
CDAA Volleyball Information 2011

Parent & Coach Information

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General Information

❑ CDAА Director Contact info

Name	Email	Phone	Cell
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Michelle Tentis	volleyball@cdaasports.org	763-712-1981	763-350-4654

- If you email the directors and expect a response but don't get one within a day, please call; during the 2010 season there was a problem with the email broadcast system and we didn't receive some emails

❑ Gym Locations

School	Address	Gyms	Comments
Jackson	6000 109th Ave N, Champlin	Rebels 1 & 2, Jax Upper & Lower	See Maps included
Oxbow	6505 109th Ave N, Champlin	Oxb E & W	Gyms are marked
Dayton El	12000 So Diamond Lake Road, Dayton	Dayton	

General Information - Schedules

- ❑ Schedules may need to be changed once published
- ❑ Each schedule sent will have a version number & “as of” date
- ❑ If a change occurs, the new schedule will be sent to all coaches with the following alerts
 - Affected Teams
 - Summary of the changes / why
 - Ex's of change reasons from 2010:
 - lost a gym (out of our control)
 - Two teams agreed to move practice due to conflicts
- ❑ Will post most current schedule on CDAA Volleyball website
 - <http://www.cdaasports.org/sports/volleyball/volleyball.html>

Teams

- ❑ Coach requests were considered first in team formation
 - You have volunteered your time, you get some “power”
- ❑ Player requests were honored as much as possible
 - More about having fun and learning so okay with slightly uneven teams
 - Less restrictions when creating teams with only 2 grade levels together
- ❑ Tried for even # of teams per grade level
 - Omits need for bye’s or double headers
- ❑ Goal was for 8 – 10 players per team
 - More play time for each participant
 - If you are short one night, you can play with under 6 players (see rules)
- ❑ Please refer to your Team Number (versus color) when needing something from the Directors
 - Schedule is by the number – colors weren’t known when created
 - Gave coaches ability to have input on team color choices
 - Numbers identify age level
 - May have a “Safety Orange” in all 3 grade levels

Season Goals by Grade Level

Grades 3/4

- Don't let the ball drop
- Team communication
 - "mine", "I got it"
- Controlled passes (bumps)
- Introduce:
 - Setting the ball
 - Overhand serves

Grades 5/6

- Items from Grades 3/4
- Multiple hits per side
 - Start passing to a setter
- Overhand serves in games (for most)
- Introduce:
 - Hitting
 - Tipping

Grades 7/8 & 9+

- Items from 3/4 & 5/6
- Pass, Set, Hit (or tip)

Governing Rules

- ❑ Have Fun, Have Fun, Have Fun

- ❑ Progress is the goal (versus a win)
 - Learning and building confidence is the most important goal
 - Coaches and parents (probably more so) need to put themselves in check on their competitive natures
 - Any problems with parents should be reported (go over Ethics policies)

- ❑ Trying a new skill but losing a point in a game is better than just going for the win
 - The skills the participants should be learning to progress as they get older are the ones that may make you lose points in games because they aren't perfected yet
 - Overhand serves – underhand serves are more reliable
 - Multiple hits per side – easier to just pass the ball right back over

Housekeeping

- ❑ Need background checks for all coaches / assistant coaches
- ❑ Directors will send weekly schedule reminders
- ❑ Keep track of equipment – let us know if you need anything
 - 8 balls (go ahead and mark your bag's balls with your bag #)
 - Scoreboard (these are expensive – okay to mark with bag #)
 - Pump / needle
 - First Aid Kit
- ❑ Communicate with parents
 - Rules
 - Season expectations
 - CDAA Volleyball Site with schedules, rules, expectations, general information & updates is open for parents to view, too
- ❑ If a question comes up, please let the Directors know
 - Decisions will be communicated to all coaches of affected age groups as well as posting significant clarifications on the web site
- ❑ Net set-up take-down will be reviewed at Coach's meeting

