



Volleyball Coach Exam

The purpose of this exam is to test the knowledge of volunteer coaches on the philosophies and standards for which the Northern Valley Athletic Association operates. Please contact your league coordinator for additional information.

1. ____ True or ____ False: The mission of the Northern Valley Athletic Association (NVAA) is to provide boys and girls the opportunity to learn and play recreational youth sports for enjoyment, learning experience, and athletic growth.
2. ____ True or ____ False: The NVAA is governed by representatives from ten local chapters: Carbon Valley, Eaton, Erie, Estes Valley, Evans, Fort Lupton, Kersey, LaSalle, Platteville, and Rebels Youth Athletics.
3. ____ True or ____ False: One of the objectives of the NVAA is to allow recreational-based teams the opportunity to compete with other recreational teams.
4. ____ True or ____ False: The NVAA is primarily concerned with the well-being of our children. In order to promote positive growth in children's lives, the NVAA will always put children first.
5. ____ True or ____ False: Players may NOT participate in an outside league even if the outside league games do not affect scheduled NVAA games.
6. ____ True or ____ False: Competition is part of the game and the will to win is a natural desire of any athlete. The NVAA has the responsibility to offer athletic programs that encourage the athlete's development within a format of fun and friendship.
7. ____ True or ____ False: It is important that all participants, coaches, spectators, and program directors teach and practice good sportsmanship.
8. ____ True or ____ False: As a coach, referee, or parent, you have the special opportunity to teach children how to enjoy competition in athletics while developing a player's skills and knowledge.
9. ____ True or ____ False: Every child should play at least one half of the game.
10. ____ True or ____ False: Coaches must remain seated throughout the game unless they are calling a time out, greeting players or providing aid to an injured player.
11. ____ True or ____ False: Abusive actions or language toward players, coaches, referees, or spectators will not be tolerated.
12. ____ True or ____ False: The coach shall be held directly responsible for the behavior of his/her team's players and assistant coaches.
13. ____ True or ____ False: Team followers, supporters, or fans who exhibit flagrant unsportsmanlike behavior that is directed toward a referee, coach, team member, or other spectator will be subjected to disciplinary action.
14. ____ True or ____ False: Any behavior the referee/official sees as being unsportsmanlike will result in a yellow card/technical foul.
15. ____ True or ____ False: Parents and coaches are encouraged to contact the NVAA weather line (970-284-3550) for up-to-date cancellation information.
16. ____ True or ____ False: Any player, coach, or spectator ejected from an NVAA-sponsored game will not be able to attend the next scheduled NVAA game.
17. ____ True or ____ False: League schedules, rules, directions to each facility, and program director contact information can be found at www.quickscores.com/nvaa.



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Please mark an "X" in each answer slot or fill in the blank to each question accordingly.

1. What are the reasons volleyball coaches may leave the coach's box during a game?
 - a. They are calling an official time out.
 - b. They are greeting their players during a break from play.
 - c. They are providing aid to an injured player.
 - d. All of the above.
2. How many time outs are allowed per game? _____
3. What is the duration of each time out? _____
4. True or False: Teams are required to turn in line-ups to the official score table.
5. True or False: There must be a minimum of 4 players present to start the match.
6. True or False: A team must rotate into its first service.
7. True or False: Continuous substitution is required for all teams.
8. For the 3rd-8th grade divisions, the net shall be placed at what height? _____
9. For the 1st-2nd grade division, the net shall be placed at what height? _____
10. How many games do all league matches consist of? _____
11. For the 3rd-8th grade divisions, all games are played to _____ points and teams must win by two (or the first team to reach _____ points).
12. For the 1st-2nd grade division, all matches are _____ minutes long and the score isn't kept.
13. When and where is the second service line allowed?
 - a. 1st-2nd grade: _____
 - b. 3rd-4th grade: _____
 - c. 5th-6th grade: _____
 - d. 7th-8th grade: _____
14. True or False: Net serves will be allowed.
15. True or False: A team may score a point during either team's service.
16. True or False: If a team scores 5 continuous serves, a side out is called and service is awarded to the opposing team.

I _____ have read the current NVAA rules and understand that it is my responsibility to inform my players, assistant coaches, parents, team spectators, and anyone affiliated with our team of the information within our league rules. I agree with the mission of the NVAA as stated in the rules "to provide youth boys and girls the opportunity to learn and play recreational youth sports for enjoyment, learning experiences, and athletic growth."

Date: _____

Signature: _____