



Rules and Guidelines

Updated: November 25th, 2023

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Rules

“Members” – All individuals employed by, or engaged in activities with, NSVC including, but not limited to, athletes, coaches, coordinators, judges, officials, volunteers, managers, administrators, committee members, parents, directors, and officers of NSVC.

“Parents” means the parent(s) or legal guardian(s) of the athlete.

1. All members of NSVC Volleyball Club (NSVC), athletes, coaches, the board of directors, and their volunteers, agree to comply with the rules, regulations, policies and codes of conduct of NSVC Volleyball Club, Volleyball BC and Volleyball Canada.
2. Club fees must be paid by the due dates as set by the Board of Directors. Players who are in arrears will be suspended from club activities until fees are fully paid.
3. The instructions of coaches concerning practice procedures and event behavior must be followed by the players. Failure to follow such instructions may result in expulsion from the club.
4. It is the responsibility of players to inform the coach of any injury they have suffered which will affect their ability to participate.
5. Players are expected to be punctual, cooperative, and considerate while they are participating in NSVC activities.
6. Players are expected to be physically fit enough to safely participate in club activities. Players with chronic injuries will require clearance from their family physicians before they can participate.
7. Players may not leave venues or team accommodations without the expressed permission of the coach or designated supervisor. In general, parents, other relatives, and friends may visit you at the venue, but you may not leave to visit them without your coach or designated supervisor permission.
8. Attendance at practices, meetings, and competitions is mandatory, however, NSVC recognizes that many members are multi-sport athletes and at times scheduling conflicts arise. When scheduling conflicts arise, it is NSVC’s expectation that sacrifices need to occur from all sports. Attendance should be as follows: games over practices, tournaments over games, championships over tournaments.
9. **The 24-hour rule:** if you have something to say to the coach, or they have something to say to you (that could be contentious) wait 24 hours after the event or the game before

discussing it. By this time, you have a better perspective, they have a better perspective, and a lot of disagreements are naturally eliminated in the process.