



Our Values

At Girls Place, we believe that all girls should be inspired, challenged, and nurtured to become their very best.

Our Vision

Girls Place girls become independent women who embrace diversity, express their ideas, rise above obstacles, enhance their communities, and lead those around them.

Our Mission

At Girls Place, we empower girls to grow courageous, strong and self-sufficient. We inspire our girls to celebrate themselves—their minds, their hearts, and their physical well-being.

Girls Place House Rules

Give Your Heart

Respect Comes First

Own Your Genius

Win With Trust

Important Information

Girls Place is a licensed child care center with Florida Department of Children and Families (DCF). We must abide by Florida State Statute as well as the Child Care Handbook. Please note the following that relate to expectations while at GP:

2.8 Child Discipline

A. The child care facility shall adopt a discipline policy consistent with Section 402.305(12), F.S., including standards that prohibit children from being subjected to discipline which is severe, humiliating, frightening, or associated with food, rest, or toileting. Spanking or any other form of physical punishment is prohibited.

3.1 General Health and Safety Requirements

E. Pursuant to Chapter 386.204, F.S., smoking is prohibited within the child care facility and in vehicles when being used to transport children. Smoking is prohibited in all outdoor areas, including on field trips, while children are in care. Owners/operators are to notify custodial parents and legal guardians, in writing, that smoking, including ecigarettes and vaping, is prohibited on the premises of the child care facility.

3.2 Toxic/Hazardous Material/Firearms/Weapons

A. All areas and surfaces accessible to children must be free from toxic substances, bio contaminants, and hazardous materials/equipment/tools, including power tools, plastic bags, matches, candles, lighters, etc.

B. All potentially harmful items, including cleaning supplies, flammable products, poisonous, toxic, and hazardous materials, must be labeled and used according to manufacturer's recommendation. These items, as well as knives, sharp tools, and other potentially dangerous hazards, must be stored in a locked area or must be inaccessible and out of a child's reach at all times.

C. Firearms and weapons, as defined in section 790.001, F.S., are prohibited within any building or upon any person located on the premises, excluding federal, state or local law enforcement officers.

D. Narcotics, alcohol, or other impairing drugs/paraphernalia must not be present on the premises or in vehicles used by child care facility.

Personal Property

Girls Place, Inc. does not assume responsibility for loss or damage to personal property on Girls Place, Inc. premises and does not reimburse for any losses or damage to personal property resulting from theft, fire, automobile accidents or any other condition for which personal insurance is available.

Support GP!

\$1 donation at the door

We kindly ask that every adult entering the gym on game days make a \$1 donation to our athletic program. All donations go toward supporting all Girls Place athletics programs. Donations may support facility improvements, maintain equipment, or provide Financial Assistance to athletes. The donation is not required but suggested.

Volunteer to run concession, line judge, or bring snacks for your team!

General Volleyball Rules

Girls Place will follow National Federation High School volleyball (NFHS) rules, with exceptions for certain rules as follows:

1. Team Requirements and Equipment

1.1 Players: A team shall consist of 8 or more players. A team may start with a minimum of 4 players. At least four players must be present at the start of the game, or the game is considered a forfeit. The match will be a forfeit ten minutes after the scheduled match time.

1.2 Shoes: All players must wear non-marking, rubber-soled athletic shoes. Crocs are not acceptable footwear

1.3 Jewelry: Jewelry may not be worn, although new ear piercings may be covered with a bandage.

1.4 Casts/ Braces: Casts and/or any other item deemed to be dangerous by the official or athletic director may not be worn during the game. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2 inch of slow recovery rubber or similar material will be allowed.

1.5 Jerseys: Provided by Girls Place at the first match of the season. Numbers may not be a duplicate of a teammate's number. Shorts/leggings, socks, and kneepads are the responsibility of the players. Girls must wear their team's jersey or a color in its likeness to participate in their game

1.6 Eligibility: A player can participate on only one team, that being the team for which she is on the official team roster.

2. Game Structure

2.1 Warm-Ups: Warmups begin 10 minutes before the scheduled game or as soon as the teams are assembled, and the captain's meeting has concluded. The team that receives the ball first gets the first four minutes of warm up time alone on the court. The next four minutes of warm up time will be given to the other team. The last two minutes of warmups will consist of both teams serving one another.

2.2 Line Up Sheet: Coaches must submit a line up sheet (copies can be found at the scorer's table) with the numbers of the players' starting positions. The lineup sheet must be turned in no later than 5 minutes prior to the start of the game.

2.3 Game format All games will consist of the best two out of three sets, with three minutes in between sets.

2.4 Scoring: All games will be rally scoring Rally scoring means a point is won on each serve, no matter whether the team who won the point served the ball or not. In the first two sets of a game shall be won by the team.

