



St. Rose CYO
Travel Volleyball Guidelines
Grades 5 thru 12
(Updated: 11/7/2023)

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1 Overview

The St. Rose CYO Travel Volleyball program is a competitive travel volleyball program that abides by the rules and guidelines set forth by *CYO of Long Island (CYOLI)* (www.cyoli.org) in conjunction with St. Rose CYO policies. All players interested in trying out for a travel team must register via the CYO website (www.strosecyo.org) by the registration deadline and meet the CYOLI Travel Eligibility Requirements. Late registrations and walk-ins on the day of the tryouts are not permitted. Please note that a player's selection to a Travel team is not guaranteed.

Coaches, Parents, and Players must adhere to the rules and guidelines outlined in this document and be committed to participating in the Travel program. Failure to do so will result in a suspension or expulsion from the program.

The St. Rose CYO Travel Volleyball program strives to create a competitive athletic experience where all participants demonstrate the following core values:

Spiritual Formation, Integrity, Strength in Community, Sportsmanship, Commitment, & Teamwork

2 Zero-Tolerance Policy

Coaches, Players, Officials, and Spectators are expected to conform to accepted standards of good sportsmanship and behavior as stated below.

St. Rose of Lima CYO promotes good sportsmanship by our athletes, coaches, officials, and spectators. We request your cooperation by positively supporting the participants and officials.

Profanity, verbal threats, or other intimidating actions directed at officials, athletes, coaches, or team representatives will not be tolerated and are grounds for suspension or removal from our program.

You represent St. Rose of Lima and our Community and should do so with dignity, honor, and pride during all practices and games, either at home or away. We thank you for your cooperation and look forward to a positive and rewarding experience.

3 Travel Eligibility Rules

St. Rose of Lima Travel Volleyball requires all its coaches and players to adhere to the Travel Eligibility Requirements of CYO of Long Island (CYOLI). The requirements are detailed on the CYOLI website (www.cyoli.org) under menu *Rules*.

3.1 Coaches:

Coaches must live within the St. Rose of Lima parish boundary or be registered members of the St. Rose of Lima parish for two (2) years or more.

3.2 Players:

Players whose address falls outside the St. Rose boundaries are NOT eligible to play for a St. Rose Travel team unless they meet one of the following additional criteria:

⇒ The player attends St. Rose of Lima School
OR

⇒ The player is a registered St. Rose of Lima parish member and is enrolled in the St. Rose Religious Education program (aka CCD, Faith Formation) for two (2) years or more.

4 Coach Selection Process

- St. Rose CYO Officer(s) approve the selection of all Travel coaches (including new coaches and current coaches). Please note that coaches are not guaranteed a coaching position from season to season.
- Persons interested in coaching a travel team must contact the CYO office or the CYO Travel Director, indicating the division (grade and gender) they wish to coach. Contact information for CYO personnel is found on the St. Rose CYO website (www.strosecyo.org).
- A person can only be a Head Coach for one (1) team or an Assistant Coach for one (1) team. If there is a shortage of coaches, the St. Rose CYO Officer(s) must approve coaching options, including but not limited to assigning a non-parent coach or allowing a person to be a coach or assistant coach of multiple teams.
- Only one (1) Head Coach and one (1) Assistant Coach can be recorded on a team roster and are permitted on the team bench during a game. Only one (1) person is permitted on the team bench during the game to keep the score sheet.
- Persons accepting a Coaching position must adhere to the mandatory requirements as stated in **Section 9** of this document. Failure to do so will result in immediate dismissal from the team.

5 Team Selection Process

- St. Rose CYO Officer(s) have the final approval of all team rosters.
- St. Rose CYO Officers and Travel Head Coaches will attend the tryouts for all grades, be part of the player evaluation process, and work in conjunction to pick the team.
- St. Rose CYO Officer(s) and Travel Coaches determine the number of Travel teams per grade (max 2) and the team levels (“A” or “B”) based on the skill level of the players.
- The minimum number of players per team is 10, and the maximum number of players per team is 15.
- Player must attend one (1) **FULL*** tryout session to be considered for a travel team. *Late arrival and/or early departure from the tryout session is NOT considered a FULL tryout.
- Team Divisions:
 - ⇒ Single-Grade Teams: In single-grade teams, players are placed on teams according to their grade levels. These teams will compete in a division that corresponds to the grade level of the players on the team. For example, if you have a team of only 7th graders, they will compete in the 7th grade division.
 - ⇒ Multi-Grade Teams: Multi-grade teams consist of players from different grade levels, but there is a specific grade range defined for each team. Players on these teams must fall within the specified grade range. These teams will compete in the division of the highest grade level represented on the team. For example, if a team is composed of players from the 5th and 6th grades, they will compete in the division for 6th-grade teams.
- Team Levels:
 - ⇒ Grade 5: “B” level only
 - ⇒ Grades 6-12: CYOLI determines the team level based on the team record from the previous year. See the CYOLI rule for the appeal process if required.
 - ⇒ If a grade has two teams at the same level, a draft will be held to ensure both teams are equally competitive. Players will be ranked, and the coach's child, if applicable, will be slotted in the appropriate round. St. Rose CYO Officer(s) will determine which coach has the first draft choice and oversee the draft.

