



Casper After School Program for Education and Recreation



The Natrona County School District #1 and the Casper Recreation Division are sponsoring volleyball and basketball programs for all 4th and 5th grade students known as **C.A.S.P.E.R.** (Casper After School Program for Education and Recreation).

This program is designed to provide an opportunity for the students to practice with a team from their own school and participate with teams from other schools under adult supervision and coaching.

General Information

NATIONAL HIGH SCHOOL FEDERATION RULES WILL BE USED WITH THE FOLLOWING EXCEPTIONS:

1. The 'Volley Lite', by Tachikara, will be the official game ball for all games. Game balls will be provided by the Casper Recreation Division.
2. Teams will be composed of 6 to 9 players. All students will have the opportunity to play an equal amount of time.
3. Each coach is responsible for setting practice dates and times. We recommend at least one, but no more than two, practices per week. Schools set up the practice times depending on when the school gym is available. The coach may contact the school to set the practice times.
4. All games will be scheduled for Saturdays for 6 weeks.
5. All referee duties will be handled by the Casper Recreation Center.
6. No medical examination is required, but it is important that you note unusual physical problems on the permission slip.
7. Games will consist of 2 sets to 21 with the last set to 15. All 3 sets will be played. Games are 45 minutes in duration. Teams must win by 2 in all sets.
8. Players enter into the game at the serving position and rotate, exiting the court before the serving position. Rotation occurs after a side out and only the team gaining the serve rotates. The team losing the point does not rotate.
9. After a player has five successful consecutive serves, the opposing team will be awarded the serve.
10. In the first week of the season, a "re-serve" will be granted **ONLY** for the first set to 21, if the server doesn't get the ball over the net on the first try. There will be no re-serves for the second 2 sets due to time constraints.
11. Teams are allowed one time out per set- 60 seconds in length.
12. The serving line on the court will be marked with tape/or be the purple line and be approximately 10 steps in front of the regulation service line. Players are allowed to serve from either the regulation service line or the tape/purple line. If a player is consistently successful in serving from the closer line, the player will be required to serve from the regulation service line.

13. Coed Volleyball participants will receive a shirt to wear for games. Girls' and boys' basketball participants will receive a reversible jersey to wear for games. Participants are welcome to keep their shirt or jersey at the conclusion of the season.



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Student and Parent Responsibilities

1. No student is allowed in the activity room until a supervising adult is present. This applies in the home school or when at a visiting facility.
2. Student spectators are not allowed at games unless they are accompanied by their own parents, or a legal guardian. If parents fail to supervise younger children, they may be asked to leave.
3. Candy and gum are prohibited in all activity rooms. No smoking is permitted in the activity rooms or in the hallways.
4. At no time are players allowed to roam the halls. Students are to remain in the activity room or leave the building.
5. The office telephone is not for student use after school hours unless they are accompanied by an adult.
6. All homework and clothing will be taken to the activity room after school. No one will be allowed to enter the classrooms to pick up these things after practices.
7. Students are responsible for their own clothing, valuables and books. It is suggested they carry such items to the gym with them.
8. No one will be allowed to sit on the edge of the stage.
9. Student behavior at after-school activities will determine whether or not they will be allowed back. All students are to observe the same regulations that apply in their home school when visiting another facility.
10. **PARENTS:** Will demonstrate positive sportsmanship
Will not approach referees or coaches during or after games
Will not use profanity or obscene language
Will follow procedures for complaints or concerns through the principal's office