- **3rd – 5th grade** teams will play to 22pts in the first 2 sets, teams will play to 15 points in the third and final set.
- **6th-8th Grade** teams will play to 25 points in the first 2 sets, teams will play to 15 points in the third and final set.
- All sets must be won by 2 points.

2.5 Captain's meeting: A Rock/Paper/Scissor match between representatives (captain) of each team at the beginning of the game will determine the choice of court or service. The team which does not serve first in game one will serve first in game two.

- Should a game go to a third set captains will be re-called to determine serve and court choice for the third and final set.

2.6 Time-Outs: Two time-outs will be given to each team per set, with no carry over of the remaining time-outs into sequential sets. Time-outs may be requested any time the ball is dead and shall not exceed one minute. If a team calls time out with none remaining, ONE point will be awarded to the other team and play will resume immediately.

2.7 Game time Limits: There will be no time limit for each game.

2.8 Game Schedule: Games will be played according to the times and dates scheduled. Games will not be changed unless extreme circumstances arise. Rescheduling of games will be judged on a case-by-case basis. If a conflict arises, please notify the athletic director as soon as possible.

2.9 Substitutions: Substitutions are unlimited and may be made after play has ended before the next serve. Standard substitution procedures are as follows:

- Starting players may be replaced by any player on the bench but not by another starter
- Once a starter is replaced, to be eligible to come back into the game, she must re-enter for the same player who took her spot

- Injury/Illness substitution may be made at any time and is not subject to the substitution rules above. A team may play with fewer than four players if an injury during the game causes the team to fall short of a full team.
- Playing time is influenced by active participation in practices and games, positive attitude, teamwork, communication, and coachability all factor into substitutions. Substitutions may be made at any time and is not subject to the substitution rules above for
- Poor attitude, failure to participate, or un-sportsman like conduct toward player, coaches or officials.
- Substitutions re-set for each set played.

3. Playing the Ball

3.1 Ball Contact Maximum: Each team is allowed a maximum of three successive contacts of the ball to return the ball to the opponent's area. The only exception to this rule is that a block is not considered to be one of the three contacts.

3.2 Contacted Ball: A player who contacts the ball shall be considered as playing the ball.

3.3 Contact of the ball with the body: The ball may be hit with any part of the body on or above the waist but cannot come to rest visibly on the body. If the ball hits below the waist, it shall become dead.

3.4 Illegal Hits: An illegal hit occurs when the ball visibly comes to rest or has prolonged contact with a player. **This is a judgment call by the official and cannot be questioned by anyone.** Holding, catching, throwing, lifting, and pushing are illegal hits because of prolonged contact with the ball. Rolling is considered an illegal hit because there is continued and steady contact between the ball and the player's body. If this occurs, it will result in loss of rally/point.

3.5 Double Hits: A double hit occurs when a player illegally contacts the ball twice in succession or the ball rebounds from one part of the body to another on a single attempt to play the ball. If this occurs, it will result in loss of rally/point.

3.6 Net Foul: A net foul occurs while the ball is in play and:

- a player contacts any part of the net including the cable attachments. It is not a foul when a player's hair touches the net, or the force of the ball hit by an opponent pushes the net or net cables into the player.
- there is interference by a defender who makes contact with an opponent making a legitimate effort to play the ball

3.7 Blocking the ball: A ball which is entirely on the opponent's side of the net is permitted to be blocked when the opposing team has had an opportunity to complete its attack. (Note: The serve may NOT be blocked) The attack is considered complete when the:

- attacking team has completed their three allowable hits.
- attacking team has had the opportunity to spike the ball or, in the official's judgment, directs the ball with the intent to return it to the opponent's court.
- ball is falling near the net on the attacking teams' side and in the official's judgment, no member of the attacking team could make a play on the ball

3.8 Crossing the Center Line: For the safety of the players, contact with the center line will be considered a foot fault and will result in a loss of rally/point. This is a judgment call of the referee.

3.9 Back Row Player Attack: A back-row player may attack the ball only if she leaves the floor from behind the 10 foot line and its imaginary extension. If any part of the player's foot touches the 10-foot line at the time of contact; a foul shall be called. Back-row players may not attempt to block the ball in front of the 10 foot line. A back-row player shall not return a ball which is completely above the height of the net.

4. Service

4.1 When to serve: the server must wait for the official to beckon (blow the whistle and motion with his/her hand) before a serve may be attempted. If the ball is served before the official's beckon, a re-serve shall be directed. During an entire match, the first infraction will be a warning and a re-serve while the second infraction will result in a point for the other team.

4.2 Net serves: If the serve hits the net and still falls inside the non-serving team's court, then the ball is ruled in play. If a serve hits the net and does not fall inside the non-serving team's court, then a point will be awarded to the non-serving team.

