

## **Jewelry Policy:**

For the safety of the player and all players on the court, all jewelry **MUST** be removed during practices and tournament games. Jewelry worn during matches is in violation of referee rules and may impose sanctions on the team.

per USAV 4.5.1: "...a junior volleyball athlete participating in a junior event may not wear jewelry. An exception will be made for religious or medical medallions that are removed from the chains and taped or sewn under the uniform."

## **No Gum, Candy Policy:**

For safety reasons, risk of player choking, chewing gum or eating candy during practices or tournament games is **NOT allowed**.