach(es) for the upcoming season.

K. No evaluator may evaluate his/her own child's tryout session. In the event the parent will be the child's coach, the coach may not participate in the evaluation of his/her own child.

L. The Director of HOV Juniors will present the rosters to the Administrator.

M. Players will be notified of their status in writing each day of tryouts and may be updated by phone, email or text. National Team Coaches are expected to finalize their roster and notify players within 24 hours of the last tryout date. Regional Team Coaches are expected to finalize their roster and notify players within seven days of the last tryout date.

6. Roster Size

The CVV HOV Juniors Volleyball Committee believes roster size is discretionary and should not be predetermined or fixed in all age groups. It is suggested that travel rosters are 10 players.

7. Notification and Commitment Letters

A. Once a final roster is established a formal notification will be given electronically with links to the **Acceptance Packet**. The Acceptance Packet includes:

- A down payment (Acceptance Fee) made payable to CVV for \$100
- Financial Agreement
- Medical Release Form
- Player/Parent Contract
- Safety Guidelines

Acceptance Fee is expected within seven (7) days of the offer or the offer may be null and void.

B. A Mandatory Parents' Meeting will be scheduled. Acceptance Packets will be collected, fund raiser information will be given and individual team meetings will be held with coaches.

*Any parent/guardian seeking Financial Assistance or payment plan under 4.B. should make his/her request at this time. **This does not excuse the required acceptance fee.**

C. Any returned check fees will be applied to player balances.

8. Adjustments to the Rosters

A. Any volleyball player who desires an opportunity to participate on a travel team, should contact the Director of HOV Juniors or Director of Coaching and Player Development to request a special tryout. If in the discretion of the Director of HOV Juniors or Director of Coaching and Player Development, the granting of such a tryout is appropriate, he or she shall arrange for the same. If, as a result of this audition, the player is deemed worthy of travel team placement, and if there is space available on a team roster, the new player may be added to a team, provided this transaction is in the best interest of Central Virginia Volleyball, Inc. as a whole. No qualified player can be bumped from a team roster to accommodate the addition of a new player.

- B. Transfer of players may occur between HOV teams upon approval of the Director of HOV in consultation with the respective coaches, parents, and the Director of Coaching and Player Development.
- C. For players who join travel teams after, the season starts, travel/team fees will be pro-rated.
- D. If a player who has been on inactive status due to extended injury or illness seeks to return to his/her former travel team, he/she will be allowed to continue to participate as a rostered player on the travel team for the duration of the travel season, so long as he/she has medical clearance, in writing.

9. Team Makeup

- A. Consistent with each player's commitment to the HOV Juniors program, all players are expected to participate in all weekend tournaments that the team chooses to enter. Transportation, food and lodging for all tournaments are always the responsibility of those players who participate in tournaments.
- B. The Director of HOV Juniors encourages coaches of teams that add tournament guest players to use the guest players (an age-appropriate player from another HOV team) as substitutes for rostered players.
- C. Preference in the selection of guest players should be given to age-appropriate HOV Travel Team players who are not participating in the particular tournament. Director of HOV Juniors will allow a younger player to play up an age group.
- D. Guest players should only be added when a team maybe short on players or in need of a specific skill set for a tournament day. Temporary players from outside the club, as long as they have the appropriate membership, may be added when no club members are available for the day.

10. Playing the Game

- A. No specific amount of playing time is guaranteed to individual players on Travel Teams. The HOV Juniors Volleyball Committee encourages coaches to attempt to be equitable while fostering the success of the team as a whole.
- B. Each Travel Team competes in tournaments made up of teams in the same or comparable age groups. Tournaments are typically scheduled on Saturdays and/or Sundays, and coaches shall have at least two practices a week during the season (practice schedule may vary tournament weeks).
- C. If the Old Dominion Region requires payment for a scheduled but unplayed tournament, because a CVV team withdraws with less than 72 hours' notice for a non-weather related reason, the team will forfeit that tournament entry fee.

11. Championship Teams

CVV will recognize members of CVV teams that win or tie for Regional Championship titles by purchasing trophies or championship T-shirts (maximum of \$15 per player). Items will be paid for and ordered through the club, not through individual coaches, unless authorized by the Club Administrator.

12. Post Season Teams

- A. If a regular season team qualifies for Nationals (USAV, AAU, or another organization), that team must follow the roster requirements of that organization. Typically, this means that only players from the club may be added to the official qualifying roster, and only if they did not play with another team that played in a qualifier.
- B. If a team decides to enter an “open” national tournament (where any team may enter), that team may be an extension of the regular season, or a team may be created, or some combination of both methods. Regardless, all fees are in addition to regular season fees. The coach(es) have the full discretion as to the makeup of the team. This team is an All-Star team where players are selected based on coach’s assessment of skills and recommendations. There is no requirement of a tryout for this team. Ideally, a poll of all regular season players will be conducted to ascertain player interest in Nationals.

13. Equipment

- A. Each team will be provided with such equipment as is approved by the HOV Juniors Volleyball Committee. All equipment must be returned to the Director of Equipment by the conclusion of each season. The team coaching staff is responsible for asking the Director of Equipment to replace team equipment that has been exhausted or rendered otherwise unusable.
- B. All jerseys must be returned to the coach at the conclusion of the last tournament game.

14. Team Names

Each Travel team shall be known only as “HOV, Age Group, National, Regional or Club.” Nicknames are not allowed on any correspondence, but may be used informally on banners or for cheering purposes.