4.3 Serving Line: Service lines are specific to age group. Contact with the ball must be made before the service line. Stepping on or in front of the serving line after contact has been made will be acceptable.

4.4 "Good" serves: A good serve must land on the line or inside the court. If any part of the ball touches the line, then the ball is "good". If the ball lands out and is not touched by any player on the receiving team before it hits the ground, then a point is

awarded to the non-service team. The server cannot serve with an open hand on an underhand serve; the server cannot serve with a closed fist on an overhand serve.

4.5 Time to serve: The server has five seconds to make a legal serve.

4.5a Re-Serves: The server may toss and drop a bad toss if no swinging motion has been made to attempt the serve. The server is allowed only one re-serve per each new serve.

4.6 Front-row players: A team can have no more than 3 front-row players on the court, during a particular rotation, regardless of the total number of players (4, 5 or 6) on the court.

5. Live ball/Dead ball

5.1 Live Ball: The ball becomes live when it is legally contacted with a serve.

5.2 Dead Ball: The ball becomes dead when:

- the ball touches the antennas.
- the ball touches the ground.
- the ball contacts a permanent object (excluding the net) above or outside the playing court. **EXCEPTION:** a ball striking the ceiling, light fixture, or sprinkler head and remains on the side of the court where contact was made and the ball is legally played next by the same team
- a player commits under the net/ serve over the line
- a served ball does not clear the net
- the official blows the whistle for any reason

5.3 Questionable point: If an official questions a call, the point shall be replayed if outside interference (other balls, children, objects dangerous to the players etc.) should occur while the ball is in play.

6. Other Rules

6.1 Challenges: Each team will receive one challenge card per game. If a challenge is made at the scoring table, all officials and coaches will discuss the point. If the challenge is won, then the challenge card will be kept by the challenging coach. Should the challenge be lost then no additional challenges will be allowed to be made by that coach.

- If no agreement is reached, then the play will be re-played and the challenge card will also be lost.
- There will be no challenges allowed on game points.

6.2 Unsportsmanlike conduct: Unsportsmanlike conduct is not in line with our House Rules. We ask that every Player, Coach, Official, and Parent follow our house rules.

6.3 Final Determinations: The athletic director (or their designee) reserves the right to make final determination on any rules or interpretations that may differ from the high school rulebook.

6.4 Playing Boundaries: The volleyball court is marked by white lines. The playing boundaries will be the black lines (which is also the basketball court) surrounding the volleyball court. Once the ball has crossed the midline under the net—or the plane that extends from that line— it is no longer playable.

6.6 Rotations: If a team is found to be out of rotation when the ball is served the play will be stopped and a point will be awarded to the other team.

- If the team that is out of rotation is serving they will lose their serve
- If the team that is not out of rotation is serving they will retain their serve and the game will continue

Girls Place Specific Rules:

- All girls are expected to have equal playing time during a game and or set. Please understand that play time will be affected by players **Attitude, Effort** and **Attendance** at games and practices.
- If a player has missed practices (for undocumented reasons), has a poor attitude or is unwilling to put forth effort this will be documented and play time can be altered.

3rd-5th Grades

Balls: Official Volley-Lite volleyball; lighter and softer than regulation volleyballs

Serving lines: The white lines indicate the volleyball court boundaries. For the 3rd/4th grade age group, the green line (approximately 23 feet from the net) can be used for those players that choose to underhand serve. The purple line (Approximately 26 feet from the net) will be used for the players in this age group that wish to overhand serve. Coaches will develop 5th graders to serve underhand from the purple line and overhand from the white line.

Net height: The official net height is 6'6 feet from the top of the net to the floor.

6-service rule: A player may serve no more than 6 consecutive times in her rotation. Whether the serve was an ace or returnable, after the 6th successful serve the player must rotate. The team keeps possession of the ball.

Substituting on a serve: Every player must be given an opportunity to serve at least once in each game. Coaches are not allowed to substitute a player as she moves into the serving position due to her ability to serve over the net.

Points: First two sets are played to 22 points. If a third set is required, the set is played to 15 points.

6-8th Grade Specific rules:

Balls: Girls in 6th/8th grade use the regular official size volleyball.

10-service rule: A player may serve no more than 10 consecutive times in her rotation. Whether the serve was an ace or returnable, after the 10th successful serve the player must rotate. The team still keeps possession of the ball.

Serving lines: All players at this level will serve behind the white lines (approximately 30 feet from the net), regardless of whether the serve is over or underhand.

Net height: The official net height is 7'4 from the top of the net to the floor.

Points: First two sets are played to 25 points. If a third set is required, the set is played to 15 points.