Game Nights

- ❑ Early game teams need to set-up nets / chairs
- ❑ Last game teams need to put away nets / chairs
 - See schedule to know if you are the last game; some nights gyms will only have one game
- ❑ Warm up for 10 minutes then 5 minutes both teams serve
 - During warm-up / serving, have meeting with ref for coin toss
 - Allows 45 minutes to play 3 games to 25
- ❑ Encourage parents / fans to cheer for both teams
- ❑ You can ask questions of the refs but you may NOT challenge the call
- ❑ Supply parent line judges (one on each side) to help the refs
- ❑ Supply parent score keepers (or coaches)
 - Please don't have kids do score keeping OR ensure a parent is keeping track of the score – it gets hard to keep up with a fast game
- ❑ Take a moment if you find a learning opportunity for your team
- ❑ Community Ed has personnel at each site if you have questions

Rules of Play

1. 6 players on the court
 - If you are short players, you can play with 5 (4 might be hard)
2. Coin toss by official determines first serve and court side
 - Service alternates each game
3. Teams switch courts each game
 - Teams should rotate 1 spot between games (know where you ended)
4. Rally scoring
 - A point is scored whether your team served or not
 - Team winning point serves the next time
5. Regular season:
 - 3 games to 25 (win by 2, 27 point cap)
 - Play all 3 games
6. If questions come up, coaches find an agreeable solution
 - Let Directors know so later an official decision can be made and communicated to all coaches

Rules of Play (continued)

7. No 2-handed “attack”

- Players cannot hit the ball over their heads with 2 hands to push/slap/hit it to the other side
- When a player sets the ball, they will try to push it up in the air and not in a direct line to the other side of the court

8. Refs will use their best judgment on Passing / Setting “faults”

- Coaches & Refs should use as teaching moments
- Coaches will not argue with the Refs on their calls

9. A player can serve up to 4 in a row

- If the serving team wins the 4th point:
 - the serving team gets the point and the ball is given to the receiving team with no points added to the receiving team
- If the serving team does not win the 4th point:
 - the opposing team gets the point and the ball as they normally would

10. Must abide by Serving Rules listed on next page

Serving / Rotations / Other

1. No “do overs” on serves
 - Helps eliminate confusion & lines are already modified for 3rd – 6th
2. Players can serve from any area behind the serve line within the side boundary lines
3. A serve CAN hit the net
4. Foot faults will be called (but may be difficult with modified lines)
5. One re-toss allowed per serve attempt
 - A ball caught from a serving “balk” will NOT be called side-out but should be used as a learning opportunity (let it drop instead)
6. Preference is for all serves to be Overhand, however:
 - 3rd/4th: Can do 3 Underhand, but 4th must be Overhand
 - 5th/6th: Can do 1 (first 1) Underhand, other 3 must be Overhand
 - 3rd-6th have Modified Serving Line (see next page)
 - 7th/8th: Any serve (no modified serving line)
 - 9th-12th: Any serve (no modified serving line)

Net Height and Line Locations

- ❑ Net height should be at the following letter:
 - 3rd/4th: J (look at mark on pole)
 - 5th/6th: 7 foot (J plus hand – between J & W)
 - 7th/8th: 7' 4 1/8 inches (W)
 - 9th-12th: 7' 4 1/8 inches (W)
- ❑ Each court side should be 30 ft by 30 ft
 - If unsure of which lines to use, should be able to figure out back line by measuring side to side with foot steps and then do same from net to back
 - Oxbow is deceiving – Back line is last line before the back wall!
- ❑ Serving line is modified for younger groups
 - 3rd/4th – 15 ft up from back line
 - 5th/6th – 10 ft up from back line
 - A string and tape will be supplied to coaches to mark the modified line
 - 7th – 12th – No Modification
 - If back line is too close to wall, you may take 1 step over

Gyms Rebels 1 & 2 – West Side of Old Jackson Now Champlin/BP Academy - Door #65 (Verify)