6 Team Selection Notification

- Within approximately 48-72 hours upon completion of the final tryout date for each grade level, players will be notified via email if they *have* or *have not* been selected to a Travel Team.
- Players selected to a Travel team will receive additional emails outlining the Travel requirements (fees, registration, uniform fitting dates, etc.) in the weeks following the tryouts.

7 Travel Fees

- Travel Fees will be disclosed before registration for tryouts.
- The fee includes practices, participation in the CYOLI Travel League, and a player jersey.
- Travel Fees must be paid in full to participate in the Travel League (practices and games).
- Participation in additional leagues or tournaments is at the coach's discretion and may require additional fees.

8 Team Apparel

- Player Jersey will be purchased by the player through the St. Rose CYO web store. The player jersey is mandatory apparel for games.
- Additional St. Rose CYO team apparel may be purchased through the St. Rose CYO web store.
- Teams wishing to order apparel from a vendor other than the St. Rose CYO webstore must use the approved St. Rose CYO branding, and the apparel must be reviewed and accepted by St. Rose CYO Officer(s).

9 Travel Coach Commitment

Coaches reflect the St Rose CYO Ministry and must demonstrate a commitment to the Team and the St. Rose of Lima CYO Program. We aim for each team to win CYOLI's highest honor, the CYOLI Sportsmanship Award.

9.1 Mandatory Requirements

Persons accepting a Coaching position must adhere to the mandatory requirements below. Failure to do so will result in immediate dismissal from the team.

- Coaches will be Background screened, Virtus trained, and attend the CYO Coaches Sanctioning Workshop.
- Head Coaches will be active participants in Travel tryouts.
- Coaches MUST participate in the Annual CYO Mass as a team and organize a team collection to donate toys to Outreach.

9.2 Practice/Game Policies

- Coaches must wear a St. Rose coaches' shirt to all games.
- Coaches are responsible for abiding by the St. Rose Venue Policy during their practice and games. The Venue Policy is on the St. Rose CYO website (www.strosecyo.org).

Please ensure;

- ⇒ the gym is clean when leaving (discard water bottles and take any items left by your players)
- ⇒ when a St. Rose travel team is playing another parish in one of our venues, the St. Rose Travel coach should make every effort to arrive early and leave the venue only after the players/parents of both teams have left

- Coaches are committed to the skill development of ALL players on their team.

PLAYING TIME ("A" and "B" Levels):

- ⇒ The coach is responsible for ensuring that all players in uniform play the minimum playing time unless they cannot play due to an injury or discipline.
- ⇒ Minimum playing time: Each player MUST play in at least 18 points (approximately 25%) of each 3-set match. In addition, any player who did NOT appear in the 1st set of the match MUST play in the 2nd set.
- ⇒ It is at the coach's discretion to decrease a player's playing time with unexcused or consistently missed practices.
- ⇒ Coaches are responsible for adhering to the CYOLI Travel Volleyball Rules. It is important to note that two (2) forfeit losses will eliminate a team from playoff contention. This elimination may not be appealed.

10 Travel Player Commitment

Players reflect the St. Rose CYO Ministry and must commit to the Team and the St. Rose of Lima CYO Program. We aim for each team to win CYOLI's highest honor, the CYOLI Sportsmanship Award.

10.1 Mandatory Requirements

- Players must be IN COMPLIANCE with the CYOLI Travel Eligibility requirement.
- **Players must register for and attend tryouts** to be considered for a travel team. *Note that earning a position on a travel team in a prior year does not guarantee an automatic position in future years.*
- Player must pay his/her Travel fees in full before participating (practices/games) in the program.
- Players must play on the team for which they are selected and cannot request specific team placement. For example, an "A" player cannot request to play on the "B" team, or a player cannot request to play for a specific coach.
- Once a player is ROSTERED (selected to a team), they cannot opt out of playing for that team. If a player chooses to opt out, the player cannot participate in any St. Rose CYO program for the current year. Also, the player will not be permitted to try out for Travel Volleyball the following year. Further, the Travel registration fee will NOT be refunded if a player opts out after the team selection process.
- Players must attend the annual CYO Mass as a team in December.

10.2 Practice/Game Policies

- Attendance at Travel practices and games is mandatory. If a player cannot attend a Travel practice or game, it is the responsibility of the player/parent to notify the coach of the reason for the absence before the start of the practice or game. *Please note that unexcused or consistently missed practices will affect a player's "play time" during games.*

An Executive Board vote must approve any appeals or changes to the above rules.