



Girls Fall Volleyball League Parent Information and Guide

About The PARC:

- The Perry Abernathy Recreation Center (The PARC) is a non-profit, Christian recreation center that is part of the Sugar Land First United Methodist Church.
- Although we are a faith-based recreation center, we welcome families of all different faiths, races, ethnicities, backgrounds and walks of life. Our mission at The PARC is to provide adult and youth recreational and childcare programs that promote the physical health and spiritual growth of all individuals that partake in our programs.
- At The PARC, the emphasis is not on wins and losses but the positive and spiritual development of the players. All coaches, parents and spectators involved with our programs should uphold a common vision to provide all players an environment focused on fun, friends and faith!

How You Can Volunteer:

- You can volunteer in a variety of ways at The PARC:
 - **Be a team parent.** Team parents assist with ordering socks and bows, leading the practice devotion, organizing the snack list, reminding teams of their game time and creating the team's gift basket for the Fall Festival.
 - **Be an assistant coach.** Assistant coaches assist with executing drills during practices and warm-ups, retrieving volleyballs and providing support during game day.
 - **Help during game day.** Officials, line judges and score keepers are always needed. Each team is required to provide a volunteer during game day to assist with line judging or score keeping. Do your part to support the team and volunteer during the season!

Expected Behavior for Parents:

- This is a recreational league! The emphasis of our programs is on faith and fellowship, not on winning and losing. Promote these values during the practices and games by giving the players constant encouragement and recognizing their effort on the court. Volleyball requires skill to play, so be patient with the players as they slowly improve over the season!
- Respect the authority and position of the coaches. All of our coaches are volunteers, but understand the coaching needed for players at this age. Allow the coaches to coach without advice, communicate with them in a respectful manner and provide support when asked.
- Respect the calls and decisions made by the officials. We want to teach players how to conduct themselves not only off the court but also on the court. Therefore be mindful of your words and always show good sportsmanship.
- The PARC has a ZERO TOLERANCE POLICY for following behaviors: bullying, child abuse, inappropriate behaviors and/or violence towards participants, coaches, officials and parents. Any of these actions will result in being removed from the gym by a PARC staff member.

League Rules Specific to The PARC:

- Boundary lines are the **YELLOW** and **WHITE** lines for 4th – 8th grade.
Boundary lines are the **RED** lines for 9th – 10th grade.
- For safety, balls shall not remain in play if they hit back walls or curtains.
- For equal playing time, when teams have more than six players, a new player shall enter the game after each rotation. Players coming off the bench shall take the place of the offensive player that has completed her serve (playing time rules differ for the 9th – 10th grade league).
- The PARC basketball apparatus is considered an obstruction. Any time the ball strikes the basketball apparatus, the referee will determine if the ball was going to remain in play and choose between a replay or point for opponent. If there is any doubt as to possible outcome, the referee shall declare a replay.
- Any time the ball hits the PARC roof, standard rules apply:
 - If ball hits ceiling and falls back on the hitting teams side of the net it is a playable ball.
 - If the ball hits the ceiling and falls on the opponent team's side of the net, it is a point to the opponent.
- Only for 4th - 5th grade players:
 - If the player serving scores five consecutive points in a row, then the serving team will rotate one position (thus getting a new server).
 - No overhand serving is allowed on the first RED line marked 12' from the net designated for 4th grade players. Only underhand serving is permitted.
 - 4th grade players can serve underhand or overhand from the second red line designated for the 5th grade players. Players must clearly be behind which ever red line they serve from.
- 6th - 8th grade players serve from BLUE line marked 30 inches from the back out-of-bounds line.
- A game will consist of best two out of three sets. The first two sets will go to 25 points and the third set to 15 points. If a team wins the first two sets, a third set will still occur.
- Players, parents or coaches may not distract, yell, or in any way try to break the server's concentration. If this occurs, the player will be allowed to repeat the serve. A warning will be given after the first violation and multiple violations will result in the removal of the offending person from the facility.

Dates to Remember:

- September 17 – 21: Players receive their game schedules.
- September 24 – 28: Players receive their volleyball uniforms and t-shirts.
- September 29: First volleyball game.
- October 13: Picture Day at The PARC.
- October 26: Gift baskets for The PARC's Fall Festival are due.
- October 27: The PARC's Fall Festival.
- November 5 – 9: Last volleyball practice.
- November 10: Last game of the season.