15. Coaches Code of Conduct/Disciplinary Action

- A. Coaches will sign and uphold the *USA Coach’s Code of Conduct and Ethics*.
- B. CVV will not tolerate physical or verbal unsportsmanlike conduct by players, coaches, or parents. Sanctions may include barring a player, coach, or parent from CVV participation as a result of his/her behavior.
- C. Use of tobacco products at venues is strongly discouraged.
- D. Use of alcoholic beverages or illegal substances at venues is forbidden and subject to city ordinances and/or school policies. Conviction or suspension can result in barring a player or coach from CVV participation.
- E. The HOV Juniors Volleyball Committee, with approval from the CVV Commissioner, may expel from the program any coach, player, or parent whose conduct during CVV-sanctioned activities is damaging to the image of the CVV program as a whole. The HOV Juniors Volleyball Committee shall determine the length of expulsion and terms under which an individual may be reinstated, if at all. All sanctions approved by the Director of HOV must be approved by the CVV Commissioner.

16. Player Code of Conduct

The main goal for each player is to be the best player they can be by being responsible for their own actions and committed to the HOV Juniors. Each player should:

- **Conduct** oneself in a manner to bring credit and prestige to themselves and the program.
- Do not use profanity.
- **Budget** time to meet responsibilities of work, learning and other personal areas.
- **Attend** every possible practice, tournament and team function. If a player is unable to attend she should notify the coach personally.
- **Be attentive** when serving as referee or scorekeeping duties. No cell phones.
- **Be ready** for practice on “Lombardi time” (15 minutes early).
- **Pursue** mental and physical conditioning outside of practice.
- **Communicate**, both on and off the court with teammates and coaches for mutual understanding.
- **Discipline** the body, including adequate sleep, a healthy diet and **ABSTAIN** from alcohol, tobacco, vaping and illegal drugs.
- **Recognize** the unique aspects of volleyball yet learn from mistakes and never lay blame or make excuses.
- **Accept** all coaching comments and assignments only as ways in which the team might improve.
- **Ignore** errors of teammates, as no one is trying to make a mistake.
- **Support** the full effort and good skills teammates exhibit.
- **Perform** with full effort and intensity to the best of player ability in all training and competition.
- **Concentrate**, never cause distractions or worry about worrying.
- **Clean** tournament area and practice facility of all trash, and recycle appropriately.
- **Realize** that a team is made up of individuals and not everyone can start. Accept your role on the team and what it takes to be the best.
- **Understand** that volleyball is a team sport and players must rely of each other and work together to accomplish goals.
- **Social Media** (Facebook, Twitter, Instagram, LinkedIn, etc.) is representative of oneself, the team, the coaches, and the club. Any derogatory posts will not be tolerated.
- A player exhibiting unsportsmanlike behavior may be suspended from play at the discretion of the coach.

18. Parent Code of Conduct

Parents are expected to discuss the risks, commitments and sacrifices involved in participating in HOV Juniors volleyball, and are committed to the success of the program. Parents understand:

- Tournaments are played on Saturdays and/or Sundays with an occasional Friday or Monday. Players are expected to attend all tournaments the team enters.
- Playing time is not guaranteed and is left to the discretion of the coach.
- Encourage good sportsmanship and be supportive of the team during practice and tournaments.
- Support the coach and coaching staff to provide a positive environment for the players.
- Tournaments are for the players, NOT the adults.
- Please respect the relationship between player and coach. All players are encouraged to discuss volleyball related matters with coach first.
- Players age 14 and below may have a parent present for discussions to help communications.
- Parent and coach conversation should occur when all other avenues of player and coach communication have been exhausted.
- All concerns regarding tournaments should not be discussed the day(s) of the tournament. Please allow a minimum of 24 hours after the conclusion of the tournament to pass before initiating any communications regarding the tournament.
- Social Media (Facebook, Twitter, Instagram, LinkedIn, etc.) is representative of oneself, the team, the coaches, and the club. Any derogatory posts will not be tolerated.
- Respect the players, coaches, officials and other parents. Disruptive and disrespectful behavior may result in being asked to leave the area or barring from venues.

19. Club Policy on Misconduct and Referee Abuse and Assault

A. CVV will comply with the applicable USA Old Dominion Region (handbook) travel policies and procedures regarding misconduct, including referee abuse and assault.

B. Coaches, players, team officials, and spectators who abuse or assault officials will be sanctioned by the CVV through an adjudicatory committee established by the CVV Commissioner.

C. Consequences for misconduct may include suspension or expulsion from club activities and tournaments of parents and players.

D. Coaches and team officials will be required to sign a form prior to each volleyball season that acknowledges their agreement to comply with the USA Volleyball Abuse and Assault Guidelines and Policies.

Parent and Player Agreement

Please initial the following statements to indicate you have read and understood the HOV Travel Rules:

_____ I have read and understand the HOV Travel Rules, including Parent and Player Code of Conduct.

_____ I give permission to CVV to use my child's picture or likeness, which may be taken at any sanctioned activity or event for the use of advertising, promotional material, website, displays, or publications.

_____ I authorize CVV to share player data with our partner the City of Lynchburg as well as other coaches, representatives, and recruiting agencies for the sole purpose of student-athlete recruitment.

_____ Team fees include: uniforms (excluding bags and warmups), practice facilities/equipment, coaches education/travel/salaries, tournament entry fees and program administration.

- Additional fees may be required if a coach/team wants to enter additional tournaments.
- Parents are responsible for making their own travel arrangements for themselves and the player and incur the cost of all travel expenses.
- Players will have the opportunity to raise money to offset their individual expenses.
- Players will immediately become ineligible to participate if payment is not received on time and will remain so until account is current.

Player Name: _____

Player Signature: _____ Date: _____

Team: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____