



# Volleyball Spring 2026 Coaches Meeting

## 1. Introduction:

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Sports Director

## 2. Paperwork:

- **Team Conflict, Division & Practice Forms due no later than **Wednesday, February 18<sup>th</sup>****
  - Team Conflict Form:
    - Form needed when whole/majority of team cannot make a specific dates/day.
    - Form is **NOT** intended for when 1 or 2 players cannot attend specific dates/day.
    - Cannot guarantee full weekends off.
    - Cannot guarantee no Sunday games all season.
    - Need to know times that you cannot make on specific days (Example: Saturdays 8:00am to 10:30am)
    - **If teams do not turn in a Team Conflict Form; then they are unable to turn in game move request forms during the season.**
    - Game Move Request forms will only be accepted if teams turn in a team conflict form and we schedule a game during a time listed on the team conflict form you submitted.
  - Division Request:
    - Select division where you believe your team best fits
    - We use past playing history/records along with coach request to place teams in divisions
    - FieldhouseUSA has final say in divisions
  - Practice Request Form:
    - Please provide 3 options that work for your team.
    - Practices begin at the top of each hour
      - 4pm, 5pm, 6pm, 7pm, 8pm, & 9pm
    - Practices are 50 minutes
    - Each team receives a full court for practice.

## 3. Rosters:

- All information boxes need to be filled out if players are new/never played at FieldhouseUSA
- Please contact all players on roster within 48 hours of receiving team roster.
  - Call/email them
- You may add players to teams until 3<sup>rd</sup> week of season. Final day to add players is **Sunday, April 5<sup>th</sup> 2026.**
- **Rosters are the coach's responsibility to make sure correct.**
- Players can only play on one team per grade level – NO exceptions



#### **4. Practice Schedule/Practices:**

- **Practice Schedule will be released no later than Friday, February 27<sup>th</sup>**
- Scheduled practices will begin the week March 2<sup>nd</sup>
- Each team will receive a weekly 50-minute, full-court practice
- No practices are scheduled the following weeks
  - Week of 3/23/26 – 3/27/26. (weekday games being played)
  - Week of 4/13/26 – 4/17/26. (weekday games being played)
- Practice preference – priority goes from youngest to oldest (grade-wise) when creating league practice schedule.
- Practices start at the top of every hour
  - 4pm, 5pm, 6pm, 7pm, 8pm, & 9pm
- No Practice Teams - Still submit a practice request form indicating you do not need a practice.
- Teams will not be placed practice schedule if you do not turn in a practice request form.
- **7<sup>th</sup> Grade & Above** will likely only have a 9:00pm practice times based off the number of younger teams registered.

#### **5. Game Schedule/Games:**

- **Game Schedule will be released no later than Friday, February 27<sup>th</sup>**
- Games will begin the weekend of March 6<sup>th</sup>.
- Games will end the weekend of May 8<sup>th</sup>.
- We will **NOT** play games on the following dates this Spring 2026 Season:
  - 3/14/26 – 3/15/26
  - 3/28/26 – 3/29/26
  - 4/5/26 – 4/5/26
  - 4/18/26 – 4/19/26
- Teams will be scheduled 8 regular season games.
- Post Season Tournament:
  - All teams 3<sup>rd</sup> grade and above will qualify for playoffs
  - Playoffs will take place from May 11<sup>th</sup> – May 14<sup>th</sup>.
- Majority of games will be played on Friday, Saturday, or Sunday. Exception 2 weeks of weekday games (week of 3/23/26 & week of 4/13/26)
  - Monday - Friday – earliest start 5:30pm
  - Saturday – earliest start 8:00am
  - Sunday – earliest start 11:00am

#### **6. FieldhouseUSA Facility Rules:**

- **No Outside Food or Drink in the facility**
- **Parking**
  - Do not block front driveway/entrance
  - Do not park in circle drive



## 7. Jerseys:

- Jerseys provided for this season
- Final jersey count & sizes will be due on **Wednesday, February 18<sup>th</sup> at 5:00pm CT.**
- Below is a link to submit your teams jersey sizes for all players.
  - <https://app.smartsheet.com/b/form/f9deaddb9da84322975c18e58cc73c2f>

## 8. Coaches

- Coaches **MUST** always wear their coaches' badge on the sidelines
  - Limit to 2 coaches per sideline
  - Referee will not let game start without badges
  - Can start getting those on Monday November 16<sup>th</sup>

## 9. Net Heights and Ball Sizes:

- Net Heights
  - 1<sup>st</sup>/2<sup>nd</sup> Grade - 6'
  - 3/4<sup>th</sup> Grade - 6'6"
  - 5/6<sup>th</sup> Grade – 7'
  - 7/8<sup>th</sup> Grade – 7'4"
- Ball Sizes
  - 3<sup>rd</sup> thru 6<sup>th</sup> Grade – Volley-Lite
  - 5<sup>th</sup>/6<sup>th</sup> Competitive & 7<sup>th</sup>/8<sup>th</sup> Grade – Leather ball
- Serving Lines
  - 1<sup>st</sup> & 2<sup>nd</sup> Grade – 10 feet from net. End line is 20 feet from net.
  - 3<sup>rd</sup> & 4<sup>th</sup> Grade – 15 feet from net
  - 5<sup>th</sup> & 6<sup>th</sup> Grade Recreational – 20 feet from net
  - 5<sup>th</sup>/6<sup>th</sup> Competitive – End Line
  - 7/8<sup>th</sup> Grade – End Line

## 10. Playing Time Rules

- Playing Rules
  - Rules can be found online.
  - Teams can start games with 5 players.
  - If a team only has 5 players then any time a team's 6<sup>th</sup> spot comes up to serve it will be an automatic side out and point for the opposing team.
  - Each team must provide 1 line judge for every game.
  - Players need to play 50% of the game.

## Posted Scores

- Scores will be posted online at the end of every night
  - It is the responsibility of each coach to check the scores and notify your correct director if a score is not correct- we will get to it ASAP when informed.