CAJUN SPORTS ASSOCIATION · LAFAYETTE, LA

COACH QUICK REFERENCE CARD

CSA Girls Volleyball · Grades 1–6
www.csalaf.com · Volleyball Director: Stephanie Abdalla
SIDE 1 — RULES & GAME DAY

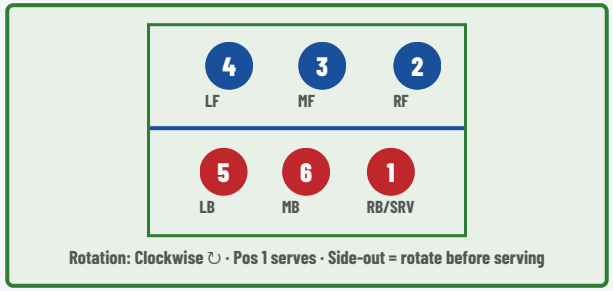
SERVING RULES BY GRADE

GRADE	TYPE	DISTANCE	NOTES
1–2	UH only	10 ft	3 serves each, no matter what
3rd	UH or OH	UH: 15 ft · OH: 10 ft	Player chooses
4th	UH or OH	20 ft	—
5th	UH or OH	22 ft	—
6th	UH or OH	End line (30 ft)	—

MATCH FORMAT

- Best 2 of 3 sets · Sets 1&2 to 25 (cap 30) · Set 3 to 15 (cap 20)
- Rally scoring — point every rally
- Win by 2 (until cap)
- 2 time-outs per team per set · 1 min each
- 5-in-a-Row Rule (gr. 3–6): server stops after 5 pts in a row
- Coin toss opens the match: winner picks serve or side
- Set 2: other team serves first · Set 3: new toss, new lineup OK
- Switch sides for set 2 · Set 3: switch at 8 pts

COURT POSITIONS & ROTATION



Rotation: Clockwise ↻ · Pos 1 serves · Side-out = rotate before serving

COMMON FAULTS (POINT TO OPPONENT)

- Ball lands in-bounds on your side
- Ball sent out of bounds or outside antenna
- 4 contacts (max is 3)
- Double contact (same player, twice in a row)
- Carry / Lift / Throw
- Net touch while ball is in play
- Center line violation (interfering with opponent)
- Rotation fault (wrong position at serve)
- Serving fault (foot on/over line; ball doesn't cross net)
- Back-row attack above net height in front of 10-ft line

NET HEIGHTS

GRADE	NET HEIGHT	BALL
1–2	6 ft 0 in	Soft Touch / Volley-Lite
3–4	6 ft 6 in	Volley-Lite
5–6	6 ft 6 in	Volley-Lite / Standard

60-MIN PRACTICE STRUCTURE

Warm-Up & Ball Control 15 min	Serving 10 min	Skill Focus 15 min	Team Play 20 min

Maximize ball contacts. Minimize lines. If players stand still >60 sec, restructure the drill.

SEASON PHASE ROADMAP

PHASE	WEEKS	FOCUS
1 — Foundation	1–3	Platform, underhand serve, rotation
2 — Development	4–6	OH serve, setting, serve receive
3 — Application	7–9	Pass-Set-Hit, game play, tournament

TEAM COMPOSITION RULES

- 6 players per side · Min 4 to start
- 15-min grace period · Then forfeit
- Late player: rotate in at next rotation
- Borrowed players: same division · Max 4 · Can't start unless needed for min
- Equal playing time required · No player sits out more than 1 rotation/set

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SIDE 2 — CONDUCT & EMERGENCY

EMERGENCY PROTOCOL

1. Stop play. Clear the court. Stay calm.
2. Assess. Do NOT move player if head/neck injury suspected.
3. Call 911 for every head injury, or if serious, unconscious, or unsure.
4. Administer first aid only if trained. Kit: Front Desk.
5. Contact parent/guardian first (emergency contact on roster).
6. Then notify Volleyball Director once player is stable.
7. Document: time, injury, actions, contacts. Incident Report forms: Front Desk.

