



Athlete Code of Conduct

BigTime Volleyball Academy (BVA) is committed to providing a positive and rewarding volleyball experience. By agreeing to these rules, you commit to supporting and respecting your teammates, coaches, staff, and volunteers. Playing for BVA requires dedication to both your personal growth and the success of your team.

1. Attitude & Sportsmanship

- **Positivity:** Arrive at every practice with a positive attitude and a willingness to give your best effort.
- **Coachability:** Be open to feedback and advice from coaches to foster your growth as an athlete.
- **Respect:** Show respect to all BVA coaches and staff, as well as opposing teams, parents, officials, and Volleyball BC/Canada staff.
- **Inclusion:** Be supportive of your teammates. Gossip, bullying, berating, or exclusion of others will not be tolerated.
- **Conduct:** Refrain from inappropriate language, physical aggression, or disrespectful gestures toward anyone in the sporting community.

2. Attendance & Punctuality

- Attend all scheduled practices, tournaments, and team events.
- Arrive on time and be ready to start immediately.
- **Notification:** Notify your coach as far in advance as possible if you will be late or absent.

3. "Student-Athlete" Balance (Student First)

- **Academics:** Stay on top of school assignments and tests. Education is your primary responsibility.
- **Communication:** If you are struggling to balance school and volleyball, speak to your coach early so we can help you succeed in both.
- **Wellness:** Maintain a healthy diet, stay physically active, and ensure you get sufficient sleep to support your performance and health.

4. Technology & Personal Devices

- **Storage:** Mobile phones and earbuds must be stored safely in your bag during all team activities. BVA is not responsible for lost or damaged devices.
- **Focus:** No texting, scrolling, or calling during practice or tournaments.
- **Team Bonding:** During team dinners or bonding events, athletes are expected to be "off their phones" to build off-court relationships.
 - *Exception:* Reviewing game footage or posting approved team content under coach supervision.

5. Practice Attire & Safety

- **Uniform:** Wear an athletic T-shirt, shorts/spandex, knee pads, and **indoor-only** volleyball shoes. (No apparel from other local clubs; Provincials/Nationals/Team BC gear is permitted).
- **Jewelry:** For safety reasons, no long or dangly jewelry (earrings, necklaces, etc.) may be worn during practice or play.

6. Injuries & Health

- **Reporting:** Report all injuries to your coach immediately.
- **Commitment:** If injured but mobile, you are still expected to attend practices/games to support your team and continue learning the tactical side of the game.
- **Clearance:** A doctor's note providing medical clearance is required before returning to play after a significant injury.

7. Equipment & Facilities

- **Respect:** Treat all BVA equipment (balls, carts, etc.) and rental facilities with care.
- **Responsibility:** Assist coaches in collecting and inventorying equipment at the end of every session.

8. Substance Use

- **Zero Tolerance:** Possession or consumption of alcohol, tobacco, vaping products, illicit drugs, or performance-enhancing substances is strictly prohibited.
- **Medication:** Provide parental consent and inform coaches in advance if any prescription or over-the-counter medications are required.

9. Playing Time & Communication

- **Coach's Discretion:** Playing time is determined by the coach based on performance, attendance, attitude, and team needs.
- **The 24-Hour Rule:** Do not approach a coach to discuss playing time or coaching decisions immediately after a match. A **24-hour cooling-off period** is mandatory before a respectful discussion can take place.
- **Appropriate Steps:** Coaches are instructed to disengage from parents or athletes who attempt to bypass this communication policy.

10. Social Media & Representation

- Be a positive ambassador for BVA online. Avoid any form of cyber-bullying or negative comments regarding the academy, teammates, or opponents.

Compliance & Disciplinary Action

Failure to adhere to this Code of Conduct may result in disciplinary actions at the discretion of the **BVA Director**, including: 1) Formal warning notices, 2) Suspension from practices or tournaments, 3) Termination of BVA membership without refund, 4) Reporting of serious incidents to the appropriate volleyball authorities.