Team Rules & Policies Contract

Accepting a position on a Force Volleyball Academy local, travel, select, or national team is a commitment by the player and player's parents. Acceptance of the position is a dedicated time commitment regardless of other activities that are occurring during the club volleyball season. Players and parents are aware and agree to the following:

- Force Volleyball players, parents, and fans all represent Force Volleyball. It is expected that players, parents, and fans treat fellow teammates, parents, coaches, officials, each other's schools, and communities with respect.
- Bullying in any degree or any form (physical, verbal, written or electronic means) is not tolerated.
- We will complete required AAU and USAV memberships. Instructions can be found on the Force website on the "Membership & Forms" page under the "Resources" tab at the top.
- We will submit all required forms and paperwork to the head coach by the first practice in January. All forms can be found on the Force website on the "Membership & Forms" page under the "Resources" tab at the top.
    - Birth Certificate – 2 COPIES
    - AAU Membership Card – 2 COPIES
    - USAV Membership Card – 2 COPIES (NOT required for local teams)
    - Force Medical Release Form
    - USAV Medical Release Form
    - General Force Contract
    - Team Rules & Policies Contract
- We understand that all teams have 2 mandatory practices per week. National teams have an additional 2 Friday practices per month.
- We understand that timely attendance at both practices and tournaments is expected. Habitual tardiness or absence, without discussing the situation with the head coach, is unacceptable.
- All vacations/family events/conflicts scheduled during the season will be given in writing to the head coach by the first practice in January.
- In the event of an illness or emergency, we will contact the coach immediately at the phone number provided.
- We understand that if a practice must be missed, we are able to make up the practice with another team on another day.
- We understand that if a missed practice is not made up, playing time for one match at the next tournament is forfeited.
- We understand that each player is guaranteed 3 rotations of play per match in pool play of each tournament. Playing time during playoffs or bracket play is not guaranteed.
- Extended illness or injuries will require a doctor's note or release to resume playing in practices or tournaments.
- For tournaments, players will arrive 1 hour prior to the start time of the tournament for a proper warm up.
- We understand that Force t-shirts must be worn for each practice/clinic.
- For practices, players are expected to arrive at the gym with enough time set up nets/equipment before the designated start time.
- ALL technology is prohibited during practice and tournaments. Any equipment that can take pictures is NOT PERMITTED in any bathroom or locker room.
- We understand and will adhere to the 24/48-hour rule. Any player or parent concern about coaching decisions must wait until 24 hours after the tournament or practice to be communicated and will be considered a closed issue after 48 hours.
    - It is not acceptable for a player or parent to communicate with a coach about playtime during the event.
    - All issues must be addressed in the following order:
        - Player/Coach
        - Player/Parent/Coach
        - Player/Parent/Coach/Administration
    - Players will be included in every discussion a coach has with a parent. Empowering your daughter to advocate for themselves will help them to become strong young ladies!
- Force does not provide tape/prewrap/etc. used for preventative injuries. Athletic trainers are only available at some (not all) of the tournament sites.

We agree to the policies as outlined above. We understand that violations of this policy it may result in reduced playing time, suspension from practices or tournaments, or dismissal from the club.

Player Name : _____ Player Signature: _____ Date: _____

Parent Name : _____ Parent Signature: _____ Date: _____