



CMLSAA Volleyball Coach Tips from the Volleyball Alberta Referee Association 😊

Most importantly, THANK YOU for volunteering your time to coach these athletes!! This document is meant to help with processes you may not be aware of regarding volleyball. As much as it may not matter during play, the tips below will help your matches run smooth and save time to ensure the athletes get to play!

BEFORE the Match

Coin toss: Captains from both teams meet with the coach to determine who serves first and which side they would like to start one. Please note it is rare to switch sides. The options for the coin toss winner are Serve, Receive or Switch Sides. To begin the match, have the starting 6 line up on the end line.

DURING the Match

To start the 2nd or 3rd set, line up on the sideline and the referee will whistle you on the court.

If you have a question about the application or interpretation of the rules, it is the captain's responsibility to ask the referee. The coach can ask questions through the captain. Please refrain from yelling across the court (coaches, assistant coaches and bench players). If this happens, this could result in a sanction (yellow/red card). Also, questions regarding judgement calls (ie ball handling) are not permitted.

Substitutions: athletes just must run into the "Sub zone" (the space between the centre line and 3 metre line on your side of the court) and the substitution will be granted. Please ensure you (the coach) are not standing in the sub zone as this can create unnecessary delays.

Timeouts: As there is not second referee, please stand close to the 3 metre line and signal a "T" with your hands and the referee should see you in their pre-service whistle scan. If the referee does not see you, you may verbally ask for a timeout.

AFTER the Match

Once the set/match is complete, please line up on the end line so that referee can whistle and signal to switch sides or return to your bench (end of match). DO NOT return to your bench until you have completely switched sides. Ideally, bench players or coaching staff can bring water bottles to the other side.