CONCUSSION RULE

When in doubt, sit them out.

- Any head blow → call 911; remove from play immediately
- Symptoms: headache, dizziness, confusion, nausea, light sensitivity
- No return to play same day. Ever.
- Written medical clearance required to return

KEY CONTACTS

911	Life-threatening emergency
Front Desk	Comeaux Rec Center: first aid kit, Incident Report forms
(337) 291-8400	LPRD Main Office, Comeaux facility staff
1-855-452-5437	Louisiana CPS Hotline
(337) 298-6117	Stephanie Abdalla, VB Director
cajunsportslafayette@gmail.com	

NON-NEGOTIABLE COACH STANDARDS

Violation = immediate removal from coaching role

- No physical contact beyond instructional demonstration
- No yelling at, belittling, or humiliating players
- No profane/sexual/discriminatory language
- No 1-on-1 with a player without another adult present (Two-Deep Rule); a 16–17 assistant is not the second adult
- No personal DMs/texts/social media with players; GroupMe/text group is for parents only
- No alcohol or substance use at any CSA event
- No retaliation against anyone who raises a concern
- No failure to report known/suspected child abuse

SIDELINE RULES

- Max 1 head coach + 1 assistant on sideline
- Stay on bench side · Do not cross 10-ft line
- No arguing with officials — ever
- Manage parent sideline conduct
- Deliver coaching calmly and constructively

COMMUNICATION LADDER

Player issue	Coach → Director (same day if serious)
Parent concern	Parent → Coach → Director → CSA Board
Injury/ incident	Coach → Parent first → Director once stable
Cancellation	Director → Coach → Parents (2 hr min)

PLAYER EXPECTATIONS (QUICK)

- Attend every practice & game; notify coach if absent
- Arrive ready: proper attire, water, attitude
- Game day: jersey, any athletic shorts, knee pads, hair tied back
- No jewelry (except medical alert)
- Listen when coach speaks — stop, face, listen
- Call "mine" before every contact
- Cheer for teammates on the bench
- Handshake line after every match — win or lose

PARENT SPECTATOR RULES

- Stay in spectator areas — no court access
- Cheer positively only — no negative comments
- Do NOT coach from the stands
- Do NOT approach officials during/after games
- No profane or abusive language — zero tolerance
- 24-Hour Rule: wait 24 hrs, then go to the coach about game concerns or a referee's call
- Pick up within 15 min of session end; running late: call or text coach

CONDUCT CONSEQUENCES

Minor violation	Verbal warning; correct before continuing
Repeated minor	Parent notification; possible removal from session
Unsportsmanlike	Removal from game; parent notification
Fighting/threats/ abuse	Immediate removal; suspension pending Director review
2nd major offense	Removal from program; no refund

SKILLS BY GRADE — SEASON GOALS

GRADE	KEY SKILLS BY SEASON END
1–2	Platform form, underhand serve, call "mine," rotate, sportsmanship
3–4	Pass to target, serve progression, Pass-Set-Hit concept, downball, communication
5–6	Consistent pass, overhand serve (5th: 22 ft · 6th: end line), overhead set, 3-step approach, W-formation serve receive

TOP DRILLS — QUICK REFERENCE

DRILL	GRADE	SKILL
Pepper (pairs)	3+	Pass-Set-Hit loop
Queen (King) of the Court	3+	All skills, competition
Serve & Shag	All	Serving reps
Toss-Pass-Set-Catch	3+	Pass-Set sequence
Down the Line Passing	All	Movement + passing
Serve Receive Triangle	4+	Serve receive

PRE-SEASON COACH CHECKLIST

- ☐ Background check cleared
- ☐ SafeSport training complete (safesport.org)
- ☐ Coach Agreement signed & returned
- ☐ Handbook reviewed
- ☐ Roster + emergency contacts received
- ☐ Curriculum guide reviewed