



(PRINT AND PROVIDE A COPY AT THE SCORES AND ENTRANCE TABLES)

HEALTH, SAFETY, FACILITY, AND PARTICIPATION GUIDELINES FOR 2020 GIRLS VOLLEYBALL SEASON

All the guidelines listed in this document will be required for an organization, coaches, and players to participate in the League this upcoming season. Each organization will have to sign the document and submit it back to the league to ensure your teams are included in the scheduling process.

Health and Safety Guidelines

- Players, coaches, officials, and volunteers need to conduct daily symptom assessments. Anyone experiencing COVID symptoms must stay home and are not allowed to attend matches.
- Temperatures for everyone entering the building will be checked at the entrance by an assigned volunteer of the host organization. Anyone registering a temperature of 100 degrees or more will not be allowed in the facility. If your organization is hosting games at a third-party facility you are still responsible for checking temperatures.
- Each player can have two up to legal guardians in attendance for a match. Siblings and/or other family members are not allowed to attend matches. Any kids that are not playing are not allowed in the gym. This must be enforced to maintain headcount and social distancing.
- Everyone entering the building is required to wear a mask and follow social distancing guidelines. Anyone not wearing a mask will not be allowed in the building. Players can remove their mask to play and while on the bench but need to put their mask back on before leaving the court.
- Only the two teams participating in a match are allowed in the building. Upon completion of the match both teams need to leave the building immediately. The teams playing the next match need to wait outside (preferably in their cars) until the Gym Monitor gives the approval for the next two teams to enter the building.
- Players are not permitted take their gym bags inside the building. They need to get ready in the car. This will help expedite the exit process after each match.
- All line judges are required to wear a face mask.
- Only two coaches are allowed on the bench and they need to wear a facemask.
- Pregame prayers will be done so in a manner that follows social distancing guidelines.
- Holding and shaking hands with opposing teams before and after matches is not allowed.
- Teams will not be changing sides during the match. The home team has choice of which side they will select for the entirety of the match.
- Players must bring their own water bottles and should not share with anyone.
- If there is an individual (coach or player) that test positive for COVID-19, the Coordinator needs to notify the league and the individual shall follow the specific protocol established by the local department of health, which shall include protocols for those exposed to the individual(s) with the positive test.

Facility Guidelines

- Each organization hosting matches at their gym or at a third-party gym are required to have Gym Monitor(s) in attendance for all matches. One gym monitor is required for each court. For example, if your facility has two courts you are required to have two gym monitors.

- Each organization hosting matches must have hand sanitizer available for everyone in the gym.
- The League highly encourages all organizations to have separate entrance and exit doors when possible. This will help with the flow of traffic and reduce bottleneck situations.
- Concessions and admissions will be the choice of the hosting organizations. However, all organizations must give priority to filling the positions for gym monitor(s), assigned individuals to check temperatures, scoreboard operator, and line judges. If these positions cannot be filled, then organizations should not be operating concessions or admissions. These priority guidelines must be followed and any organization not following these priorities will be issued a violation.
- All game balls need to be cleaned during timeouts, between games, and after each match. It is the responsibility of the Gym Monitor to assign an individual to manage this process.
- The Gym Monitor and/or League Official have full authority in the Gym.
- The bench area needs to allow for players and coaches to observe social distancing of 3 to 6 feet.

Participation Guidelines

- All organizations playing in the League are expected to follow these guidelines. Any teams or organizations violating or not honoring these guidelines are subject to the following penalties.
 - 1st violation – written warning
 - 2nd violation – the team and/or organization will be subject to be suspended for the remainder of the season.
- All organizations must follow the Season Timeline posted on the League website. Late submissions may not be accepted.
- We understand all of these guidelines might seem to be strict, but given the current environment with COVID and the very tight timelines we are having to operate in for this season the League doesn't have any flexibility to allow teams and/or organizations to participate without following all of the guidelines.
- Organizations and/or teams will not be included in the scheduling process until this document is signed by the Girls Volleyball Coordinator and Organization/Booster President. The document must be submitted with both signatures by August 1st.
- All Guidelines listed on this document are subject to change at any time.



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ADDENDUM FOR PLAYING RULES -- 2020 SEASON (September 1, 2020)

The rules in this Addendum will ensure all matches can be played in a timely manner and help prevent gyms from getting behind schedule. The gym monitor, coaches, and referees need to make sure these rules are followed and included in their pregame discussion.

Grades 3-5

1. Matches and warmups are scheduled for 60 minutes
2. The first two sets will be played to 25. Winner must win by 2 points or the first team to 27.
3. The third set will be played to 15. Winner must win by 2 points or the first team to 17.
4. **Warmups: USE THE 2-2-2 FORMAT**
 - **First - 2 minutes** is to be used by both teams on their side of the court.
 - This time should be used for ball handling skills
 - Balls should not be hit over the net or to the other side of the court
 - **Second – 2 minutes** - The visiting team gets to use the entire court to serve and/or hit
 - The home team needs to stay off the court
 - **Third – 2 minutes** - The home team gets to use the entire court to serve and/or hit
 - The visiting team needs to stay off the court
 - Please use the scoreboard to keep track of these times
5. After the match both teams need to leave the gym immediately. Team meetings should be conducted outside the gym. The gym monitor needs to ask all coaches, players, and parents to leave.

Grades 6-8 (All Levels)

1. Matches and warmups are scheduled for 75 minutes
2. The first two sets will be played to 25. Winner must win by 2 points or the first team to 27.
3. The third set will be played to 15. Winner must win by 2 points or the first team to 17.
4. **Warmups: USE THE 2-5-5 FORMAT**
 - **First - 2 minutes** is to be used by both teams on their side of the court
 - This time should be used for ball handling skills
 - Balls should not be hit over the net or to the other side of the court
 - **Second - 5 minutes** - The visiting team gets to use the entire court to serve, hit, and defend
 - The home team needs to stay off the court
 - **Third - 5 minutes** - The home team gets to use the full court to serve, hit, and defend
 - The visiting team needs to stay off the court
 - Please use the scoreboard to keep track of these times
5. After the match both teams need to leave the gym immediately. Team Meetings should be conducted outside the gym. The gym monitor needs to ask all coaches, players, and parents to leave.