

Spike It Volleyball is committed to providing a cost effective opportunity to develop, train, and participate in activities to acquire volleyball experience. To ensure the safety and well-being of its players, coaches, and officials, Spike It will strictly follow the COVID-19 best practices for sports participation throughout all activities and events..

General League information:

1. PARTICIPATION:

Athletes Ages 14 - 18. Experienced 13 years olds welcomed. A maximum of 8 teams. A team of a MAXIMUM of 10 players. Modifications made as needed. Teams and free-agent players are eligible to participate.

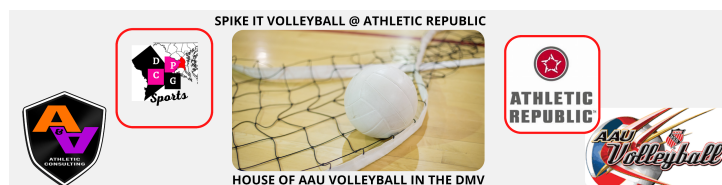
Associated fees:

- \$50 one-time non-refundable fee to secure a slot on a roster - (covers jersey, awards, and officials) - payable directly to Spike It
- \$35 monthly membership (covers Thursdays practice sessions and anytime use of the facility) - payable to Athletic Republic or (\$10 weekly practice fee - ONLY covers practice access)

Evaluations – The All-Comers League player's evaluations are conducted on Saturday, March 27, 2021, Thursday 4/8, and Saturday, April 10, 2021. There will be two available slots 10am-12pm and 12pm - 2pm on Saturday. The evaluation is not a tryout, but a process to determine the position(s) and placement of roster.

Level Definitions

- C – Beginners with little to no understanding of the game. No developed volleyball skills. (Player referred to Academy Program)
- B – Basic understanding of the game and rules. Some developed volleyball skills, such as passing and serving. (Player ideally has had minimally Junior Varsity level of play and/or 1 season of team play)
- BB – Solid knowledge of the game and rules. Able to serve, pass, set, hit, and execute a 3-touch sequence (pass, set, spike) with some consistency.
- A – Excellent knowledge of the game and rules. Skill levels range from Advanced Intermediate to Experienced. All players understand rotational sequence, offensive concepts (i.e., 5-1, 6-2, etc.) and defensive positions and can apply them in competition. Game and player strategies are well understood (i.e., running offensive plays, identifying opponent weaknesses, reading opponent's plays during volley, etc.) but may still be in refinement.



2. PLANNED EVENTS: The season will involve both team practices and scheduled matches.

Practices – Each team practices and scrimmages in an indoor gym once a week throughout the season. Practices are held on Thursdays, 5:30 pm - 8:00 pm. Practices are limited to 90 (30 Minutes team conditioning and 60 minutes team activities).

Matches – All-Comers Volleyball will schedule a combination of indoor matches. With all games being played at Athletic Republic - Capitol Region. Indoor matches will be limited to just the players, coaches and referees. Games will be played with 3 games (25, 25,15). The winner will be determined by the total number of team points acquired in the entire match.

- Table 1: Sample Scoreboard

Match	Team	Set 1	Set 2	Set 3	Total Points	Victory
	Team A	25	25	10	60	
	Team B	23	23	15	61	Winning Team

Two Scrimmage matches are targeted to start Saturday, April 17 and April 24, will be used to ensure the proper leveling of teams.

3. SEASON SCHEDULE

March 13: Registration Opens

March 18: Player Evaluation (Sessions 1 and 2)

April 10: Player Evaluation (Sessions 3 and 4)

April 10: Registration Closes

April 12: Deadline to confirm participation and pay the league fee

April 12: Team rosters and schedules published

April 13: Team practices begin

April 17: Scrimmages (Session 1)

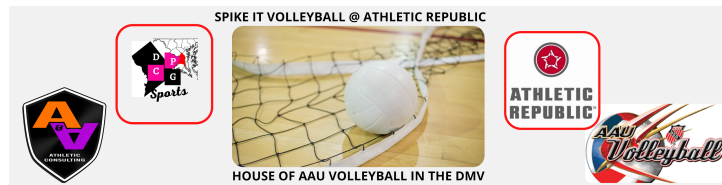
April 24: Scrimmages (Session 1)

May 29-31: Memorial Day Weekend - NO Game Scheduled

June 12: Last match of the season

Format: Round Robin for eight weeks. The number of matches per night TBD. Match equals all three sets, starting at 4 points with rally score to 25 cap at 30 or 1-hour time limit. Game 3, if needed, rally to 15, no cap, win by two. Unlimited substitutions. Liberos permitted. 2 timeouts per set.

Teams must be at their playing site a MINIMUM of 30 min ahead of scheduled playing time (this does not apply to the first match of the evening). Matches WILL be played ahead. A team may play with as few as four people. If at the beginning of the match fewer than 4 players are



present, the team will forfeit Set 1; if after 10 minutes fewer than 4 players are present, the match will be forfeited.

Balls will be provided by Athletic Republic. Warm up is as follows: For a team's first match-general 2 min; each team 2 min at the net; 1 min serving. Once both teams have played their first match there will be no warm-up given.

The following rule modifications are in place until further notice as a component of COVID -19 precautions.

Teams remain on the same side throughout a match and do not change sides between games. At the beginning of the match, the team listed in the schedule as the "home" team chooses the side and the team listed as the "visitor" team chooses to either serve or receive first. With each subsequent game in the match, the teams remain on the same side but alternate which team serves first.

All-Comers Volleyball League will live-stream playoff and championship games.

Other Events:

- Can You Dig It? Volleyball Academy on Tuesdays. This Academy is to improve the player skills and volleyball IQ in a clinic setting. Ages 12 -15
- Showcase/Combine - June 2021
- Summer Camp - July 2021
- Fall Middle School League - TBD
- Academy and Club Tryouts - November 2021

If you should have any questions or concerns, please feel free to contact me, Coach Amaker at 301-404-1263 aamaker@athleticrepublicteam.com or jjackson@athleticrepublicteam.com.