



VOLLEYBALL

COACH GUIDE

P-BVUSD After School Recreation | 2026-2027

1 AT A GLANCE



BEFORE YOUR FIRST PRACTICE

Cleared to coach, CPR/First Aid current, ID badge, and tryout/participation permission on file for every athlete.



BEFORE SELECTING TEAM

Complete a minimum of five(5) practice sessions. Verify eligibility and determine the roster.



AFTER TEAM SELECTION

Collect required NCR forms, submit the roster to site administration, and copy the Recreation Coordinator.



THROUGHOUT THE SEASON

Communicate clearly, supervise at all times, follow safety and weather procedures, and report injuries or accidents.

2 TRYOUTS, ELIGIBILITY & FORMS

TRYOUTS

A completed After School Sports Contract / tryout permission must be on file before a student may participate. Team selection cannot occur until at least five (5) practice sessions have been completed.

ELIGIBILITY

Elementary volleyball begins in Grade 5; students may not have an F on the most recent report card. Junior high students must maintain a 2.0 GPA, have no F grades, and may not have more than one number "10" behavior comment.

REQUIRED NCR FORMS

1. Parent Agreement Form
2. Minor Release Form & Consent to Treatment
3. Supervision & Transportation Form

3 COACH RESPONSIBILITIES



SUPERVISION

Supervise athletes before, during, and after practices and matches. Pickup is expected within 15 minutes.



COMMUNICATION

Provide practice and game schedules. Notify families and the school site of changes as soon as possible.



SAFETY & WELLNESS

Follow district concussion, injury, AUI/weather, jewelry, and emergency procedures. Report accidents.



SPORTSMANSHIP

Model respect for officials, opponents, teammates, families, and staff. Use the proper chain of communication.

4 VOLLEYBALL FORMAT SUMMARY

LEVELS	Elementary: 5th and 6th graders; boys are eligible to participate. Junior High: grades 7-8
FORMAT	Best two-out-of-three (2/3) games. 1 time out per game, no roll over.
SCORING	Games 1-2: 21 points (cap 23) Game 3: 15 points (cap 17)
GAME PLAY	Rally scoring for all games
ELEM. ROSTER	Minimum 12 present; all bench players get meaningful time in Games 1 or 2
ELEM. WARM-UP	4 min on court + 4 min off court; match begins 10 min after warm-ups start
JH ROSTER	Minimum 12 present or subject to forfeiture; larger rosters allowed
JH WARM-UP	5 min on court + 5 min off court; match begins 15 min after warm-ups start
LIBERO	Elementary: not permitted Junior High: permitted

5 MATCH-DAY REMINDERS



WARM-UP

Use the correct elementary or junior-high warm-up time. If one team warms up early, provide equal time to the opponent when its coach is present.



COIN TOSS

A coin toss determines the first team on the court. If no referee is present, the home coach or gym supervisor conducts it.



OFFICIATING

Elementary: junior-high student officials with one adult supervisor. Junior high: adult officials; coaches may officiate if no official is available.



AFTER THE MATCH

Supervise athletes until departure, report accidents, secure equipment/facilities, and communicate follow-up needs.

6 Injury & Emergency Response

Injury

Stop participation when an athlete is injured. Do not allow continued participation when there is a safety concern.

Concussion

If a concussion is suspected, immediately remove the athlete from participation and follow district concussion procedures. When in doubt, sit them out.



Emergency

For a serious or potentially life-threatening emergency, call 911 and follow site emergency procedures.



Preparedness

Know the location of the nearest AED, first-aid supplies, and emergency equipment, as well as your site's emergency procedures and contacts.



Supervision

Never leave an injured athlete unattended. Maintain supervision until the student is released to the appropriate adult or emergency personnel.



Reporting

Report injuries and accidents promptly and complete all required district documentation.